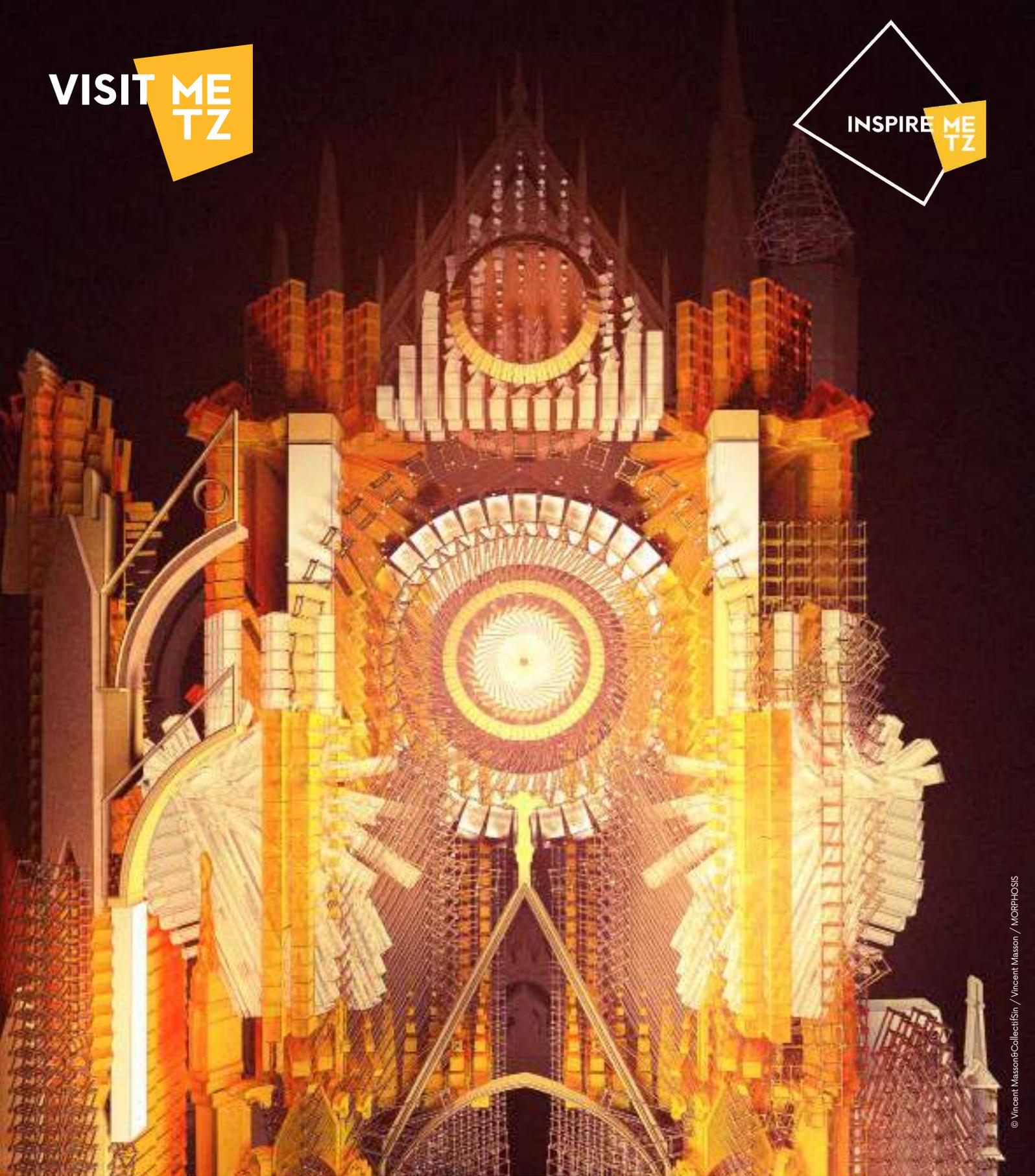


VISIT **ME
TZ**

INSPIRE **ME
TZ**



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PRESS PACK 2019

Metz, Métropole Art & Tech



Mapping on the Cathedral
Constellations de Metz



© Philippe Gasselbrecht / Ville de Metz
© Shigeru Ban Architects Europe et Jean de Gastines Architectes, avec Philip Gumuchdjian Architects pour la conception du projet, lauréat du concours / Metz Métropole / Centre Pompidou-Metz

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© Arnaud Hussenet

METZ RANKED 4th IN THE EUROPEAN BEST DESTINATION COMPETITION 2019

The city confirms its position as an emerging European destination.

RESULTS OF THE EUROPEAN BEST DESTINATION COMPETITION 2019 METZ IS IN THE TOP 5 !

At the end of 2018, Metz was chosen to compete against 19 other major European destinations for the title of 'European Best Destination 2019'. Voting began on 15th January and ended on 5th February. After three weeks of competition and thanks to everyone's support, Metz was ranked among the top 5 best destinations in Europe, alongside Budapest, Braga, Monte Isola and Poznan. A total of more than 500,000 votes were cast from 153 countries, and with more than 145,000 shares on social media.

Metz alone received 52,569 votes, from 138 different countries. It is worth noting that 68% of these voters were not French, a fact that demonstrates the growing popularity of our tourist destination.

Metz received more votes than any other French destination over the past 10 years, more even than Bordeaux which won the competition in 2015.

We are delighted and proud that this alternative, emerging destination was able to carve out a place for itself among international tourist destinations like London, Florence, Berlin and Athens... On the national level, Metz was chosen over Paris and Sainte-Maxime, the only two other French destinations in the running.

The 15 destinations that received the most votes will be promoted to millions of travellers as an unmissable destination to visit in 2019.



Maximilien Lejeune, CEO of European Best Destinations :

"It is not by accident that your destination is now ranked among the best ones in Europe [but rather through the effort you put into] cultural infrastructure, as well a very high-quality offering of events and innovative, ambitious projects for Metz and the surrounding urban area."

CONTACT

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inspire-metz.com

ACCESS and practical information

Metz Métropole, European hub

Metz is at the crossroads of 2 major axes crossing Europe :

- ◆ North-South axis: North Sea/Mediterranean - from Amsterdam to Marseille.
- ◆ East-West axis: Atlantic/Eastern Europe - via Paris, Munich, Vienna and Prague.

By car :

Road access exists via 2 of the main European axes :

- ◆ A31 (Luxembourg/Lyon)
- ◆ A4 (Paris/Strasbourg)

Access by car :

- Bruxelles - Metz : 2h45mins
- Luxembourg - Metz : 50mins
- Francfort - Metz : 2h40mins
- Strasbourg - Metz : 1h50mins

By plane :

Access by plane exists via 3 airports, key entry points into the 'QuattroPole' area :

- ◆ Lorraine Airport (25-minute transfer) : lorraineairport.com
- ◆ Luxembourg (45-minute transfer) : lux-airport.lu
- ◆ Sarrebruck (1-hour transfer) : flughafen-saarbruecken.de

By boat :

Access by boat is via the 2 major waterways :

- ◆ The Moselle and Sarre are linked to the North Sea.
- ◆ To the south, towards the Mediterranean, via the Canal de l'Est

◆ Blue flag marina

Harbour master: Régates Messines
2 quai des Régates – 57000 Metz
Tel : +33 (0)3 87 66 86 03

◆ Marina

60 rue de l'Etang – 57160 Scy-Chazelles
Tel : +33 (0)3 87 60 21 10

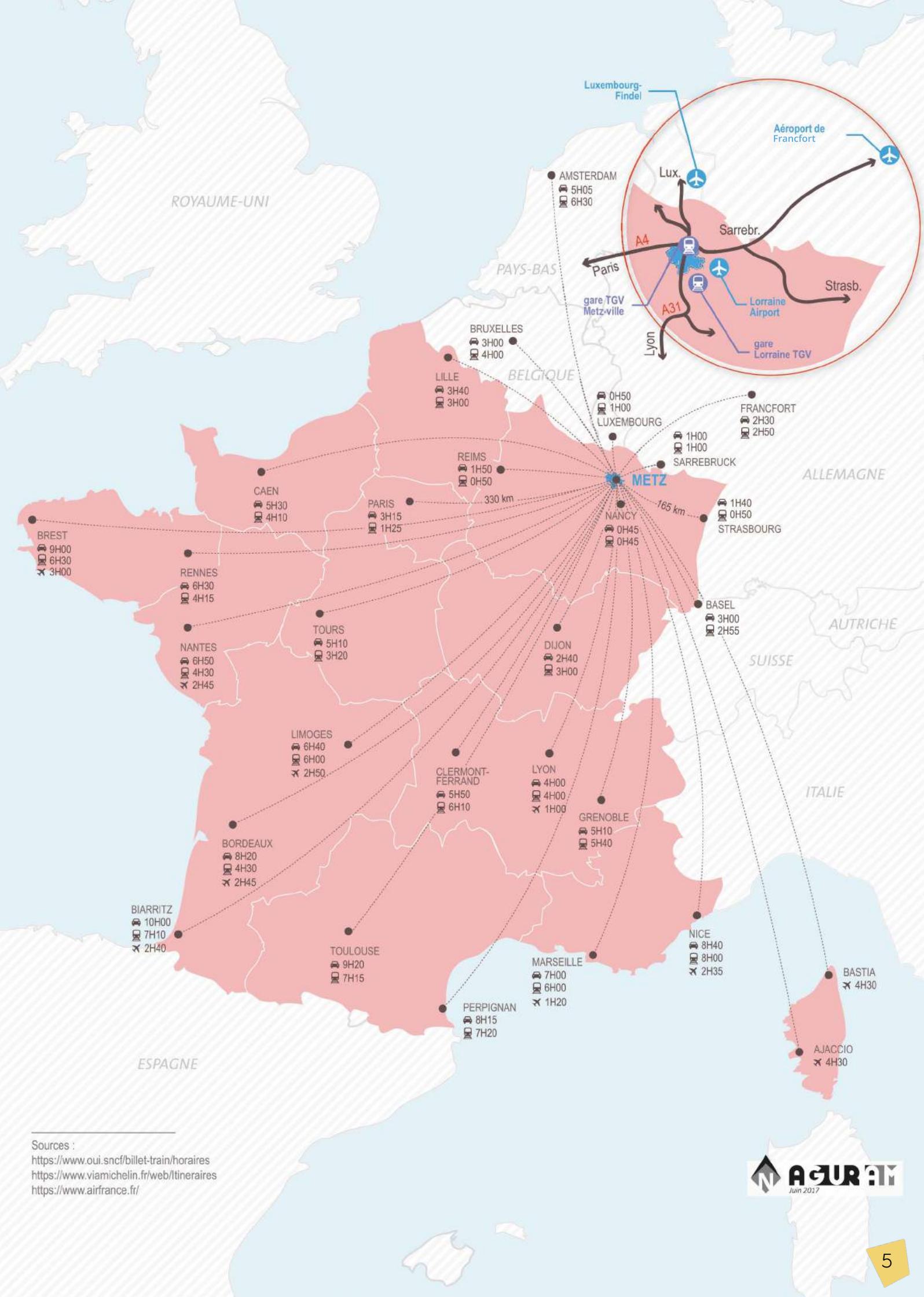
By train :

- ◆ Metz station, Place du Général de Gaulle
Metz-Paris : 82 mins
Metz-Strasbourg : 45 mins
Metz-Luxembourg : 50 mins
Metz-Sarrebrücken : 50 mins

- ◆ Lorraine TGV station (57420 Louvigny)
Connections towards Nantes, Rennes, Reims, Bordeaux, Charles de Gaulle airport.

