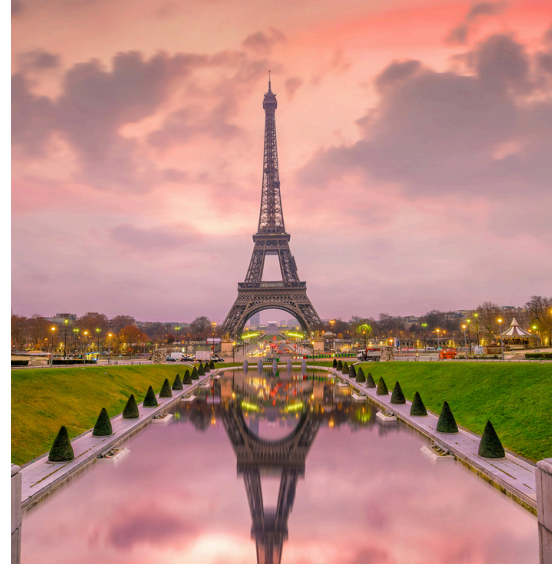




TOUR DETAILS

Experience Paris as it transitions from day to evening on this live, interactive journey through the City of Light. We'll begin along the Seine River with beautiful views of the Eiffel Tower, perfectly timed to catch the glow of sunset as the city begins to light up.

From there, we'll stroll through elegant Parisian streets and uncover the distinct styles that shape the city's look and feel, exploring the flowing, nature-inspired details of Art Nouveau alongside the bold, geometric lines of Art Deco. Along the way, you'll take in iconic sights, hidden corners, and the timeless atmosphere that makes Paris so unforgettable.



★ MEET YOUR TOUR GUIDE: PATRICK



Born and raised in Paris, Patrick has explored the world, but Paris has always been home. A parent and longtime teacher, he brings a natural passion for sharing knowledge to his work as a tour guide. For the past four years, he's been leading visitors through the city he loves, blending history, culture, and personal stories. Patrick can't wait to welcome you and share his Paris with you.

PRIVATE TOURS | Your guide is available for private tours, live-stream or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion - or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

i WHAT TO EXPECT

Get ready for something special. We're traveling with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be live streamed by your guide directly. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

- La Vie en Rose by Édith Piaf: <https://youtu.be/-OKvBnIvTFs?si=qtxACmqo705veomZ>
- Tout, tout pour ma chérie by Michel Polnareff: <https://youtu.be/yoMUuzxAYpU?si=Nwj6-1KNRzbUpqT8>

PARIS, FRANCE – RECIPES



Lillet Spritz | 1 Serving

INGREDIENTS

- 3 fluid ounces Lillet Blanc
- 2 fluid ounces tonic water
- 1 cups ice

PREPARATION

1. Build: Fill a wine glass with 1 cups ice. Pour in 3 fluid ounces Lillet Blanc followed by 2 fluid ounces tonic water.
2. Garnish and serve: Garnish with a slice of orange or grapefruit and serve immediately.



Poulet à la Moutarde (Chicken in Mustard Sauce) | 4 Servings

INGREDIENTS

- 4 pieces bone-in chicken thighs
- 3 tablespoons Dijon mustard
- 0.5 cups dry white wine
- 0.5 cups heavy cream
- 2 pieces shallots, finely chopped
- 2 tablespoons olive oil
- 4 pieces fresh thyme
- 1 pinch salt and pepper

INSTRUCTIONS

1. Sear the chicken: Season 4 pieces bone-in chicken thighs with 1 pinch salt and pepper. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Sear the chicken skin-side down for about 8 minutes until golden, then flip and cook another 3 minutes. Remove and set aside.
2. Cook the shallots: In the same pan, add 2 pieces shallots, finely chopped and cook over medium heat for 2 minutes until softened.
3. Build the sauce: Pour in 0.5 cups dry white wine and scrape up any browned bits. Add 4 pieces fresh thyme and let the wine reduce by half, about 3 minutes. Stir in 0.5 cups heavy cream and 3 tablespoons Dijon mustard.
4. Finish and serve: Return the chicken to the pan, cover, and simmer over low heat for 20 minutes until cooked through. Serve with the sauce spooned generously over the top.



