

# 巴黎人真正会去的10处秘地

文:WTCF官网 图:全景

第一次去巴黎游玩，像埃菲尔铁塔、香榭丽舍大道之类的地标，游人是绝对不会错过的，但这些地方真的是去一次足矣，再访这座城，不妨到下面这10个地方逛逛，体验一回当地人的生活吧。

## 01 The Marché des Enfants Rouges 露天市场

位于巴黎玛黑区的Le Marché des Enfants Rouges据说是这座城市中最古老的市场，1615年就存在，每天午后都非常热闹。虽然面积并不大，但里面的摊位却像个小联合国，除了海鲜、蔬果、面包、鲜花、酒和法国特产之外，这里还有不少高人气的小吃摊，比如日本料理、意大利菜、黎巴嫩菜，以及据说是巴黎最好的摩洛哥菜等等，味道还蛮地道的，而且重点是价格也比较亲民，无需花大钱就能吃得又饱又好。

在熟食摊点选完食物后，大可以拿到市场两侧的露天座位慢慢享用，自在舒服。每逢周末的午饭时间，小吃摊都会大排长龙，但千万不要放弃哦，真的值得一吃！

## 02 Saint-Ouen Flea Market 圣图安跳蚤市场

如果你爱淘旧货，那么请一定要到位于巴黎北部的圣图安跳蚤市场去挖宝。这是全欧洲最大的旧货市场，组成至今已有过百年历史，占地面积足足有7公顷，摊位就超过两千个。

无论你想找的是古旧的家具家品、法风的别致餐具小物，还是蕾丝服饰、书籍、钱币，这里都能找到，不过要耐心一点，注意及时补充体力。市场一般只在礼拜六、礼拜天和礼拜一开放。



## 03 The Canal Saint-Martin 圣马丁运河

圣马丁运河全长4.5公里，露天的部分沿线有许多熟铁桥和杨树，不少巴黎人都爱在运河边上野餐晒太阳，或者跑跑步，放空一下大脑，在这里度过午后是种尤为写意的享受。这里是巴黎人的秘密后花园，但因为电影《天使爱美丽》而变得有名，原本安静的运河如今渐渐被外人发掘，但幸好还不至于发展到被游客攻占的程度。

## 04 Du Pain et des Idées 面包店

如果你打算到圣马丁运河逛逛，那么这家面包店你一定要去拜访！虽说网络上有名气的十有八九都是名过其实，但门外常排起人龙的Du pain et des idées面包店算是例外。镇店招牌Pain des amis友谊面包、橄榄油面包、牛角包，还有咸奶油焦糖苹果塔等等都非常值得一试。不过周末不开门，平日到了晚上基本都卖得差不多了，而且有些款式一周只供应几天，所以各位一定要提前做好功课哦！



## 05 The Comptoir Général 商店

位于Quai de Jemmapes区的这家商店是非常不一般的存在，它是咖啡厅、酒吧，同时还是一个艺术空间、旧物博物馆和商店。其前身是幢废弃的酒店，改造后融入了一点波西米亚风格，虽然看着稍微有点颓废，但处处细节都带着法式的优雅。这是一处让人暂忘城市烦嚣的仙境，如果不赶时间，不妨带本好书在这里消磨一下时间吧。

## 06 The Parc des Buttes-Chaumont 秀蒙丘公园

公园属于英国园林风格，有着悬崖峭壁、山洞和湖，景色怡人但游客却不多，爱晒太阳的巴黎人常到这里享受户外时光和野餐晒太阳。这个公园是在1867年由拿破仑为人民所建造的，前身非常坎坷，曾经当过刑场、垃圾场。

## 07 Rue Montorgueil 蒙特吉尔街

想伪装一回巴黎人体验他们的日常生活，历史悠久的蒙特吉尔街你很有必要去一下。这条街上聚集了很多光看就觉得出品非常好的餐厅、糕饼店和咖啡馆，平日非常热闹，走过路过都可以闻到阵阵香味，引诱得你食指大动，不过最讨厌的是会

让人选择困难症发作。

## 08 The Passage des Panoramas 廊巷

别光顾着去知名的百货公司Shopping啦，巴黎这座城市中的廊巷反而会为你带来意外的惊喜。首先要介绍的是巴黎现存最老的廊巷Passage des Panoramas，建于1799年，这里藏着各种别具风情的餐厅商铺，尤其适合怀旧收藏家们。