- ◆ Shuttles between Airport/Lorraine TGV station/
Metz station
www.transdev-grandest.fr/contact/reservation/12





Sources :
<https://www.oui.sncf/billet-train/horaires>
<https://www.viamichelin.fr/web/titineraires>
<https://www.airfrance.fr/>

HIGHLIGHTS IN 2019

in Metz Métropole

- ◆ Exhibitions at the Centre Pompidou-Metz
- ◆ Books in Metz, Literature & Journalism Festival
- ◆ Passages Festival
- ◆ Constellations de Metz Festival
- ◆ Hop Hop Hop Festival
- ◆ Mirabelle Festival
- ◆ The Moselle Open
- ◆ The Metz International Fair
- ◆ Metz Mirabelle Marathon
- ◆ Celebrating 800 years of the cathedral
- ◆ Christmas Markets and Saint Nicolas celebrations

Work entitled 'Young Neon Pop' - Constellations de Metz 2018



LET ME SEE TZ



INSPIRE ME
TZ

CALENDAR 2019

Festivals, shows and events take place all year round and are perfect for amateurs, curious travellers and collectors. Metz will be hosting the G7 Environment and Oceans Ministers meeting from 5th to 6th May 2019.

- ◆ 2nd **Largest Flea Market** after Saint Ouen (takes place approx. 10 times a year depending on dates)
- ◆ From 5th to 7th April 2019 - **'Books in Metz, Literature and Journalism' Festival**
- ◆ From 10th to 19th May 2019 - **Passages Festival**
- ◆ From 20th to 26th May 2019 - **Metz est Wunderbar**
- ◆ 20th June to 7th September 2019 - **Constellations de Metz**
- ◆ From 11th to 14th July 2019 - **Hop Hop Hop Festival**
- ◆ From 20th July to 15th August 2019 - **Metz Beach**
- ◆ August - **Big clear-out sales**
- ◆ 17th to 25th August 2019 - **Mirabelle Festival**
- ◆ Late August - early September - **Montgolfiades hot-air balloons**
- ◆ From 15th to 22nd September 2019 - **Moselle Open**
- ◆ September - **Flea Market** in the Outre-Seille district
- ◆ From 27th September to 7th October 2019 - **Metz International Fair**
- ◆ 13th October 2019 - **Metz Mirabelle Marathon**
- ◆ From 20th November until the end of December - **Christmas Market and Advent festivities:**
7th and 8th December - **Saint-Nicolas celebrations**
Early December - **Illuminated walk**
- ◆ Numerous events at Metz Métropole Exhibition Centre (FIM, Créativa, Urbest...).

Festivities in Metz Métropole in 2019

'Books in Metz, Literature and Journalism' Festival 32nd edition

From 5th to 7th April 2019 - Place de la République de Metz

These literary events will bring together nearly 200 novelists, journalists, essayists, cartoonists and comic strip writers, and also illustrators and children's authors. Programme available at: www.livremetz.com

Constellations de Metz 3rd edition

From 20th June to 7th September 2019

Constellations de Metz returns for its third year, with a fresh, bold programme of artistic events. It is back in 2019 with a substantial offering, including 3 artistic trails through the city, large exhibitions, and numerous concerts, performances, and shows.

Hop Hop Hop Festival 10th edition

From 11th to 14 July 2019

For the past 9 years, this street art festival has taken visitors on a journey through space, sensations and various art forms, revealing every kind of emotion. Hop Hop Hop aims to take its visitors on a journey through its world of colour, and introducing a wider audience to a variety of street art forms (free of charge, and takes place on the streets of Metz city centre).

Franco-German week 'Metz est Wunderbar' 4th edition

From 20th to 26th May 2019

On the agenda: conferences, concerts, shows, youth workshops, exhibitions, guided tours. An opportunity to highlight the Franco-German excellence of Metz, and its mixed Latin and Germanic heritage.



Metz Beach - 12th edition

From 20th July to 15th August 2019

A real sandy beach is set up at the lake to celebrate the summer season. There's a holiday atmosphere with parasols, loungers, pools, sporting activities... Building on the success of previous years, a site of nearly 20,000m², is set up for one month for the seaside pleasures of young and old.

Each year brings its share of surprises, with activities and free entertainment. And there's always: pools for children, beach soccer, basketball and volleyball courts, adventure courses, water mister for staying cool. Various sports activities are offered free of charge by the City of Metz.

The Montgolfiades Hot-Air Balloons

End of August - early September 2019

The Mirabelle Festival concludes with the Montgolfiades Hot Air Balloons of Metz an extremely popular aerial display. Each year, this grand gathering of hot-air balloons is the unmissable event of late summer, bringing together nearly 10,000 enthusiasts.

European Heritage Days - 36th edition

21st and 22nd September 2019

This year, the European Heritage Days will be organised around the theme of 'Arts and entertainment'. The Inspire Metz agency will celebrate these days by offering free guided tours.

Anniversary : Metz Cathedral is celebrating its 800th anniversary

From 8th December 2019 and throughout 2020

A full programme will be revealed in spring 2019 to mark this year of celebration, which will conclude with the exhibition 'Chagall, passeur de lumière' at the Centre Pompidou-Metz from October 2020.

Mirabelle Festival - 69th edition

From 17th to 25th August 2019

The Mirabelle plum has been a product of the Metz terroir for centuries. The mirabellier was the first fruit tree in the region, benefiting from well exposed hillsides and clay soils.

In 1996, Lorraine mirabelles were the first to obtain a European label guaranteed by a PGI, Provenance Geographical Indication; the brandy extracted from this fruit has obtained the AOC, Appellation d'Origine Contrôlée.

Since 1947, the Mirabelle Festival has attracted thousands of visitors to the Lorraine capital for a fitting end to the summer programme of events. The festivities usually take place after the 15th August and include street entertainment, concerts, balls, local and craft markets, fireworks, floral parade, and the election of the Mirabelle Queen.

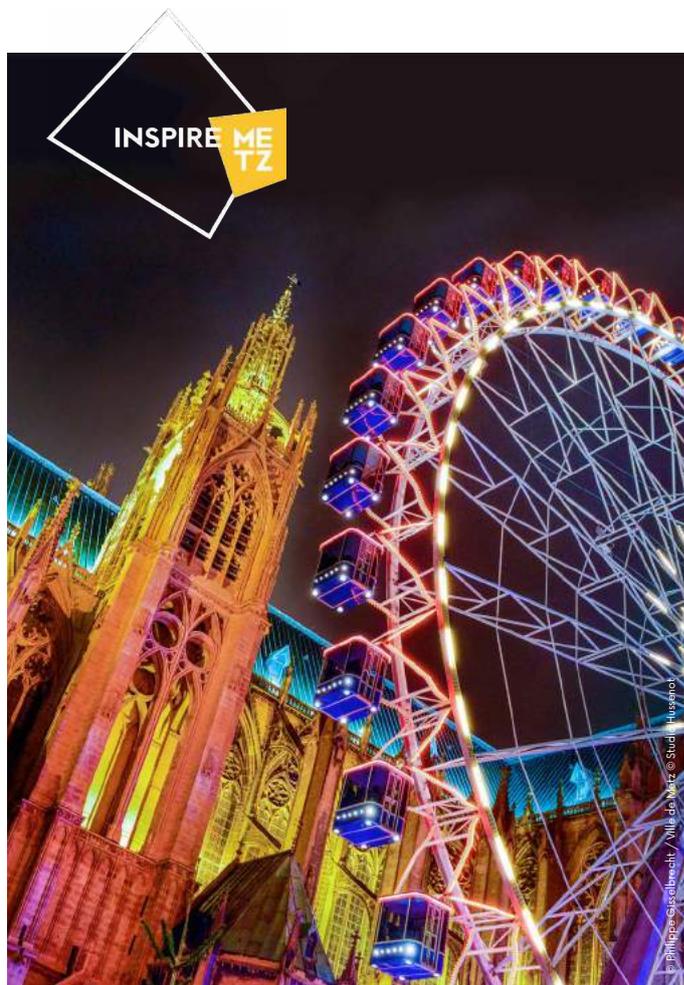


Christmas Markets and Saint Nicolas - Winter traditions and games

Christmas markets: from 20th November to end of December 2019

Saint Nicholas: 7th and 8th December 2019

As the end of year celebrations approach and the Christmas Markets light up different sites and districts in the city, it is traditional that **the good Saint Nicolas comes in early December to reward well-behaved children with sweets and treats**, whereas Père Fouettard deals with the ones who are a little less so... Shops and businesses are generally open on the 3 Sundays before Christmas, **allowing you to enjoy last-minute breaks in the city with the scent of spices**. A Ferris wheel, ice rink and other winter games offer a wide range of fun activities for young and old.