PARIS, FRANCE – THE CITY THAT REINVENTED FOOD



It Started With a Bowl of Broth

Before Paris changed the way the world eats, dining out did not exist as we know it. Taverns offered one dish, at one time, at a shared table. No menu, no choice, no say. That changed around 1765 when a Parisian soup seller offered individual tables, a written list of dishes with prices, and the freedom to arrive whenever you pleased. The restorative broth on his menu was called a "restaurant," from the French verb meaning to restore. Within a generation, the word had spread across the world.

The Revolution That Set the Chefs Free

The French Revolution transformed everything. Chefs who had cooked exclusively for aristocratic households found themselves without employers overnight and opened their own establishments, bringing refined techniques to the public for the first time. The abolition of the guild system removed every barrier to who could cook and how. Paris became a city of culinary ambition and fierce competition, and the results were felt around the world within decades.

The Café as a Way of Life

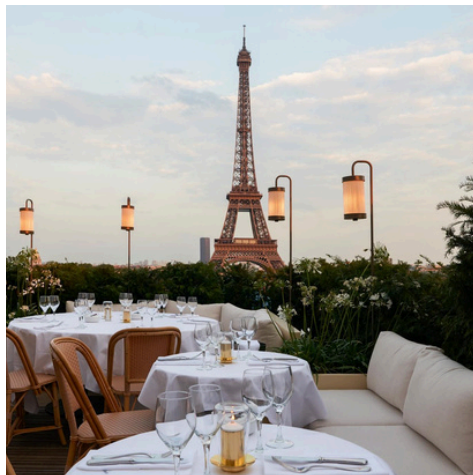
Le Procope, the first Parisian café, opened in 1686 and is still serving guests today. It drew writers, philosophers, and revolutionaries who sat for hours trading ideas that shaped modern democracy and art. The café was not simply a place to drink coffee. It was a room where time moved differently and anyone could participate in the intellectual life of the age. That idea spread from Paris across the entire world and never left.

The Standards the World Still Follows

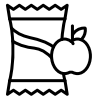
Paris built the entire architecture the modern food world still runs on. The printed menu, courses served in sequence, the sommelier, the kitchen brigade, the chef as a celebrated public figure, all of it originated here. The first restaurant guide was published in Paris in 1804. Auguste Escoffier, working at the Ritz Paris, created the kitchen brigade system still used in nearly every serious restaurant on earth. The Michelin Guide, born in France in 1900, taught the world that seeking out exceptional food was a worthy reason to travel.

A Living Legacy

Paris did not just change how people eat. It changed how people think about food, talk about it, and travel for it. Techniques perfected in Parisian kitchens two centuries ago are still taught in culinary schools from Tokyo to New York. That is a revolution that never ended.



PARIS, FRANCE – SNACKS



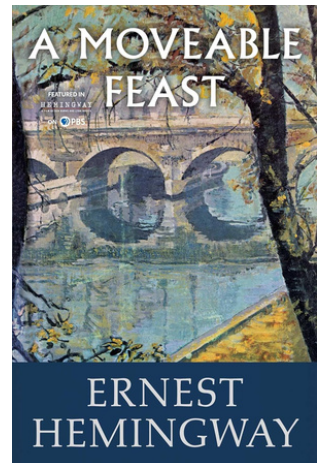
- **Bonne Maman Madeleines:** Bonne Maman's individually wrapped madeleines are soft, buttery shell-shaped cakes that have been a beloved French snack for generations.
- **Biscuits Roses de Reims (by Fossier):** These pale pink, lightly sweet biscuits are one of France's oldest confections, originally made to accompany champagne in the Reims region just outside Paris.
- **Michel et Augustin French Butter Cookies (Sablés):** Michel et Augustin is a beloved Parisian snack brand known for their rich, crumbly butter cookies made with real French butter.