## 09 Breizh Café 可丽饼店

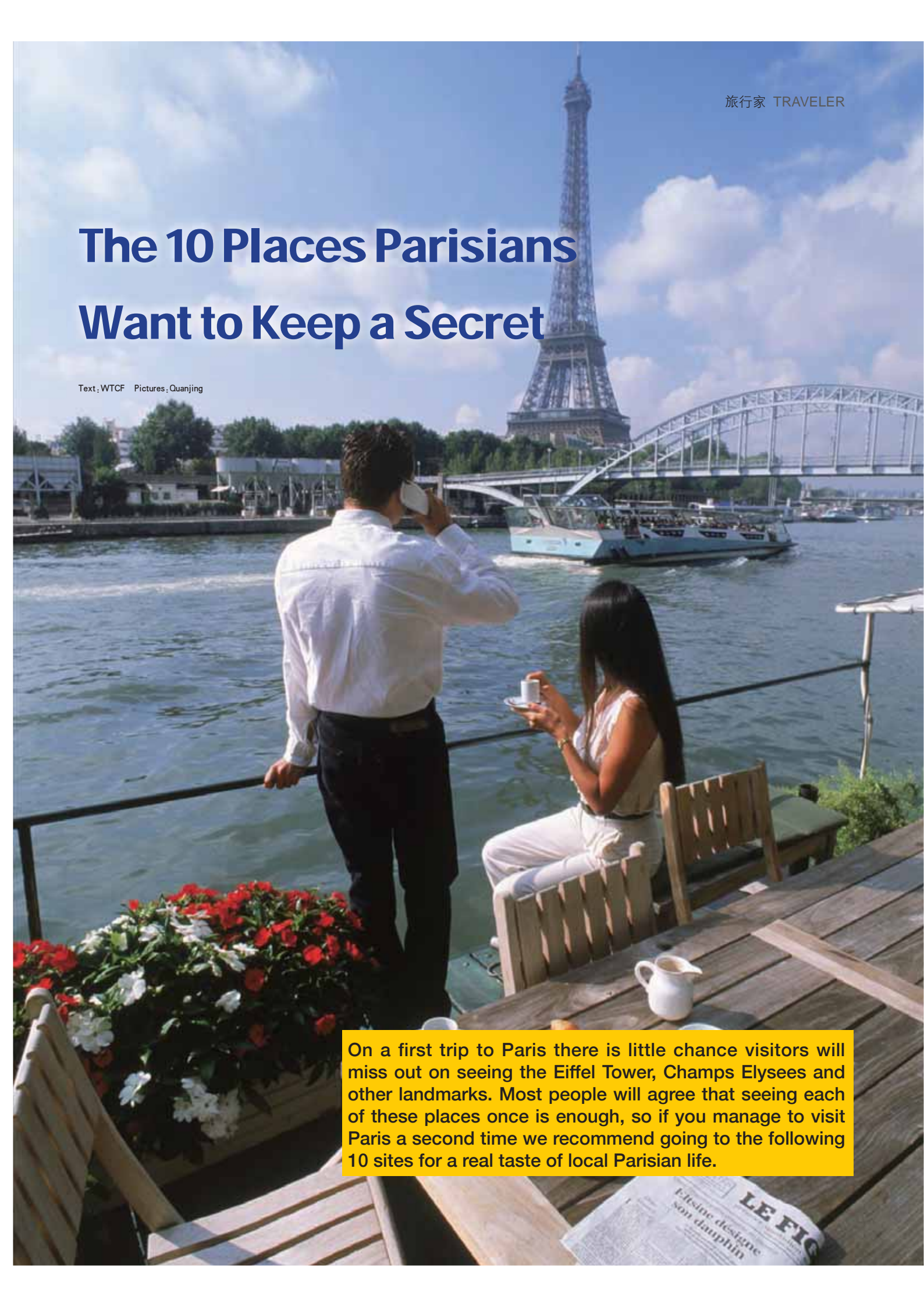
到巴黎旅游，是不是怎么也该吃份可丽饼呢？Breizh Café被誉为巴黎最棒的布列塔尼可丽饼店，全部采用有机食材，可丽饼有咸甜两种可选，口味也很多。

## 10 The Musée d'Orsay 奥赛博物馆

这里是巴黎当今三大艺术宝库之一，前身为闲置的火车站，如今收藏着史上最多的印象派艺术作品。这里游客没有罗浮宫多，但展品同样精彩，因此如果游玩巴黎时一定要去博物馆，我们推荐你到奥赛。另外，有时间的话记得顺便在奥赛博物馆内的Le Restaurant用餐哦，装潢美得像在皇宫里。

# The 10 Places Parisians Want to Keep a Secret

Text: WTCF Pictures: Quanjing



On a first trip to Paris there is little chance visitors will miss out on seeing the Eiffel Tower, Champs Elysees and other landmarks. Most people will agree that seeing each of these places once is enough, so if you manage to visit Paris a second time we recommend going to the following 10 sites for a real taste of local Parisian life.