Sports events

International Open the Mirabelle d'Or 16th edition

From 20th to 23rd June 2019 - Grange-aux-Ormes Golf Course

More than 150 outstanding golfers will compete in a renowned competition, supported by local companies and public and private partnerships on the European level thanks to our club of excellence. Take part in fun activities and follow the competition live in an exceptional setting.

La Messine 8th edition

28th April 2019

A **100% female** challenge at the heart of the medieval city, partly in the pedestrian zone in the city centre, **to support the fight against breast cancer**, in partnership with The League Against Cancer.

The Moselle Open 16th edition

From 16th to 22nd September 2019 - Les Arènes de Metz

This week of competition brings together some of the **best players among the top 50 in world tennis**. Listed on the ATP calendar for several years, this Metz event has proven itself and is one of the highlights of international tennis.



FC Metz and Metz Handball

FC Metz and Metz Handball, clubs with a long history in the region, make the local people proud through their values and sporting achievements. Home matches bring everyone together to share in enjoyable moments, and are a marked change from the regular sporting events.

FC Metz: 3-time French champions (league 2) / Metz Handball 22-time French champions.

Metz Mirabelle Marathon 10th edition

13th October 2019

In 2019 the Metz Mirabelle Marathon will celebrate its 10th anniversary. The 2019 edition is the second time the marathon has been chosen by the FFA to host the French Marathon Championships.

FIGURES FROM THE 2018 MARATHON

- 6,671 athletes took part in the Metz Mirabelle Marathon races (5 different race formats).
- 800 volunteers



'Metz by Night', for an improvised aperitif, extend your evening around a drink or dance the night away !

Opera theatre with 100 annual performances, concerts at the Cité Musicale or in the open air during the summer season, places to meet with astonishing artistic performances, cultural shows and digital arts from 'Constellations de Metz', numerous clubs, design cafés or small, friendly bistros, cocktail bars, terraces, charming restaurants, on-the-go meals, **Metz Art & Tech Métropole has an atmosphere of celebration and will inspire you to have a fantastic night.**

The Inspire Metz Agency will give you plenty of ideas for a capital evening.



For more information :

tourisme-metz.com/fr/metz-by-night.html

The Cité Musicale : citemusicale-metz.fr

BLIIDA : tcrm-blida.com

The Opera-Theatre : opera.metzmetropole.fr



Overflowing with Culture

Metz performs in all ranges and on all registers, notably with the Cité Musicale - Metz.

The Arsenal, renovated by Ricardo Bofill, houses one of the most beautiful concert halls in Europe with exceptional acoustics and sumptuous decor of beech and sycamore marquetry. It is home to the Lorraine National Orchestra and presents prestigious exhibitions.

A temple dedicated to opera, **the opera theatre** is a little jewel which has been staging productions since 1752.

Other cultural sites in Metz include the **Cour d'Or Museum**, **the Trinitaires**, **Saint-Pierre-aux-**

Nonnains, numerous art galleries and the **Regional Contemporary Art Centre (FRAC)** which exhibit their authentic decor through various artistic offerings.

The Centre Pompidou-Metz, a cathedral of contemporary art and sister institution of the Pompidou Centre Paris, is a space to explore artistic creation in all its forms, it offers a multidisciplinary and innovative programme.

The BAM, designed by the architect Rudy Ricciotti, is a meeting place dedicated to Contemporary Music with a fully adjustable concert hall that can accommodate up to 1,200 spectators.



Night-time charms

A radiant city during the day with its amber Jaumont stone, at night Metz is transformed by the light of **13,000 projector lights**. From the banks of the Moselle harbouring the reflection of the Temple Neuf, to the Sainte-Croix hill with the spires of Sainte Ségolène, from Saint-Etienne's theatre Cathedral, known as 'God's Lantern', to the splendid arcades of the Place Saint Louis, from the opera house to the Imperial Station, Metz encourages you to stroll around to discover the nocturnal urban landscapes with their intimate atmospheres.

Winner of the Grand Prix National Lumière, Metz is radiant!



CONSTELLATIONS DE METZ

the summer **cultural season**

Constellations de Metz

The Constellations de Metz Festival returns for its third year, with a fresh, bold programme of artistic events.

Immerse yourself in art and heritage in the city during Constellations de Metz, which invites artists from all around the world to give their interpretation of Metz, focusing on one dominant theme: digital art, which draws on the region's Art and Tech identity.

It is back for 2019 with a substantial offering, including **3 artistic trails through the city, large exhibitions, and numerous concerts, performances, and shows.**

This programme was inspired by two main ideas: **the 50th anniversary of man first walking on the Moon, and the desire to enhance and expand the presence of that real ecological gem, water, in Metz,** through several artistic projects around the Comédie/Les Iles district, along the Moselle and Seille rivers.

The main event of the festival is the night-time trail,

Pierres Numériques, which will be made up of roughly a dozen artistic and digital creations from the Court d'Or Museum to the Les Iles district, along the Moselle river, through the Place de la Comédie, around the Temple Neuf, into the Fabert garden, up to the Hôtel de Région and the Saint Vincent Basilica, via the cathedral with its new video-mapping installation. Major works produced by artists taking positive or critical views of today's society invite visitors to explore the world of digital art.

Two daytime trails have been set up in the city: a 'street art' trail along the METTIS line, from the Centre Pompidou-Metz to Agora, with around a dozen works to discover on walls, facades, and urban buildings etc.; and an 'art and gardens' trail with contemporary works, from the Porte des Allemands, along the city walls, onto the Place de la Comédie, along the Moselle river and the lake, towards the Metz Botanical Garden.

950,000 VISITORS TO 'CONSTELLATIONS DE METZ' IN 2018

500 artistic events, 375 artists invited, 60 sites in the city, 70 partners over 82 days.



LIVING in Metz Métropole

Writers, musicians or painters: native of, or resident in Metz, this region of culture is their land of inspiration, with which they have formed a productive relationship, always seeing it from an original point of view. Discover...

Listen

the current music scene

Chapelier Fou

Born in Metz in 1984

Since 2009, the multi-instrumentalist from Metz has revealed a strong and captivating world, with his gentle compositions blending instruments with computer music created sounds.

Grand Blanc

Grand Blanc is an electronic rock and electronic punk band. It is made up of Benoît David or Ben (vocals and guitar), Camille Delvecchio (vocals and keyboard), Vincent Corbel, aka Korben (bass guitar) and Luc Wagner (drums), three of whom are from Metz.

Cascadeur

Cascadeur, whose real name is Alexandre Longo, is a singer-songwriter from Metz, who became known to the general public by winning the 2008 CQFD prize organized by Les Inrockuptibles magazine. He won **the Victoire de la Musique for an electronic/dance music album on 13th February 2015.**

Discover

The Cité Musicale - Metz, which is celebrating its 30th anniversary in 2019

Home of all kinds of music and dance, the Cité Musicale-Metz is a real **showcase for artistic creation**, combining the **three concert halls in Metz** (Arsenal, Bam and Trinitaires) **and the Lorraine National Orchestra**. With its exceptional halls, for their acoustic quality and their history, it hosts the greatest performers, composers and authors of our time exciting the curiosity and inspiring the enthusiasm of audiences, and **disseminating musical projects on a local, national and international scale.**

the classics

Ambroise Charles Louis Thomas

1811 - 1896, born in Metz

1st Prix de Rome, he composed operas, masses, cantatas, piano pieces, etc. His bust is in the foyer of the opera house.

Gabriel Pierné

1863 - 1937, born in Metz

Grand Prix de Rome in 1882, a pupil of César Franck and Massenet, he composed operatic comedies, ballets, chamber music, melodies, etc.



Les Trinitaires Monastery

© Philippe Giselbrecht / Ville de Metz



Great Hall of the Arsenal

© Philippe Giselbrecht / Ville de Metz

See

The Metz school and Laurent Charles Maréchal

From 1840 to 1870, Metz was **the centre of a flourishing art movement** with numerous architects, artists, engravers, painters, sculptors, **the leading light of which was the painter and stained-glass artist Laurent Charles Maréchal** (1801 – 1887). His career spanned more than 60 years, during which time he worked on a large number of French buildings (57,000 m² of stained glass in more than 1,600 buildings). Examples in Metz include the St Etienne's Cathedral, the Guise Salon at the Town Hall, the churches of Notre Dame and St Martin. He left Metz after the annexation of Alsace-Lorraine in 1871. Other illustrious members of this artistic movement: **Christophe Fratin** (1801-1864), sculptor of animals, student of Géricault (sculptor of Cheval Arabe on the Esplanade), **Charles Pêtre** (1808-1907) sculptor (Source on the l'Esplanade, Statue of Maréchal Ney place d'Armes...), **Charles-Auguste Migette** (1802-1884), painter-decorator of the theatre in Metz from 1832 to 1875...

Behind the Court building, in the Jardin Boufflers, is the equestrian statue 'Tribute to La Fayette' by sculptor Claude Goutin, Grand Prix of Rome, inaugurated in November 2004.

↓ For more information :

Introduction video to Metz Métropole :
youtube.com/watch?v=EVpOKZpZ3Os



Introduction video to the QuattroPole :
youtube.com/watch?v=buometoOYGA



The FRAC contemporary art gallery and many other galleries

The Regional Contemporary Art Centre (FRAC) presents **pieces from its permanent collection, temporary exhibitions, artists in residence, and artistic performances**. It is located in the oldest civilian building in Metz, the Hotel St Livier (late 12th century). The Arsenal, the Lorraine School of Art, the Faux Movement Gallery and many other addresses complete the artistic offering.

↓ For more information :

FRAC : frac-lorraine.org

Complete list of art gallerie :

tourisme-metz.com/fr/galeries-d-art-et-salons-d-exposition-1.html



Read

Maurice Barrès

1862 - 1923

A writer from Lorraine who, among other works, wrote the novel 'Colette Baudoche - History of a young girl from Metz' in 1909.

François Rabelais

Around 1490 - 1553

Writer, doctor, humanist of the Renaissance, François Rabelais was forced to flee in 1545 following the printing of the extremely risqué Tiers Livre [Third Book]. He took refuge in Metz, where a friend lent him a house. **He stayed in the city from 1545 à 1547, where he wrote the Quart Livre** [Fourth Book] which included some of the experiences during his stay (the Graouilly procession and terms borrowed from the local dialect). **The remains of the Maison de Rabelais** are located near the Saint-Genest chapel on the corner of the rue d'Enfer and the rue en Jurue.