PARIS, FRANCE – BOOKS

BOOK SELECTION

- **A Moveable Feast by Ernest Hemingway:** A memoir of Hemingway's years living in Paris during the 1920s, this classic captures the city's cafés, streets, and creative energy through his own experiences among writers and artists of the Lost Generation. It remains one of the most personal and enduring portraits of Paris ever written.
- **The Paris Wife by Paula McLain:** This historical novel tells the story of Hadley Richardson, Ernest Hemingway's first wife, and their life together in 1920s Paris. Told from Hadley's perspective, it brings to life the social world of expatriate Paris, from its literary salons to its winding neighborhoods, while exploring love, ambition, and identity.
- **Midnight in Paris (The Screenplay) by Woody Allen:** The basis for the beloved film of the same name, this screenplay follows an American writer who finds himself transported back to 1920s Paris each night at midnight, mingling with the great artists and writers of the era. It is a love letter to the city and to the timeless pull of nostalgia that Paris tends to inspire.



PARIS, FRANCE – MOVIES



MOVIE SELECTION

- **An American in Paris (1951):** This classic MGM musical stars Gene Kelly as an American painter living in post-war Paris, falling in love with the city and a young French woman. Filled with Gershwin music, vibrant dancing, and iconic Parisian scenery, it is thoroughly appropriate for all ages and remains one of Hollywood's most joyful tributes to the city.
- **Amélie (2001):** This visually inventive French film follows a quietly imaginative young woman living in the Montmartre neighborhood of Paris who sets out to improve the lives of those around her. Its warmly lit portrayal of Parisian streets, cafés, and daily life has made it one of the most celebrated films ever made about the city.
- **Before Sunset (2004):** The second film in Richard Linklater's beloved trilogy reunites two people for an afternoon walk through Paris, filmed in real time across the city's bookshops, cafés, and riverbanks. Its unhurried, conversational approach makes Paris feel lived-in and genuine rather than simply picturesque.



PARIS, FRANCE – FUN FACTS

FUN FACTS

1. **Paris Has a Bridge Named "New Bridge" That Is Actually Its Oldest:** The Pont Neuf, which translates to "New Bridge," is in fact the oldest standing bridge in the city. It was one of the first stone bridges in Paris to feature pedestrian sidewalks, making it a popular place to socialize when it was built.
2. **The Eiffel Tower Grows in the Summer:** The Eiffel Tower can actually measure up to 15 centimeters taller during the warmer months due to the thermal expansion of its iron structure when temperatures rise.
3. **Paris Has No Stop Signs:** The city removed its last stop sign in 2016 and relies entirely on traffic lights and roundabouts to manage its roads, making it one of the only major cities in the world to operate this way.
4. **Miles of Catacombs Run Beneath the City:** Paris sits above roughly 11 kilometers of catacombs, originally created in the 18th century to address overflowing cemeteries. They opened to the public in 1803 and portions can still be toured today.
5. **Paris Brings the Beach to the City Every Summer:** Each year since 2002, the city hauls in tons of sand along the banks of the Seine, complete with palm trees and lounge chairs, creating a temporary urban beach for locals and visitors during the summer months.

PARIS, FRANCE – MAP



PARIS, FRANCE – DISCUSSION QUESTIONS



Food & Café Culture

- French café culture is built around slowing down, sitting for hours over a single coffee is completely normal. Does that feel relaxing or uncomfortable to you? How does that compare to how we treat meals and coffee breaks here in the US?
- The French take bread very seriously, a baguette is bought fresh daily and eaten the same day. What food traditions do you or your family hold onto that feel that important?