États de  
son dauphin  
**LE FIGARO**



## 01 The Marché des Enfants Rouges

Located in Le Marais historic district of Paris, Le Marché des Enfants Rouges is the oldest covered market in the city dating all the way back to 1615. Despite being fairly small, every afternoon it comes alive with stalls from all corners of the world. In addition to seafood, fruit & vegetables, bread, flowers, wine and other French produce, the market has many other popular snack stalls featuring Japanese, Italian and Lebanese cuisine, as well as the best Moroccan food in Paris. The flavours here are definitely both authentic and great value for money. Even in Paris you can eat well without breaking the bank.

Once you have collected your cooked food from the stalls, you can enjoy it in the outdoor seating areas found on both sides of the market. On weekends be prepared for long queues, but even then it is definitely worth the wait!

## 02 Saint-Ouen Flea Market

If you enjoy searching for second-hand bargains, then the Saint-Ouen Flea Market in northern Paris will be a treasure trove for you. This is Europe's largest flea market and has been around for over 100 years. In the 7 hectares that it covers there are more than two thousand stalls.

Whether you are looking for old furniture or household goods, chic French knick-knacks, lace textiles, books or coins, it call all be found here. Just

remember, take your time and conserve your energy. Generally the market is open Saturdays, Sundays and Mondays only.

## 03 The Canal Saint-Martin

The total length of the Canal Saint-Martin is 4.5 kilometres, along it you will see many wrought-iron bridges and poplar trees. Parisians love coming to sit at the edge of the canal for a picnic in the sun or to run along the canal, it is the ideal place to relax and enjoy a peaceful afternoon. While this was the secret garden of Paris, it has become more widely known after being used as one of the locations in the film 'Amelie'. More and more outsiders are gradually discovering this once quiet canal, but thankfully it has not yet caught the attention of the city's many tourists.

## 04 Du Pain et des Idées

If you plan to visit the Canal Saint-Martin, then you cannot miss a trip to this bakery. While we often find that internet-famous places quickly lose their appeal, the queues of people lined up outside Du pain et des idées are surely proof that it is an exception. Signature treats include the Pain des Amis, olive bread, croissants and salted caramel apple tower, all of which are worth a try. It is closed on weekends and you'll find it almost sold out each evening, with some pastries only being sold on certain days make sure to do your homework in advance!



## 05 The Comptoir Général

Located in the Quai de Jemmapes district, The Comptoir General is much more than an average store. It comprises a coffee shop, bar, art space, antique museum and shop. Built in an abandoned hotel, it has been transformed with a Bohemian style that while a little decadent, is filled with elegant French detail. This is paradise for those who want a peaceful respite from the city's throng. If you are not in a rush, you might as well bring a book and really take your time to enjoy this place.

## 06 The Parc des Buttes-Chaumont

Landscaped in the style of a traditional British garden, here you will find delightful cliffs, caves and lakes without all the tourists. Parisians often come here to enjoy the outdoors and have picnics while basking in the sunshine. This park was originally built by Napoleon III for the working class in 1867, taking the place of what was once an execution grounds and dump site.

## 07 Rue Montorgueil

If you want to disguise yourself as a Parisian going about their daily business, then a trip to the historical Rue Montorgueil is the place for you. You only need to have a look at the numerous restaurants gathered on this street to know there is plenty of tasty food here. Walking by the lively pastry shops and cafes through bursts of delicious scents you will definitely be lured in. The only downside of

coming here is having to make the difficult choice of what to taste.

## 08 The Passage des Panoramas

If you want to shop in Paris don't bother going to the well-known department stores when the various alleyways of this city provide many unexpected and pleasant surprises. Built in 1799, the Passage des Panoramas is one of the city's oldest alleys, hidden away here you'll find a range of different restaurants and shops suitable for any artifact collector.

## 09 Breizh Café

Eating crepes is a must for anyone who travels to Paris. Hailed by Parisians as the best place for just that, Breizh Café only uses organic ingredients and has a variety of choices both sweet and savoury.

## 10 The Musée d'Orsay

This museum is one of Paris' three great art treasures. Housed in what used to be a grand railway station, the building now contains the history's largest collection of Impressionist art work. While far less visitors come here than the Louvre, the exhibitions are just as impressive, which is why if you want to visit a Paris museum the Musée d'Orsay is definitely our recommendation. If you have the time, the museum restaurant is as beautiful as a palace and well worth a visit.