Steve Rosa

Born in Burgundy and an **adopted citizen of Metz**, Steve Rosa is an associate of English and a doctor of English studies. Several times awarded for his detective stories, he is continuing the series started with Les douze crimes de Noël, Douceurs assassines and Les desserts de l'assassin, devoted to culinary crime, a genre very popular on the other side of the Atlantic. *Le boucher de Metz* (Paraiges, 2017) is a historical culinary crime novel that displays a new side to his talent, which delivers a perfectly plausible answer to a two hundred year old puzzle, and **plunges the reader into daily life in Metz in the 18th century, blending courtly intrigue with authentic recipes.**

Adrienne Thomas

1897 - 1980

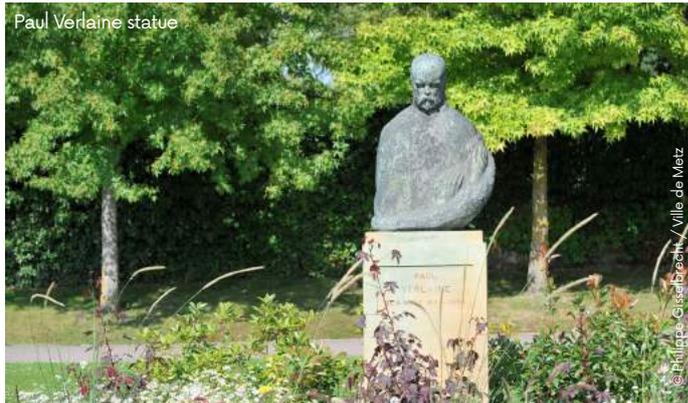
Born to parents from Berlin and of Jewish origin, she lived in Saint-Avold for seven years and then followed her family to Metz. When the First World War broke out, Adrienne joined the Red Cross as a volunteer at the age of sixteen in August 1914. She then lived in Metz station where trains brought wounded or dead German soldiers and French prisoners of war. In 'Die Katrin wird Soldat' (1930), translated into 15 languages and published in England under the title 'Katrin becomes a soldier', she recounts her terrible experience in Metz. This book made her immediately famous and she appeared on the blacklist of authors banned under Nazism, whose books were burned.

Paul Verlaine

1844 - 1996

Born in Metz on 30th March 1844, Paul Verlaine left Metz in 1851 and would never return; however **he remembered his home town, his early loves, the promenade de l'Esplanade and the Cathedral throughout his life.** He wrote an 'Ode to Metz': 'O Metz, my fateful cradle.' He declared, "I only lived there for few years, yes, but it is there, ultimately, that my spirit and mind were opened." He kept emotional memoirs and later published 'Souvenirs d'un messin' [Memories of a native of Metz].

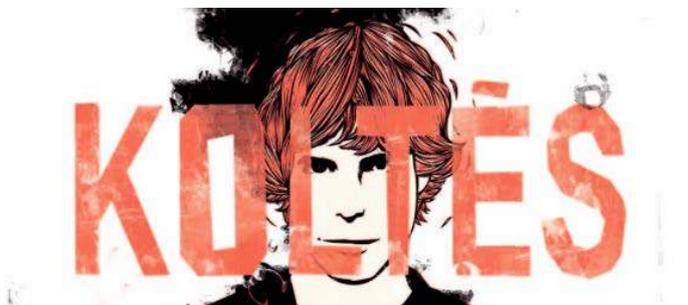
Paul Verlaine statue



Bernard Marie Koltès

1948 - 1989, born in Metz

He was born and raised in Metz. He went to school at the Collège Saint-Clément. Writer and playwright (among the most translated in the world), **in *Le Retour au Désert*, he evokes his hometown Metz implicitly.**



A woman of letters, deeply influenced by two cultures, Latin and Germanic, her work made her a major figure of humanism and pacifism in Europe.

In 2012, to pay tribute to her, one of the two underground passages at Metz station was named 'Passage Adrienne Thomas'.

To taste

La quiche Lorraine,
Lorraine patés,
le Paris-Metz,
Boulay macarons,
Woippy strawberries...

The Paris-Metz



For more information, consult the 'Gourmet Getaways' section on page 24.

SHOPPING

Metz has always been an **opulent market town**, characterised by a certain lifestyle. Art galleries, antique shops, designer boutiques, street markets, flea markets, local shops and major national brands combine to make up colourful, cosmopolitan ensemble. **NB: the sales (winter and summer) always begin in Metz a few days earlier than in the rest of France...**

The very busy pedestrian section of the city centre, brings together most major French and international brands (Galeries Lafayette, Printemps, FNAC ...), many shops offering diverse products (including Emaux de Longwy, Nespresso, Montblanc ...) and the Saint Jacques shopping centre.

Metz residents and visitors clearly enjoy their food as you can judge by the number of cake shops, tea rooms, restaurants, and local produce specialists, and let's not forget **the importance of the Covered Market with its quality stalls** which spreads into the surrounding squares on Saturday mornings.

At the top of the Sainte Croix hill, the pedestrian Rue Taison, **with its village atmosphere**, is home to one of the symbols of Metz, the Graouilly, which is suspended in the air. Small restaurants, book shops, engraving workshops and shops with unique decor regularly organise activities.

The Place Saint-Louis, with its medieval Italian architecture, is **one of the oldest places to shop in Metz**. Under its arcades, in place of the sixty money changers who worked there during the Metz Republic, there are now nice shops and cafés. The pedestrianised square is regularly the scene of various events: public meals, concerts, markets, open-air cinema... It is also one of the sites of the Christmas Market.

In the Quartier de l'Amphithéâtre is the Muse shopping centre, which opened in November 2017. The centre contains 110 shops, including Primark which spearheaded its opening.

On the hillside, the Rue des Jardins stretches from the banks of the Moselle to the Place d'Armes. It was once owned by textile traders. There are all types of shops, including restaurants, book shops, fashion designers, costume jewellery, bookbinder...

Approximately 5km from the city centre, the Waves Actisud zone has a diverse offering of shops, with more than 150 French brands (Cora, Castorama, Decathlon, Boulanger, Thiriet, Cultura, La Grande Récré, Swarovski, Truffaut, Easy Store Apple, Bose, Mango, ...).



Muse Shopping Centre

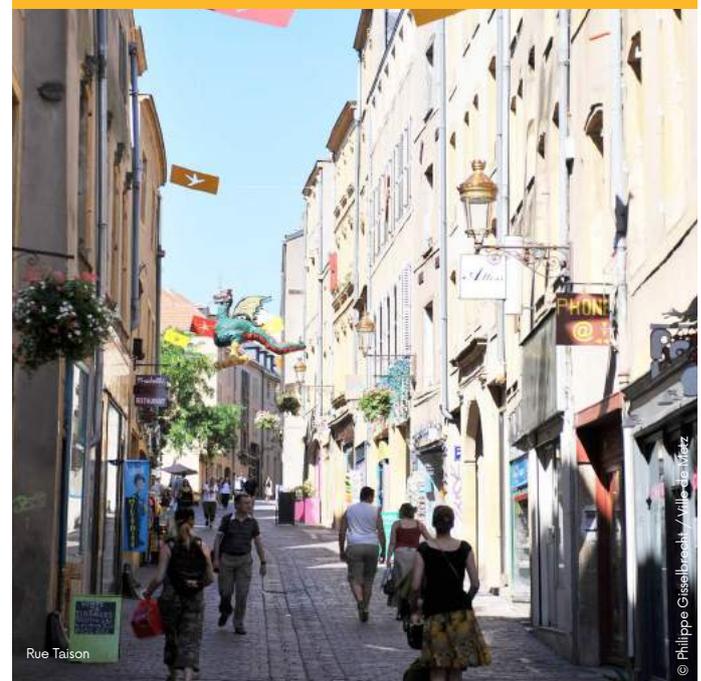
Front of the Galeries Lafayette in Metz



 **For more information :**

Muse Shopping Center : muse-metz.fr

Trade Federation : shoppingmetz.com/blog/metz-la-commercante/la-federations-des-commerçants-de-metz



Rue Taison

CENTRE POMPIDOU-METZ

Centre of art and culture

With a hexagonal roof whose shape echoes the building's plan, the Pompidou-Metz Centre is a **vast modular structure** centred around a 77 metre tall spire, a nod to the Pompidou Centre Paris which was inaugurated in 1977.

The building is spread over 10,700m², including more than **5,000m² dedicated to the presentation of works** (not counting the other potential exhibition spaces, such as the forum, the restaurant terrace or the garden).

The Centre Pompidou-Metz is offering various unique, temporary exhibitions in Metz throughout 2019.

Peindre la nuit (Paint the night)

From 13th October 2018 to 15th April 2019 - Gallery 2

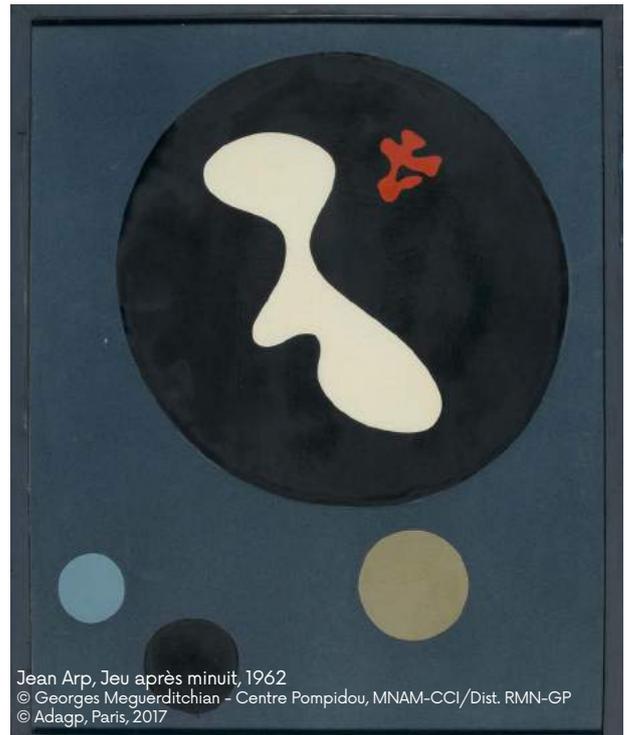
The exhibition explores a major theme in the history of art: **the night in 20th century painting**. Bringing together works by the historical avant-gardes and younger generations, as well as spectacular installations from contemporary artists, the exhibition has two focus points: paint the night, that is, both depicting the night and painting at night. To paint without seeing, either because our perception is limited, or because you have decided to free yourself from the visual world. An exhibition designed as a dizzying wander towards the infinite starry sky.