History & Resilience

- Paris was occupied by Nazi Germany during World War II from 1940 to 1944. Can you imagine what daily life felt like walking these same streets we just saw during that time? What stories have you heard or lived through from that era?
- The city has survived revolutions, plague, war, and occupation and still stands as one of the most visited places on earth. What do you think gives a city that kind of staying power?
- The Eiffel Tower was originally considered an eyesore by many Parisians when it was built in 1889 and was nearly torn down. Have you ever changed your mind about something you initially disliked?

Art, Culture & Creativity

- Paris in the 1920s attracted some of the greatest creative minds in history, including Hemingway, Picasso, and Gertrude Stein. Why do you think certain cities become magnets for artists and writers at specific moments in time?
- The Louvre is home to thousands of works of art, including the Mona Lisa. If you could stand in front of any single painting or sculpture in the world, what would it be and why?

Architecture & The City Itself

- Paris famously preserved much of its 19th century architecture, which is why it still looks so distinctive. Many American cities tore down their older buildings in favor of modern ones. Do you think we made the right call, or do you wish more had been preserved?
- The Seine River runs right through the heart of Paris, and so much of daily life happens along its banks. Is there a river, lake, or body of water that has played a meaningful role in your own life or a place you have lived?
- Sunset in Paris turns the limestone buildings a warm golden color, which is part of why it earned the nickname the City of Light. Is there a place you have visited or lived where the light at a certain time of day made everything look different?

Personal Connections & Memory

- Has anyone here visited Paris or France? If so, what is one moment or detail that has stayed with you? If not, has it ever been on your list?
- French culture places a high value on conversation, philosophy, and debate at the dinner table. What is the most memorable or lively dinner conversation you can remember having?
- Paris is often associated with romance and has inspired countless love songs, films, and poems. Is there a song, film, or piece of art connected to Paris that means something to you personally?

Current Affairs & The World Today

- Paris hosted the 2024 Summer Olympics, with many events held against the backdrop of iconic landmarks like the Seine and the Eiffel Tower. Did you watch any of it? What stood out to you?
- Cities like Paris are grappling with balancing tourism with quality of life for residents. Millions of visitors come each year, which brings both economic benefit and real strain. How do you think cities should handle that balance?

PARIS, FRANCE – ACCESSIBILITY



Mobility and Wheelchair Access Throughout the City

- Every single bus route in Paris has been declared wheelchair accessible, with buses fitted with access ramps deployed from the center door, adapted wheelchair bays with holding bars, and a stop button within reach. For visitors who rely on wheels rather than steps, this is the single most practical and liberating piece of news about getting around Paris.
- Paris is also a remarkably flat city, which is a genuine advantage for manual wheelchair users. Most sidewalks, particularly in popular areas like the Right Bank near the Louvre and along the Champs-Élysées, are smooth and well maintained with curb cuts in place.
- The city's tram lines, which serve Paris and its surrounding areas, feature floor-level ramps and wide doors for obstacle-free boarding and exit. Wheelchair passengers on public buses ride completely free of charge, while those with other disabilities are eligible for a 50 percent discount.
- All RER regional train lines and stations are wheelchair accessible from street level to platform level, with elevators available throughout the network. Staff members are on hand every day from the start to end of service, trained to assist passengers, with intercoms located near ticket machines, elevators, escalators, and platforms so help is always within reach.
- Accessible taxis operate 24 hours a day, seven days a week, making them a reliable option when bus or train travel feels like too much for the day.

The Major Attractions Are More Welcoming Than You Might Expect

- At the Louvre, the world's most visited art museum, entry is completely free for visitors with disabilities and one companion. Wheelchairs, folding chairs, and canes are lent free of charge at the Help Desk, and museum staff are available to personally escort visitors from the information desk to the gallery rooms. Disabled visitors are granted priority access, meaning no waiting in the long queues the Louvre is known for.
- The Musée d'Orsay, home to the world's greatest collection of Impressionist art, offers free entry for wheelchair users and a companion, with wheelchairs available for loan at the front desk and a special accessibility map available for visitors with reduced mobility.
- The Jardin du Luxembourg, one of the most beloved parks in Paris, has all of its areas connected by gently graded ramps, making the entire garden navigable without steps.

