

7-DAY PREMIUM GUIDE

LYON

France, Europe

France's gastronomic capital — silk, history & bouchons

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Lyon

Lyon is consistently ranked as one of France's finest cities — and arguably its greatest culinary destination. The city of silk merchants, Renaissance architecture, and the bouchon bistro tradition sits at the confluence of the Rhone and Saone rivers. Its UNESCO-listed Old Town, secret Renaissance traboule passageways, and the hilltop Basilica of Fourviere make Lyon a city that reveals itself gradually — the more you explore, the more you love it.

BEST TIME TO VISIT

April–June & Sept–Oct

TYPICAL BUDGET

\$120–\$200/day

COUNTRY

France, Europe

GUIDE LENGTH

7 Days

7-Day Overview

- 1 Arrive & Vieux Lyon
- 2 Fourviere & Roman Lyon
- 3 Presqu'île & Modern Lyon
- 4 Day Trip: Beaujolais Wine Country
- 5 Croix-Rousse Market & Silk Heritage
- 6 Day Trip: Perouges & Bresse
- 7 Final Day & Departure

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Days 1 & 2

DAY 1	Arrive & Vieux Lyon	DAY 2	Fourviere & Roman Lyon
● Arrive Lyon Part-Dieu or Saint-Exupery airport ● Vieux Lyon — oldest Renaissance quarter in France ● Traboules — secret medieval passageways ● St Jean Cathedral & astronomical clock ● First bouchon dinner in Vieux Lyon TIP: Traboules were used by silk merchants and WWII resistance fighters — a guide can show you the best ones		● Climb (or funicular) to Fourviere Basilica ● Panoramic view over Lyon from the terrace ● Roman Theatre & Gallo-Roman Museum ● Croix-Rousse hill — silk workers' quarter ● Halles Paul Bocuse food market TIP: The Halles Paul Bocuse market is Lyon's cathedral of food — go hungry and try absolutely everything	

Days 3 & 4

DAY 3	Presqu'île & Modern Lyon	DAY 4	Day Trip: Beaujolais Wine Country
● Presqu'île — Lyon's commercial peninsula ● Place Bellecour — Europe's largest pedestrian square ● Fine Arts Museum (Musee des Beaux-Arts) ● Confluence district — modern architecture ● Dinner on the floating barge restaurants TIP: The Musee des Beaux-Arts has one of France's finest collections outside Paris		● Drive north to Beaujolais wine region (45 min) ● Village of Oingt — one of France's most beautiful ● Winery visits in Fleurie or Moulin-a-Vent ● Lunch at a wine estate ● Return Lyon for evening TIP: Beaujolais Nouveau aside, the region produces serious Cru Beaujolais wines at excellent prices	

Days 5, 6 & 7

DAY 5	DAY 6	DAY 7
Croix-Rousse Market & Silk Heritage	Day Trip: Perouges & Bresse	Final Day & Departure
● Croix-Rousse morning market (best in Lyon) ● Maison des Canuts silk workshop & museum ● Silk weaving demonstration ● Street art in Croix-Rousse ● Lyon's bistrots — wine bar crawl evening... TIP: Lyon's street art is world-class — the trompe l'oeil murals are incredible.	● Medieval walled village of Perouges (40 mi) ● Galette de Perouges (sugar tart) at the mai ● Bresse region — home of France's finest cl ● Lunch in a Bresse farm restaurant ● Return Lyon for dinner at a top bouchon... TIP: Perouges is one of France's most perfectly preserved medieval villages.	● Morning at the Confluence Museum (science & socie ● Last coffee at a Lyon cafe terrace ● Grand Hotel-Dieu — Renaissance hospital turned ho ● Lunch near Part-Dieu station ● TGV to Paris or flight from Saint-Exupery... TIP: The Grand Hotel-Dieu brasserie and market halls are Lyon's hidden gems.

Where to Stay in Lyon

Cour des Loges★★★★★

Vieux Lyon

\$350–\$600/night

Four Renaissance townhouses fused into Lyon's most atmospheric hotel. Traboules, pool, and courtyard.

Hotel Le Royal Lyon★★★★★

Place Bellecour

\$280–\$480/night

Classic Sofitel property on Lyon's grand square with excellent on-site bouchon restaurant.

College Hotel★★★★

Vieux Lyon

\$180–\$260/night

Clever school-themed boutique hotel in Vieux Lyon. Exceptional service and charming rooms.

Hotel des Artistes★★★

Presqu'île

\$100–\$150/night

Lovely 3-star on a quiet Presqu'île street with theatre-themed decor and great location.

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Where to Eat in Lyon

Daniel et Denise, Vieux Lyon Classic Bouchon	Must order: Quenelle de brochet & tablier de sapeur
Le Musee, Presqu'ile Authentic Bouchon	Must order: Salade lyonnaise & andouillette — true old Lyon
La Mere Brazier Historic 2 Michelin Stars	Must order: Truffle artichoke & Bresse chicken demi-deuil
Le Bistrot du Potager, Croix-Rousse Market-Driven Bistr■■■	Must order: Seasonal vegetables & natural wines
Bouchon Aux Trois Cochons Traditional Bouchon	Must order: Cervelle de canut (herbed cheese spread)
Takao Takano Japanese-French Fine Dining	Must order: Delicate 8-course tasting menu — exceptional
Grand Cafe des Negociants Historic Brasserie	Must order: Steak tartare & Lyon onion soup (Gratinee)

Tips & Logistics

Getting There:	TGV from Paris takes 2 hours. Lyon Saint-Exupery airport has European connections.
Getting Around:	Metro, tram and Velo'V bike share cover the city well. Vieux Lyon is best on foot.
Bouchon Etiquette:	Book ahead for dinner — authentic bouchons are small and fill up fast every evening.
Traboules:	Ask your hotel for a traboules map — many are unlocked but unmarked. A guided tour helps.
Fete des Lumieres:	Lyon's Festival of Lights (December 8) is one of Europe's greatest events — plan far ahead.
Market Days:	Croix-Rousse (daily), Quai Saint-Antoine (Tue-Sun), Marche de la Creation (Sat-Sun).
Wine:	Order Beaujolais Cru (not Nouveau) and local Cotes du Rhone — extraordinary value in bouchons.

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