L'aventure de la couleur (The adventure of colour)

oeuvres phares du Centre Pompidou

From 24th February 2018 to 22nd July 2019 - Great Nave

The Centre Pompidou-Metz honours the exceptional collection of the National Museum of Modern Art through an installation in the tradition of Masterpieces and Musicircus. The adventure of colour presents key works from the Centre Pompidou Paris in a **multicoloured symphony**, inviting you to explore the colour range of artists from the beginning of the 20th century to the present day.



Jean Arp, Jeu après minuit, 1962
© Georges Meguerditchian - Centre Pompidou, MNAM-CCI/Dist. RMN-GP
© Adagp, Paris, 2017



Martial Raysse, America America, 1964
© Centre Pompidou, MNAM-CCI/Philippe Migeat/Dist. RMN-GP, © Adagp, Paris 2017



The Centre Pompidou-Metz
© Shigeru Ban Architects Europe et Jean de Gastines Architectes, avec Philip Gumuchdjian Architects pour la conception du projet lauréat du concours / Metz Métropole / Centre Pompidou-Metz / Photo Roland Halbe

Lee Ufan. Habiter le temps (Inhabiting time)

From 27th February 2019 to 30th September 2019 - Gallery 1

The Centre Pompidou-Metz presents a one-man exhibition dedicated to Lee Ufan, tracing his works from their earliest beginnings in the late 1960s up to his most recent creations. The exhibition is designed to show **the way in which the artist's vocabulary has evolved and transformed over more than fifty years**, conveying the artist's own vision and definition of art.



Peinture à l'eau sur les pierres, 1998, Vallée Hakone
© Atelier Lee Ufan et tous droits réservés © Centre Pompidou, MNAM-CCI/Philippe Migeat/
Dist. RMN-GP

Rebecca Horn. Théâtre des métamorphoses (Theatre of Metamorphosis)

From 8th June 2019 to 13th January 2020

The Pompidou-Metz Centre and the Basel Tingely Museum are showcasing the German artist Rebecca Horn. For over 50 years, the works of this figure of the international art scene have continued to deal in a unique **way with themes from mythology and stories from our childhood**: metamorphosis, the secret life of objects... This exhibition is designed to be a journey through this collection.



Rebecca Horn, La Douce Prisonniere
© Rebecca Horn / Adagp, Paris, 2019 © Georges Meguerditchian - Centre Pompidou,
MNAM-CCI/Dist. RMN-GP

Opéra Monde (Opera as the World). La quête d'un art total (The Quest for a total work of art)

From 22nd June 2019 to 27th January 2020

This exhibition relates the **encounter between the visual arts with opera from the early 20th century onwards**. It offers a voyage into the world of opera, with models, costumes and scenography... The exhibition combines imagery and sound, exploring the great exchanges between art and the stage. Opéra Monde (Opera as the World) attempts to restore the captivating ability to stir up emotions and amaze, while demonstrating how opera is a symbol of freedom and fantasies to be shared.



Sumi Jo (la Reine de la Nuit) dans La Flûte enchantée de W. A. Mozart mise en scène par William Kentridge, La Monnaie, Bruxelles, avril 2005
© William Kentridge / Photo Johan Jacobs

L'œil extatique. (The Ecstatic eye) Sergei Eisenstein à la croisée des arts (Sergei Eisenstein at the crossroads of the arts)

From 28th September 2019 to 24th January 2020

Sergei Eisenstein, the legendary director who enhanced the reputation of Russian cinema, is far more than a filmmaker. Having cultivated the art of light and editing to the point of inventing a new visual language, Eisenstein has always stood at an intersection of art forms. With a background in theatre, literature, graphic arts, art theory... He has continued to feed off the history of art. The Centre Pompidou-Metz offers **a retrospective into his works, taking into account these varied influences**.

Opening times

From 1st April to 31st October:

Monday - Thursday: 10:00am - 6:00pm

Friday - Sunday: 10:00am - 7:00pm

1st May: Closed

From 1st November to 31st March:

Monday - Sunday: 10:00am - 6:00pm

Closed on Tuesdays

centrepompidou-metz.fr/en

BOLD ARCHITECTURE

Metz and the art de se transformer !

The development of the Metz Urban area involves major town planning projects such as the Amphitheatre District, the Manufacture/Rives, Agora... designed by leading urban planners and architects.

The Quartier de l'Amphithéâtre is the flagship zone of the Art & Tech Métropole

A 10-minute walk from Metz cathedral, the Amphitheatre district offers a mix of functions (housing, offices, trade) as well as cultural and sports facilities such as the Centre Pompidou-Metz and the Arènes within the Jean-Marie PELT Gardens. Served by two METTIS public bus routes and the TGV station that connects Metz-centre to Paris in 82 minutes and equipped with a transport hub, it offers great accessibility. Ultimately, this new neighbourhood will offer 1,700 homes with 4,500 residents and 7,000 employees.



Great, distinctive architecture inspired by... a Conference Centre designed by Jean-Michel Wilmotte

Like the Centre Pompidou-Metz, the new flagship attraction of the Metz Métropole, this district provides inspiration for internationally renowned architects: Paul Chemetov for the Arènes, Nicolas Michelin, Christian de Portzamparc, Jean-Paul Viguier for the Muse shopping centre and Jean-Michel Wilmotte who designed the Metz Robert Schuman Conference Centre... and soon Philippe Starck for a world premiere. This new congress centre, which opened its doors on September 2018 with the inaugural ESWC event, international e-sport competition, has a 1,200-seat auditorium and is adjacent to the TGV station. It perfectly complements the city's business tourism solutions.



Architects of the avant-garde

Metz has always been an architectural laboratory and an encyclopaedia of styles. Here are some great names that have expressed themselves in Metz, and the talents that imagine the city of tomorrow (non-exhaustive list) :

Then...

Pierre Perrat

One of the architects of Metz Cathedral, Pierre Perrat is only known to us through a legend. He finalised the construction of the 42m high vault to which it owes its fame. He died on 25th July 1400 and was laid to rest in the nave of the cathedral nave.

Jacques-François Blondel

Professor and architectural theorist in the 18th century, Jacques-François Blondel (1705-1774) was at the origin of the development plan for the Place d'Armes and all the buildings around to the square built between 1761 and 1771.



For more information :

About the Conference Centre : metz-congres.com/fr

About Hotel Starck : inspire-metz.com/fr/actualites/l-hotel-starck-de-metz-a-l-honneur-au-mipim-a-cannes_-n.html

Paul Tornow

From 1874, Paul Tornow (1848-1921) was responsible for **the restoration of Metz Cathedral to which he devoted 30 years of his life**. He strengthened the vaults, restored the piers and flying buttresses and built the new neo-Gothic portal on the west facade between 1898 and 1902.

Conrad Wahn

Architect of the city of Metz from 1877 onwards, Conrad Wahn (1851-1920) was strongly influenced by the planning theories of his time and worked on many buildings in the city. He also **planned the Nouvelle Ville (New Town)**.

Today...

Jean-Paul Viguier et Associés

The design of Muse block (opened in November 2017) was entrusted to Jean-Paul Viguier, architect on numerous projects in France and abroad (France Télévisions headquarters Paris, Sofitel Water Tower in Chicago, McNay Art Museum in San Antonio, Texas...). Muse transcends the notion of a place of commerce and leisure; its elegant architecture combines commercial space, housing and offices and contributes to the dynamic urban atmosphere.

Rudy Riccioti

The architect behind the MuCem in Marseille, in Metz, Rudy Riccioti designed **the BAM (Boîte à Musiques; concert venue), a major feature in the redevelopment of the Metz-Borny district**. Bright and original in its design, the building, thanks to the geometry of the openings of the five facades, is a tribute to Jean Cocteau whose stained glass adorns the church of St Maximin in Metz.

Christian de Portzamparc

Christian de Portzamparc (winner of the Pritzker prize) and his wife Elizabeth designed the **'Bridge of Light' programme in the Amphitheatre District**. They bring to Metz a concept of the habitat, the art of living together and light that characterises them.

Tomorrow...

Philippe Starck

Metz will be the site of this **famous architect-designer's first hotel**, Maison Heler, opening in the first half of 2020. The Hilton group will add the it to their Curio Collection, a strong recommendation in the hospitality industry and a guarantee of international visibility for the future four-star hotel. The Collection's guiding principle is simple: each hotel has been carefully selected for its unique, unusual character, and it will retain its originality and idiosyncrasies.

Louis de Cormontaigne

In the 17th century, Louis XIV recognised the military importance of the City of Metz and sent Vauban to examine its fortifications. His student, Louis de Cormontaigne, built the fortifications south of Metz, the Bellecroix fort and the Place Saint Thébault.



Shigeru Ban et Jean de Gastines

Designed by Shigeru Ban (winner of the Pritzker prize) and Jean de Gastines, with Philip Gumuchdjian for the competition's winning project, **the Pompidou-Metz Centre is considered to be one the 10 most spectacular cultural institutions in the world** (Nouvel Observateur, 24.05.2013).



Jean-Michel Wilmotte

Architect, urban planner and designer, Jean-Michel Wilmotte is known for his eclectic approach to architecture, and his ability to reinvent himself. The **Metz Robert Schuman Conference Centre**, developed by Wilmotte & Associés, is based on four ideas: material, verticality, light and space.



HISTORY in movement



At the crossroads of Europe, Metz is like an open history book.

From the Gallo-Roman era to the present day, Metz has always been a mosaic of styles, materials and colours. The twists and turns of history have made it sometimes French, sometimes German, the mix of Latin and Germanic elements, creating its originality and its DNA. Its living heritage is put into sharp focus with the Centre Pompidou-Metz, a cathedral of contemporary art, and a daring space for discovering modern and contemporary art in all its forms.