For Visitors with Vision Loss

- Across Paris's city museums, a wide range of materials are available specifically for visitors with visual impairments, including tactile and multi-sensory supports, labels and cards in Braille, documents in relief or large print, videoguides, and audio guides.
- At the Army Museum at Les Invalides, blind and visually impaired visitors can enjoy tactile models and specially adapted guided tours, as well as audio-described tours that bring the collections to life through narration.
- Guide dogs and assistance animals are welcomed at museums throughout the city, with several institutions explicitly noting this in their visitor information.

For Visitors with Hearing Loss

- The Théâtre de l'Odéon is equipped with individual magnetic induction loop amplification headsets for deaf and hard-of-hearing visitors, helping them better hear the sounds and spoken word of performances. All foreign language performances are subtitled.
- The Musée Carnavalet, Paris's museum of city history, regularly offers visits in French Sign Language led by a deaf guide. The program runs throughout the year and is listed on the museum's calendar.
- The International Visual Theatre in Paris runs a year-round program specifically for deaf and hearing audiences together, including bilingual sign language and French shows, as well as entirely non-verbal visual performances that require no hearing at all.

PARIS, FRANCE – SUSTAINABILITY



A City With a Plan and the Will to Follow Through

Paris is not simply talking about sustainability. Under Mayor Anne Hidalgo, the city has reduced carbon emissions by 40 percent in just ten years, been named to TIME magazine's 2024 Climate 100 list, and adopted a Climate Plan running through 2030 with a goal of full carbon neutrality by 2050. Paris is moving faster than almost any major city on earth to get there.

Bringing Nature Back Into the City

- Paris is creating 300 hectares of new public green spaces, planting urban forests on busy roundabouts, and turning traffic infrastructure into living ecosystems throughout all 20 arrondissements.
- The entire area surrounding the Eiffel Tower has been redesigned as a vast green park, giving millions of annual visitors a greener, calmer, and more pedestrian-friendly experience.
- By 2026, 100 streets surrounding schools will be made car-free and planted with trees, creating safer and greener environments for the next generation.

The Remarkable Comeback of the Seine River

- Paris invested over one billion euros in a multi-year Seine cleanup, connecting thousands of homes to proper sewage systems and building a retention basin capable of holding over 13 million gallons of overflow water.
- For the first time in over a century, three public swimming zones opened along the Seine in summer 2025, and the river hosted 2024 Olympic open-water swimming events watched by a global audience.
- The Seine has been granted legal personhood status, meaning it now carries formal legal protections that must be acted upon immediately whenever its water quality is threatened.

Transforming How People Get Around

- All diesel vehicles have been banned from Paris as of 2024, with gasoline-powered vehicles to follow by 2030, making Paris one of the boldest cities in the world on vehicle emissions.
- The city has built over 50 kilometers of new cycling lanes and is developing a regional bicycle highway network of 650 kilometers linking Paris to its surrounding region.
- The Champs-Élysées is being transformed into a tree-lined garden boulevard by 2030, with car lanes reduced and wide new pedestrian promenades running its full length.
- France has banned short-haul domestic flights between cities reachable by train in under two and a half hours, encouraging train travel over air travel at a national level.

Responsible Tourism Built Into the Fabric of the City

- Paris launched a formal Sustainable Tourism Conference bringing together 150 industry professionals to build a concrete roadmap for eco-responsible visitor experiences across the city.
- Strict new regulations introduced in 2024 limit short-term rentals in central neighborhoods, protecting housing for residents and preventing tourism from hollowing out communities.
- The Michelin Green Star recognizes Parisian restaurants committed to sustainable sourcing and ethical practices, giving conscious travelers a clear guide to dining responsibly.