Later the cradle of the Carolingians, Metz gradually became a European capital of art and culture. The excellent reputation of its schools and craftsmen, the countless medieval religious and civil buildings, including the Saint-Etienne's Cathedral (undoubtedly the most remarkable), are testament to the city's artistic and religious influence in Europe.

Metz became part of the Holy Roman Empire in the 10th century. Becoming a Republic, the city of Metz saw its richest period until the 15th century. In 1552, Metz became French thanks to king Henry II. The Emperor Charles V sought in vain to take back the city at the cost of a long, hard siege. It became the capital of the Province of the Three Bishops. In 1648, it became permanently attached to the Kingdom of France. In the 18th century, Metz became immersed in classicism and created sumptuous, iconic architectural ensembles: Place d'Armes (where you can find the Inspire Metz Agency - Tourist Office and Town Hall), Place de la Comédie (Opera Theatre), and Place de la République, with its imposing court building. The war of 1870 rocked the fate of the city which then underwent profound upheavals.

Metz Métropole, Art & Tech

Metz, with its history and variety of styles, has been an official French 'Ville d'Art et d'Histoire' (Town of Art and History) since November 2011.

Top 5 Must-See Sites

The Porte des Allemands and the city walls

The Porte des Allemands, a real miniature castle which spans the Seille, is one of the jewels of the remains of the medieval city walls. They formed a **7km enclosure with 18 gates and 38 towers**.



The Porte des Allemands

The banks of the Moselle

The banks of the Seille, the Marina and 'Metz Plage'.

Squares

In the heart of Metz, renovated squares, such as **Place de Chambre** (nicknamed the gourmet square of Metz), Place d'Armes (18th century), the **medieval Place Saint-Louis**, and **Place de la République**, provide **space and a friendly atmosphere**. Throughout the year, they host a numerous events that transform them into lively meeting places.

The Imperial District

An exceptional, fully preserved example of Germanic town planning in the late 19th century, it offers **an encyclopaedia of historic and modern styles**: Romanesque, Gothic, Renaissance or Baroque, Art Deco and Jugendstil.



Metz Station

Saint-Etienne's Cathedral

Built between the 13th and 16th century, it has the largest expanse of stained glass in a single building in Europe (6,500 m2 of stained glass windows from 14th and 20th centuries, including works by Chagall). **It will be celebrating its 800th anniversary from 8th December 2019 and throughout 2020.**

The Imperial District



The former Metz Post Office

The historic heart



Metz Cathedral

Gourmet Getaways

Focus on the Mirabelle

Anyone who thinks of the specialities of Lorraine will think of the mirabelle. It is actually one of the emblems of our region, which produces 70% to 80% of the world's supply.

But what is a mirabelle? It is a small round plum, golden, fragrant and sweet. Its name is derived from Latin and means 'beautiful to look at'. It is thought that it was introduced by René d'Anjou, Duke of Lorraine in the 15th century; we know that it was present in Metz from the 16th century onwards. There are two varieties: the Metz mirabelle and the Nancy mirabelle.

The Metz mirabelle is smaller, with more colour and a very thin skin, and it produces excellent jams and brandies. Many producers are found in the villages on the banks of the Moselle, the home of mirabelle production. **The climate, environment and the soil come together to make a unique fruit** that you can enjoy in all its forms: 60 to 70% of the produce is used in jams, compotes and fruit syrups, 20 to 25% is used in brandy, 10% is eaten fresh between **the harvest and mid-August, a period of 5 to 6 weeks**.

Since 1947, Metz has organised the Mirabelle Festival at the end of August and beginning of September. It is a week of festivities (see events calendar).

Here is a suggestion (among others, because there are no end of experts on the subject ...) for mirabelle tart.

Ingredients: Puff pastry, 150g sugar, 2 eggs, 100ml milk, 100g ground almonds, 400g mirabelle plums, 30g icing sugar.

Unroll the pastry and place it in a tart dish. Add the mirabelles. Mix the sugar, almonds, milk and eggs. Pour the mixture over the fruit. Bake on medium heat in the oven. Before serving, sprinkle icing sugar over the tart.



Inspire Metz Agency - Tourist Office organises guided tours focused on the mirabelle and gastronomy.

AOC Moselle Wines the authentic terroir guarantees their quality

The vineyards have made a spectacular recovery: from 6,256 hectares in 1878, they were reduced to just 5 hectares by 1984. Today, **74 hectares of vineyards are cultivated in the AOC Moselle**, which was awarded this prestigious French certification in 2011. Today more than half of the vines in the AOC Moselle are grown organically.

19 winegrowers, members of the Syndicat des Viticulteurs en Moselle (Moselle Winegrowers' Union), were behind the region's acquisition of the AOC, a feat they achieved in an extremely short time-frame. They are proud of their accomplishment and are committed, both individually and collectively, to continue to improve their wine, vines, cellars, villages and landscape.

They are more than happy to welcome the public, visitors, and wine-lovers onto their land for tastings.

The grape varieties: fine and light wines made from pinot and auxerrois grapes have created a varied and enriched palette: Pinot Noir, Pinot Gris, Auxerrois, Müller-Thurgau, Pinot Blanc, Riesling, Gewurztraminer and Gamay.

The Pays Messin, or Metz region, wine route: 46 km long, the Moselle wine route in the area crosses the wine region on the edge of Metz. Far from being limited to large estates, it connects 20 villages and allows you to discover local heritage, through orchards and vineyards, and to contemplate the Lorraine plateau and the valley of the Moselle from the top of the slopes.

On this route, you can meet of the Moselle AOC winegrowers, who will be ready to offer you a tasting. These wines are the perfect accompaniment to quiche, pie, hotpot, etc.

The Tables de Rabelais

A culinary hallmark

Since 2006 the 'Tables de Rabelais' has brought to the Inspire Metz Agency - Tourist Office **restaurateurs, farmers and butchers, who cultivate flavour and are committed to sharing the generous values** of a certain French 'art de vivre'.

The 'Tables de Rabelais' gathers together establishments with the potential to meet the expectations of customers with a wide range of budgets (from rustic family restaurants, and bistro and brasserie set-menus to gourmet cuisine).

All partners of the 'Tables de Rabelais' sign up to a **Quality Charter**, which commits them to serving regional produce and specialities, while endeavouring to satisfy their customers and paying attention to the richness of flavours, as well as the service, hospitality, and information they offer to customers.

The Culinary Arts

Cooking lessons in Metz

L'Académie des Chefs

30 rue des Jardins / www.academie-des-chefs.fr

Le Cercle Culinaire de Metz

CFA des métiers de l'hôtellerie R. Mondon
Rue Monseigneur Pelt / www.cercleculinaire.com

La Table 1* Michelin Star

Rue de la Citadelle / www.citadelle-metz.com

Markets in Metz

See a list of markets in Metz and their opening times here:

<https://metz.fr/decouvrir-partager/marches.php>



The Covered Market in Metz



For more information :

Moselle wines : tourisme-metz.com/fr/la-gastronomie-et-les-vins-du-pays-messin.html

Lorraine recipes : tourisme-metz.com/fr/les-recettes.html

Tables de Rabelais : tourisme-metz.com/fr/les-restaurants-tables-de-rabelais.html

Where to eat (during the week and on Sundays) : tourisme-metz.com/fr/les-restaurants.html

NATURE AT HEART

Rare species and medicinal plants in the heart of the city

Directly connected to the pedestrian streets in the shopping district, the **Esplanade's French gardens**, with their many flower beds, open onto the vast landscape of the banks of the Moselle. Below, the romantic **Régates gardens and Swan Lake**, with its dancing fountains, are the perfect setting for the light displays which take place there each evening during summer weekends. Just a stone's throw away, **the Lake and Marina** offer a place to relax and play with the Moselle and Cathedral in the background. You can continue your journey peacefully, surrounded by nature, **towards the Ile du Saulcy and the tow paths along the Canal de Jouy just nearby.**

The **Botanical Gardens**, purchased by the City of Metz in 1866 from the Baroness de l'Espée, is one of the highlights of Metz. With a surface area of 4.4 hectares and a landscaped or '**English**' style, it has remarkable trees, such as bald cypress, the tree with forty crowns and giant sequoia. Collection greenhouses, a rose garden, water features and a small children's leisure train make it a lively place to meet. Fragrant gardens, grasses, aquatic plants, climbers, perennials, and heathland, will satisfy a experienced botanists as much as those out for a stroll.

The European Institute of Ecology, founded by Jean-Marie Pelt (world renowned expert in this discipline), at the Cloître of Récollets in the heart of the historic district of Ste Croix, houses a Garden of medicinal and toxic plants that presents 129 different species with proven therapeutic properties.

Nearby, the **Jardin des Tanneurs**, on the hillside, is planted with numerous Mediterranean species which take advantage its south-east facing position: Holm oaks, albizzias, palm trees, kiwis, etc.

The Jean-Marie Pelt Gardens (20ha) located in the new Quartier de l'Amphithéâtre were designed to be a diverse urban space with an ecological role, namely the **natural absorption of flood water** from the Seille, and the **preservation of ecosystems** by offering a natural setting in the heart of the city where fauna and flora can flourish. The recent installation of beehives and an insect house within the park also demonstrates the environmentally friendly maintenance it enjoys. As part of its role as a place for relaxing, walking, sport, and meeting people, the Seille Park is equipped with various pieces of equipment: fishing pontoons, play areas, gazebos, benches and sandwiched between vineyards, hops, reeds and a rose garden,



where you may come across people fishing, rollerblading, jogging and walking.

Those with an interest in ornithology and other sciences can observe the birds in the **Pas du Loup Park**, an iconic natural space with a zero-pesticides initiative that has been managed by the city since 2007 (establishment of hives, nesting boxes, illustrated panels, guided tours).

Jean-Marie-Pelt said of Metz in 2006, "The harmony between nature and greenery everywhere, the water in its rivers and canals and the blond stone that adorns the city of sun and light give it this indescribable charm that strikes visitors so much. For Metz is beautiful, sweet, soothing. Its town planning, treated with sensitivity and humanity, is a unanimously recognised success."

Metz, garden city

The commitment is tangible... with 580 hectares of green spaces, which is 14% of the surface area of the city of Metz, **52m² of green spaces per resident**, 36 kilometres of walks along waterways, unparalleled places to relax and havens of greenery in and among the urban setting, Metz offers an **exceptional environment** to its residents and visitors: tourists, joggers, seniors, families and young children have a wide range of places devoted to relaxation, strolling, games, sports and recreation to choose from..

Metz is the cradle of urban ecology, started by Jean Marie Pelt.

It has been awarded '**4 Flowers**' status since 1992. In 2011, the Botanical Garden joined the 'Jardins sans Limites' (Gardens without Limits) network.

In 2012, the Seille Park obtained the 'EcoJardin' label, which emphasises its ecological management.

Timeless Gardens



© Philippe Crouzet / Ville de Metz



For more information :

Mont St Quentin : metzmetropole.fr/mont-st-quentin-metz-metropole.php

Metz Beach : metz.fr/pages/culture/evenements_culturels/metz_plage.php

Events diary under the 'Do' tab. at : tourisme-metz.com

V50 L'échappée Bleue (cycle path) : tourisme-metz.com/fr/amenagements-cyclables-itinéraires-et-visites-a-velo.html

Cycling in Metz : metz.fr/pages/mobilite/velo/velo.php

Bike hire : lemez.fr/velomet/ et www.indigoweel.com

Did you know : From April to October the Inspire Metz Agency - Tourist Office organises bike visits.

See the calendar here : tourisme-metz.com/fr/circuit-a-bicyclette.html

Art in the gardens

This year art in the gardens has been **fully incorporated into the Constellations of Metz Festival as the 'Art & Jardins' trail**, which starts in the Botanical Gardens and ends up at the Porte des Allemands, from 20th June to 7th September 2019.

The summer garden at Place de la Comédie

This year, Metz's parks and gardens service is once again creating a new green space in front of the 'Opera-theatre', from late June to late October. It will be an extra garden, which will sit in one of the city's stone squares during the summer.

As we maintain a close connection to the reality of our environment, **the decision has been taken to deal with climate changes and the direct consequences** it may have on our gardens. That is why our theme for 2019 will be 'the future of our gardens, versus the gardens of the future' and, consequently, reclaiming green spaces.

It will take three weeks and the support of around 40 professionals (surveyors, designers, architect-landscaper, gardeners, nursery owners, etc.) to complete this changing green space, which will bring some freshness to the heart of our city next summer.

A class of sixth form students studying for the Bac Pro (vocational qualification) at the CFA in Courcelles-Chaussy will have the task of creating an 80m² section of the garden.

The garden at the Gare de l'Est

For the past two years, the Gare de l'Est has set up a temporary garden open to the public in its forecourt during the summer. This year the project's leaders have decided to **entrust the construction of the temporary garden to the city of Metz**.

The 600m² garden, which was designed by Metz's team of gardeners, will evoke the summer garden in the Place de la Comédie, as well as the cultural installations placed around the city as part of 'Constellations'. It will be accessible to rail travellers and pedestrians from **25th April to 30th September 2019, 10:30am - 7:30pm**. There will be various green spaces to relax, in the sun or in the shade of trees, right in front of the train station. It will be a chance to discover the different sides of 'Metz, the garden city', and its cultural scene.

Seaside atmosphere at 'Metz Beach' From mid-July to mid-August

A real sandy beach is set up at the lake for a month to celebrate the summer season. Building on the popular success of previous years (more than 100,000 visitors in 2018), a site of nearly 22,000 m² is set up for a month, **with 1,500 tonnes of sand and a bathing area of 250m²**, for young and old to enjoy the seaside.



Quai des régates Blue flag...

Since 2007, Metz has had a **'Blue flag' marina**, and a lake right in the heart of the city. Just a stone's throw away from the shopping district, they lie in a green setting that is perfectly integrated into the urban space, and offer a pleasant environment to city-dwellers who appreciate coming here for water sports, sports activities or relaxation.

The Jouy Canal, particularly popular with joggers and walkers, leads to the lake, facing the Mont Saint-Quentin. **This is the lung of the city**, dominating the urban area, and classified as a nature reserve since 1994. It is from here that St Clément, 1st bishop of Metz, contemplated the city. But it's also a hotspot for military history. It aims to become a vast area for walking, offering curious visitors exceptional views of the capital of Lorraine and the whole Moselle valley beyond.

GARDENS IN METZ MÉTROPOLE AREA AND THE PAYS MESSIN

Jardin des Plantes de Chez Nous - Robert Schuman's House

Laquenexy Fruit Gardens

Château de Pange grounds

Pathway along the Jouy canal and the banks of the Moselle and Seille

Château de Gromesnil grounds

Simon Park in Augny



WALKS in Metz Métropole and the Pays Messin

The Pays Messin, or Metz region, corresponds to the old territory which spread 25km around the Republic of Metz in the Middle Ages. It tells us the story of this land of passage, tells us about its battles, its nobles, its peasants...

But let's start from the beginning...

The lush Mont St Quentin (358m high) owes its name to St Quentin, a 4th-century Roman martyr whose relics were obtained by Drogon, Bishop of Metz. **A tourist route** reveals a magnificent view over the Metz Métropole. Add to this the landscape offered by the Val de Metz from the Croix St Clément. Legend has it that when St Clément, the first bishop of Metz, discovered the city had been Christianised, he fell on his knees in prayer and his prints marked the stone. Today, we can see them in front of the 19th century cross...

In Jouy-aux-Arches and Ars-sur-Moselle, you can discover **the remains of a 22km aqueduct** built in the 2nd century, to bring the Gorze spring water to Metz. In Gorze, the abbey palace (late 17th century) recalls the abbey founded in 749 where the Metz Roman chant was born, later called the Gregorian chant.

In the picturesque villages, there are about fifteen fortified churches built between the 14th and 15th centuries that served alternately to protect Metz or to attack it. These include the churches of Lessy, Scy-Chazelles (location of Robert Schuman's House), Vaux, Arry, Lorry-Mardigny, and Sillégnny, which is particularly remarkable for its 16th century frescoes.

The winegrowers' villages are also worth visiting, with their narrow, winding streets: Sainte-Ruffine, Jussy, Rozérieulles, Lessy, Scy-Chazelles, Vaux. It was during the Roman era that, **the Moselle region turned towards wine production**. The whole Metz region thus derived its prosperity from Moselle wine, celebrated in the 4th century by the poet Ausone. It thrived before experiencing a period of decline in the 19th century. It is now experiencing a revival. **Obtaining the AOC is a testament to the work done by about 20 winegrowers.**

Finally, it is in the surroundings of Metz that **Jaumont stone is quarried**, a stone with a golden hue, that has been used in the construction of the majority of Metz monuments.



The Gallo-Roman aqueduct



Church of Vaux

Robert Schuman (1886 - 1963) one of Europe's founding fathers

Member for Moselle from 1919 to 1940, lawyer at the Metz Bar in 1912, he was one of the promoters of the European Coal and Steel Community (ECSC) and was **nicknamed 'Father of Europe'**. He holds a special place in the history of the city. His home, located in Scy-Chazelles (5km from Metz), and the 13th century fortified church where he was buried, can be visited.



Robert Schuman's House - Scy-Chazelles

Gardens and châteaux

Château de Courcelles : built in the early 18th century, the château de Courcelles bears the name of the noble family who commissioned it. Superbly restored, respecting the 18th-century details, it now hosts high-quality exhibitions and various events.

Château de Pange and Gardens: on the banks of the River Nied you can find the Château de Pange, rebuilt in the 18th century on the site of a medieval fortress. Its grounds are particularly elegant, tranquil and balanced, and were designed by Louis Benech. The grounds are certified as a 'Jardin remarquable'.



The Château de Courcelles - Montigny-lès-Metz

You can pick up a 'Metz Métropole Nature Walks' maps from the Inspire Metz Agency. You can also also find routes on several applications.



The wines of Moselle have had an AOC certification since November 2011

Alcohol abuse is dangerous for your health, please consume in moderation.

STAYING in Metz Métropole

Le City-Pass Metz simple and accessible

PRICE
13,50 €

A choice of **3 basic offers**:

- ◆ 1 entrance to the Cour d'Or Museum.
 - ◆ 1 entrance to the Pompidou-Metz Centre.
 - ◆ 1 audio guided tour of Metz (in F, D, GB, IT, NL), guided visit (F) or a heritage discovery trail.
- + offers of discounts or additional commercial services (leisure, shows, tastings, gastronomy).

City Pass Plus : €16, including 1 Visi Pass' ticket for unlimited travel on the LE MET network for 1 day.

The City Pass is valid until 31st December 2019. You can make great savings with the Metz City Pass:

Recommended price:

Entrance to the Pompidou-Metz Centre: from €7

Entrance to the Cour d'Or Museum: €5

Audio tour of Metz € 8



Holidays for couples, friends and families

The Stays & Breaks Service at the Inspire Metz Agency offers themed stays linked to large events, related to culture, sports and entertainment... For more information, visit www.inspire-metz.com

Guided tours and trails

All year round, 1- or 2-hour tours of Metz with a qualified guide are available for you to explore the unmissable sites or enjoy themed visits, according to the schedule.

And if you want to see Metz from a different, fun perspective, try a discovery trail !

Metz Tour app for your stay

From the Mobitour collection. Available from the App store and Google play store, in 7 languages: FR-D-GB-IT-NL-ES-PT



↓ Your press area

Press releases and packages, tourist news, and key figures are available on tourisme-metz.com/fr/dossiers-presse.html

You will also be able to access the Inspire Metz Agency's Flickr albums and Scoopit! and Pinterest pages.

KEY FACTS and figures 2018

Metz : 119 856 residents within the city. (*Insee - 2016*)

Metz Métropole : 44 communes - 230,000 residents. (*Insee - oct 2018*)

Students : 23,000 students in the region.

◆ **Technical tourism** : Metz Electricity Plant, Républicain Lorrain, production of mirabelle plums and Moselle wines in the Metz region.

◆ **Museums / Cultural Sites** : The Centre Pompidou-Metz; the Cour d'Or Museum; the Regional Contemporary Art Centre; Verlaine's House; Robert Schuman's House at Scy-Chazelles; the Roman aqueduct at Jouy aux Arches; the fortified churches in the Metz region; Mont St Quentin (natural and educational site).