Green Buildings and a Legacy Olympics

- The 2024 Olympic Village was built as a model of sustainable construction with green roofs and rainwater harvesting, then converted into 6,000 residential housing units after the Games, ensuring its legacy serves the community.
- A mandatory Green Building Index introduced in 2025 requires all new developments to meet minimum sustainability standards, and green buildings across the city have already reduced energy consumption by an average of 20 percent.

PARIS, FRANCE – MYTHS & FACTS



- **Myth:** Parisians are rude and unwelcoming to tourists.
 - **Fact:** Politeness is deeply ingrained in French culture, and most Parisians are genuinely warm and helpful. A simple "bonjour" when entering a shop or greeting someone goes a long way, and visitors consistently report that locals are friendly and willing to assist, even across language barriers.

- **Myth:** Nobody in Paris speaks English.
 - **Fact:** Most Parisians, particularly younger generations and those working in tourist areas, speak enough English to communicate comfortably. Many younger locals have actually cultivated American accents from exposure to American music and film and are happy to help visitors navigate the city.

- **Myth:** Paris is constantly rainy and grey.
 - **Fact:** Paris has a temperate climate with four well-defined seasons, plenty of sunny days, and some of the most beautiful summer weather in Europe. While autumn and spring can bring rain, the city is far from the perpetually overcast destination many imagine.

- **Myth:** The Eiffel Tower is the best place to see Paris from above.
 - **Fact:** Many Parisians and seasoned visitors argue that the Montparnasse Tower offers a superior 360-degree panoramic view, and the hilltop steps of Sacré-Coeur in Montmartre provide a sweeping, crowd-free vista that rivals anything the Eiffel Tower offers.

- **Myth:** Paris is only about its famous landmarks.
 - **Fact:** The true character of Paris lives in its neighborhoods. The cobbled streets of Le Marais, the literary cafés of Saint-Germain-des-Prés, and the quiet canal paths of the 10th arrondissement offer a Paris that is lived-in, layered, and far richer than any postcard.

- **Myth:** Dining in Paris is always expensive.
 - **Fact:** While Paris does have world-class fine dining, it is equally a city of affordable street crêpes, neighborhood bistros, and open-air markets where a satisfying and delicious meal can cost very little. Paris actually ranks behind both San Francisco and New York City on lists of most expensive cities for dining out.

- **Myth:** Paris is exclusively a city for couples and romance.
 - **Fact:** Around 51 percent of Paris residents are single, making it one of the highest rates of any major city in France. Paris is very much a city for solo travelers, groups of friends, and families, with a social and cultural life that extends far beyond its romantic reputation.

- **Myth:** Paris is a dirty and unsafe city for tourists.
 - **Fact:** Paris consistently ranks among the safest major cities in Europe, with violent crime being extremely rare. The city invests heavily in cleaning and maintaining its public spaces, and pickpocketing, while something to be mindful of in crowded areas, has steadily declined in recent years with increased police presence and surveillance throughout the city.

PARIS, FRANCE – 24 HOURS IN PARIS, FRANCE



8:00 AM | Breakfast at a Classic Parisian Boulangerie

- Start your morning the way every Parisian does, at a neighborhood bakery with a line out the door.

9:00 AM | Île de la Cité and Notre-Dame Cathedral

- The small island in the Seine where Paris was born around 250 BC. Notre-Dame, one of the world's finest examples of Gothic architecture, began construction in 1163 and reopened in December 2024 following its remarkable post-fire restoration.

10:00 AM | Sainte-Chapelle

- Steps from Notre-Dame inside the old royal palace complex, this 1248 chapel features over 1,100 panels of stained glass that flood the space with color in a way that stops every visitor in their tracks.

11:00 AM | Pont Neuf and Saint-Germain-des-Prés

- Cross the Seine on Paris's oldest bridge into the legendary Saint-Germain-des-Prés neighborhood where Hemingway, Sartre, and James Baldwin all wrote in the cafés. Stop into the Café de Flore or Les Deux Magots for a coffee at a table where some of the greatest minds of the 20th century once sat.