◆ **Active and Sports Tourism** : (tennis, golf, cycle tourism, hiking): In February 2017, Metz was named an official French 'Ville active et sportive' (Metz Mirabelle Marathon, Handball). Renewed in February 2019.



Restaurants

Metz and surrounding area

◆ **Restaurants** : 272 restaurants.

◆ **1 Michelin-starred restaurant** in the Michelin Red Guide (Restaurant La Table 1*).

Accommodation

Metz and Metz Métropole

◆ **Hotels in Metz Métropole** : 33 establishments, 2,134 rooms (4 ****, 391 rooms - 16 ***, 1035 rooms - 9 **, 484 rooms - 2 *, 123 rooms - 2 unclassified, 101 rooms) including 25 hotels in Metz - 1,568 rooms (4 ****, 391 rooms - 11 ***, 668 rooms - 6 **, 285 rooms - 2 *, 123 rooms - 2 not classified, 101 rooms)

◆ **Open-air accommodation** : 1 Metz municipal campsite***

◆ **Group accommodation**: 3 establishments, 2 youth hostels and 1 International Accommodation Centre.

◆ **Apartment hotels** : 4 establishments.

◆ **Bed & Breakfasts** : 24 establishments, including 13 classified (7 establishments in Metz, 1 of which is classified). NB: 1 unusual bed and breakfast (barge in Metz).

◆ **Marina** in Metz, Blue Flag : 100 mooring rings.

◆ **Robert Schuman Marina** de Scy-Chazelles : 200 mooring rings.

(*Données Sitlor - january 2019*)

◆ **Business tourism** : The Metz Robert Schuman Conference Centre (Sept. 2018) and various meeting rooms.



◆ **Tables de Rabelais partners**

(Restaurants, winegrowers, mirabelle plum distillery, butchers). (*Données Sitlor - january 2019*)



Visitors data 2018

Inspire Metz Agency - Tourist Office :
589,060 contacts, of which 157,141 are direct contacts
and 431,919 (+2,4%) visits to the website.

Number of clients who have booked a group package : +3,22% from 2017

Number of clients who took part in a group guided tour : increase in the number of German clients (+4,05%)

City Pass: 953 sales

Metz Tour (visit app): 3,200 visitors (+ 6% from 2017)

Monument Tracker : 1,472 downloads (+4,7% new sessions)

Centre Pompidou-Metz : 332,500 visitors (- 3,9% from 2017, + 10,29% from 2016)

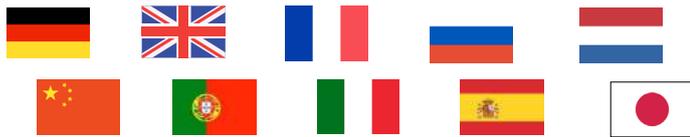
Cour d'Or Museum : 45,863 visitors (39,811 of which were for Constellations)

St Vincent Basilica : 11,000 visitors

Porte des Allemands : 96,587 visitors (+3,000 young visitors and school pupils)

Marina : 2,433 nights (people) - average length of stay: 1.54 nuits (people)

Website in **10 languages** with 1,098,852 page views.



Certifications and awards held by Metz

- ◆ Metz has **3 stars** in the **Michelin Green Guide**.
- ◆ Metz has had the **4 flowers** status since 1992 and has been a member of the European network of 'Jardins sans limites' (Gardens without Limits) since 2011.
- ◆ Metz has held a **Blue Flag** since 2011.
- ◆ Metz has been labelled a '**Ville d'Art et d'Histoire**' (Town of Art and History) since 2011.
- ◆ Metz is on the French preliminary list for UNESCO classification (2014).
- ◆ Metz has classified as a **tourist resort** since 2015.
- ◆ Metz has been a certified **French Tech** city since 2015 and has been the **Capitale French Tech East** since April 2019.
- ◆ Metz has been a fair trade region since 2016.
- ◆ Metz was named an official French '**Ville active et sportive**' in 2017.

Overall distribution of clients from the Tourist Office

Germany : 26,07%	Americas : 2,75%
Lorraine : 25,47%	British : 2,20%
France - other : 25,22%	Other : 1,99%
Benelux : 10,08%	Eastern Europe - Russia : 1,84%
Southern Europe : 3,54%	Asia : 0,83%



Number of visitors to FRAC : 28,668 (of which 16,289 visited as part of Constellations)

Metz Campsite : 31,399 nights



Certifications and awards

- ◆ Certified Tourist Office: NF Services Certification from AFNOR for Welcome and Information Services since 1997 for activities involving welcoming clients, providing information, promotion, communication, and shop management and marketing since 2011.
- ◆ Tourist Office recognised officially by 'Qualité Tourisme' since November 2005.
- ◆ Tourist office recognised officially by 'Tourisme & Handicap' since January 2005.
- ◆ INPI (National Institute for Industrial Property) registered brand: 'Tables de Rabelais' since 2006.



Distribution of foreign clients from the Tourist Office (49,31% of total customers)

Germany : 52,87% British : 4,46%
 Benelux : 20,45% Other European : 2,65%
 Southern Europe : 7,19% Asia : 1,67%
 Americas : 5,58% Other : 1,39%
 Eastern Europe/Russia : 3,74%

Distribution of French clients from the Tourist Office (50,69% of total customers)

Grand Est : 59,55%
 Paris / Ile de France : 12,59%
 Brittany/Normandy/Loire/Centre : 8,18%
 Hauts de France/Bourgogne/ Fr. Comté : 7,66%
 PACA /Auvergne Rhône Alpes/ Corse : 6,75%
 Nouvelle Aquitaine : 2,62%
 Occitanie : 2,28%
 Overseas departments and territories : 0,36%

Opening hours :

7 days a week (offices closed on 1st January and 25th December).

From January to March and in October :

Monday - Saturday: 10am - 6pm
 Sundays and public holidays: 11am - 3pm

From April to September and during the Christmas Market :

Monday - Saturday: 9am - 7pm
 Sundays and public holidays: 10am - 6pm

Metz Métropole Networks

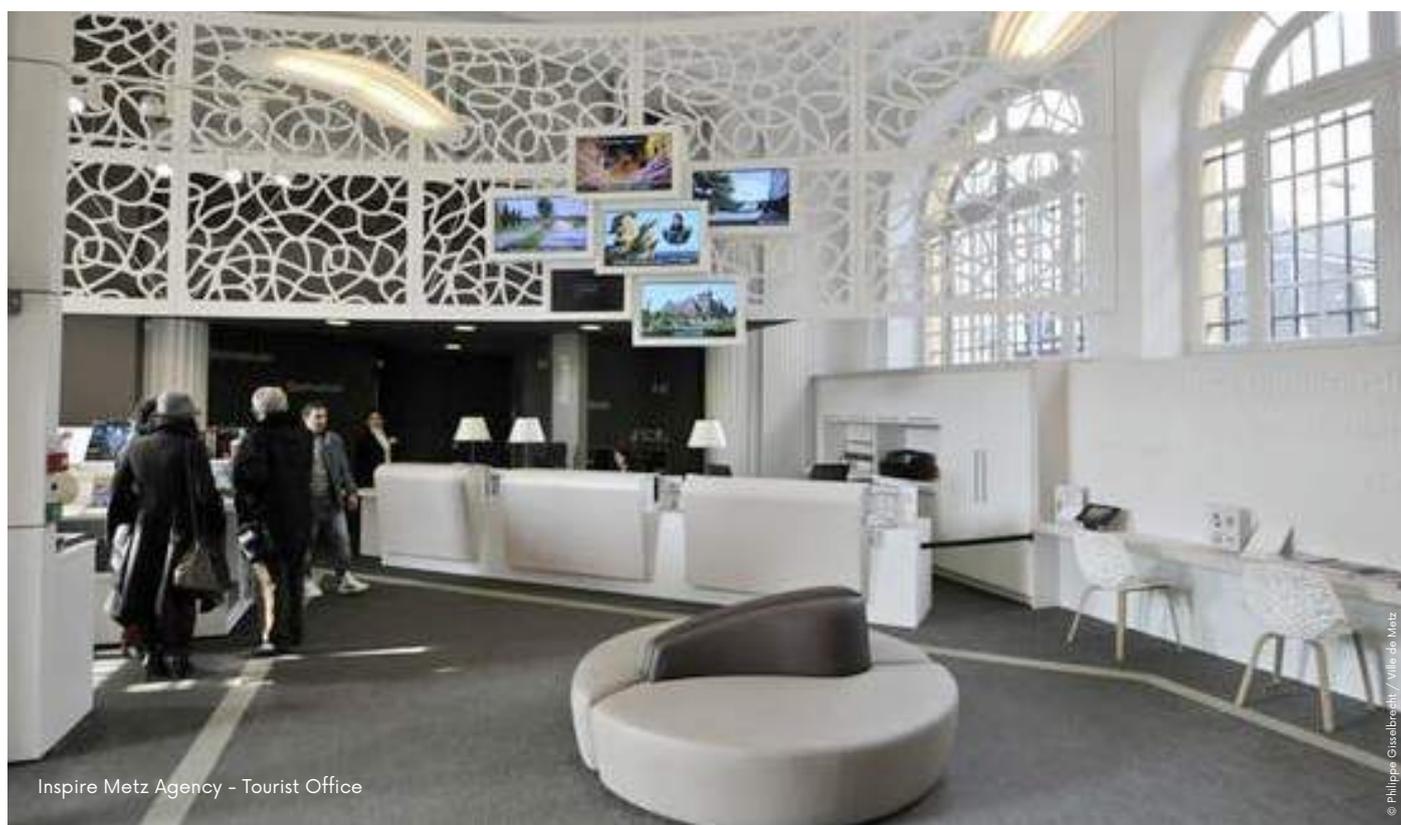
QuattroPole, connecting the urban areas of Luxembourg, Metz, Sarrbrucken and Trier, all within an hour of each other.



Tonicités, includes the cities of Luxembourg, Esch-sur-Alzette, Longwy, Arlon, Metz and Thionville.



European Urban Centre of the Lorraine Valley, groups together Épinal, Nancy, Metz and Thionville.



Inspire Metz Agency - Tourist Office

INSPIRE METZ



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