12:30 PM | Lunch in the Latin Quarter

- The ancient university district named for the Latin once spoken by Sorbonne students. Browse rue Mouffetard, one of Paris's oldest market streets, then settle into a bistro with a handwritten chalkboard menu and order the plat du jour with a glass of French table wine.

2:00 PM | The Musée d'Orsay

- Housed in a stunning 1900 railway station, this museum holds the greatest collection of Impressionist painting on earth. Monet, Renoir, Degas, Van Gogh, and Cézanne are all here.

4:00 PM | Tuileries Garden and the Louvre Exterior

- Stroll through the elegant formal garden created for Catherine de Medici, lined with sculptures, fountains, and chestnut trees. Walk its full length to the Louvre's iconic glass pyramid, completed in 1989, exactly 200 years after the French Revolution.

5:30 PM | The Champs-Élysées and Arc de Triomphe

- Walk the world's most famous avenue to the Arc de Triomphe, commissioned by Napoleon in 1806. Beneath it burns the Eternal Flame at the Tomb of the Unknown Soldier, lit continuously since 1923. Take the elevator to the rooftop platform as the sun begins to lower across the skyline.

7:00 PM | Sunset at the Eiffel Tower

- The centerpiece of the day. Built in 1889 and nearly torn down in 1909, the tower at sunset is one of the most genuinely moving sights in the world. Book tickets in advance and ride to the second level as the city lights come on below. After dark, 20,000 gold lights illuminate the tower at the top of every hour.

8:30 PM | Dinner in the 7th Arrondissement

- Settle into one of the intimate bistros in the quiet residential streets surrounding the tower. Look for duck confit, steak frites, or French onion soup, and finish with a crème brûlée or cheese plate.

PARIS, FRANCE – PARIS AFTER DARK



A City That Invented the Night Out

Before Paris, nightlife did not exist as we know it. Ordinary people went home after dark. What Paris did in the late 19th century was radical: it threw open the doors, mixed the social classes, turned up the lights, and invited everyone in. What happened next changed the culture of the entire world.

The Moulin Rouge

On October 6, 1889, the same year the Eiffel Tower was unveiled, a red windmill lit up Montmartre and the Moulin Rouge opened its doors. It was the first building in Paris illuminated entirely by electric light, visible from across the city. On opening night it introduced the French cancan, a dance so scandalous and electrifying that it became famous across Europe within months. Toulouse-Lautrec took up a permanent table, painting the performers in works that still hang in museums today. What made the Moulin Rouge truly revolutionary was not the dancing. It was that a factory worker and a French nobleman could sit at the same table, order the same champagne, and watch the same show. In 1889, that was unheard of.

Jazz and the Freedom It Carried

When African American soldiers marched across France in 1917 playing early jazz, French military musicians physically inspected their instruments convinced they must have been altered to produce such sounds. They had not been. After the war, Paris became a magnet for Black American musicians who found something their own country denied them: the freedom to be treated as equals. Josephine Baker became one of the most celebrated performers on earth. Cole Porter was a regular at Bricktop's club on Rue Pigalle. Armstrong, Bechet, and Django Reinhardt filled underground rooms until dawn with music that was reshaping the world in real time.

Jazz Goes Underground

When the Nazis occupied Paris and banned jazz as a foreign influence, the city pushed back. Club owners convinced occupying forces that jazz was a longstanding French tradition. Songs were renamed. Artists performed under pseudonyms. Django Reinhardt's Nuages became an anthem of the French Resistance, with clubs used as cover for passing messages between resistance members. In Paris, a night out was never just a night out.

Still Going

Le Caveau de la Huchette has hosted jazz in its underground cellar every single night since 1949. The Moulin Rouge performs twice nightly, still with handcrafted costumes, still without interruption after 135 years. What Paris understood before anywhere else is that nightlife is not frivolous. It is where cultures meet and ideas travel. That red windmill is still spinning.

