

practical information



How to get there:

Lausanne has good connections to all major cities in Switzerland and almost hourly direct trains to France (Paris, 3h 50 min), Italy (Milan, 3h 50 min) and Germany (approx. 5 hours).

1 At the train station you'll find the ① **tourist office** (021 613 73 73); lockers, bicycle rental, currency exchange, rest rooms, fast food, small shops and a post office. Lausanne is beautiful but very hilly, so be prepared for some steep walks when discovering Lausanne on foot! The center is a few steps up from the main station at place St-François. 2 Ouchy, the port of Lausanne, is a beautiful place. There is another ① **tourist office** at Avenue de Rhodanie 2. @ Internet at Quanta virtual fun space, pl. de la Gare 4; Espace St-François, pl. St-François 12; Coin-web.com inside the train station, and at the hostels (for guests). Wireless Internet access is available at Flon, Palud, Riponne, St-François, Montbenon, Navigation, Port.



save money

The **Lausanne Transport Card** gives you free and unrestricted access to all public transport services in the city (bus, train, metro). You'll get this card at your hostel. It is valid for the duration of the reservation, including the arrival and departure days!

www.lausanne-tourisme.ch
www.lake-geneva-region.ch
www.backpacker.ch

budget accommodation

3 Lausanne-guesthouse & backpacker, Epinettes 4 (021 601 80 00) »www.lausanne-guesthouse.ch; 4 Lausanne Youth Hostel "Jeunotel", Chemin de Bois-de-Vaux 36 (021 626 02 22) »www.youthhostel.ch/lausanne



Lausanne's magnificent cathedral



Outdoor ice skating rink downtown

Lausanne resides on the hillside between Lake Geneva below and the woods above, surrounded by meadowland and vineyards, facing the Alps. Lausanne was officially named the Olympic Capital in June 1994, a unique and prestigious title awarded by the International Olympic Committee, headquartered in Lausanne since 1915. Popular with students, Lausanne features numerous private schools and one of the country's largest university campuses, comprising the Federal Institute of Technology (EPFL) and the University of Lausanne. Lausanne has more to offer young people than most Swiss cities: nightlife, bars, bistros, discos... many museums and collections stage more than 50 exhibitions a year, from dinosaurs to contemporary art.

highlights

Via the 160 covered steps of the Escaliers du Marché (or by other routes) you reach the **old town**. The peaceful, historic atmosphere of the old town is an invitation to linger. L'hôtel de ville and place du Palud are nice places to take pictures of. And you should not miss seeing Lausanne's **magnificent cathedral** 8 from the 12th century, with its four towers and 105 stained-glass windows. Inaugurated in 2003, the new organ is the only one of

its kind in the world by virtue of its design and its dimensions (nearly 7,000 pipes); concerts are held there regularly.

5 **Olympic Museum** on quai d'Ouchy 1, which hosts a great exhibition about the Olympic movement up to today. This symbol of the union of sports and culture is a universe filled with history and emotion. Open Tue–Sun 9 am–6 pm. Admission CHF 15.–, students CHF 10.–. »www.olympic.org

6 **Collection de l'Art Brut** at av. des Bergières 11, a special exhibition, which you shouldn't miss. Open Tue–Sun 11 am–6 pm. Admission CHF 10.–, students CHF 5.–. **Free entry every first Sat of the month!**

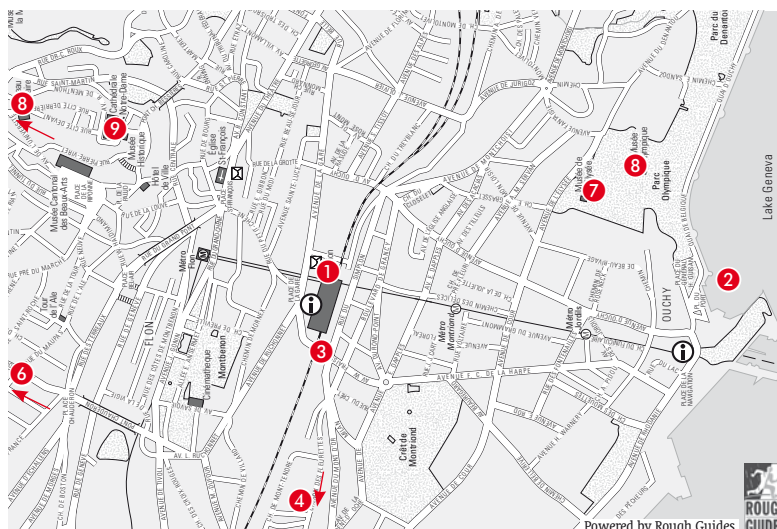
7 **Musée de l'Elysée** at Avenue de l'Elysée 18, an impressive photo collection. Open Tue–Sun 11 am–6 pm (Mon closed). Admission CHF 8.–, students CHF 4.–. **Free entry every first Sat of the month!**

8 **Fondation de l'Hermitage** at Route du Signal 2 is housed in a beautiful 19th-century residence and is devoted to holding temporary exhibitions on the fine arts. It's surrounded by a magnificent park! Tue–Sun 10 am–6 pm, Thu until 9 pm, (Mon closed). Admission CHF 18.–, students CHF 7.–.

The one-time fishing village of **Ouchy** 2 is now a prime territory for waterfront strolling and café-lounging. From this picturesque harbour the stately **boats** of the CGN will take you to Geneva, Vevey, Montreux, Evian (in France) and to the **Chillon Castle** (or vice versa). So you can easily take a boat instead of a train and enjoy a relaxing time on this beautiful lake!

Check out Lausanne's **Skatepark HS 36** at av. de Sévelin 36. 1,700 m² of indoor wooden facilities: half pipe, mini ramps, bowl (400 m²), street course, climbing wall. Open from Tuesday to Sunday. Equipment rental possible. For more information check out »www.fievre.ch. From the train station take the metro to "Flon", from "Flon" take the metro (M1) and get off at the first stop (Vigie).

There's much more to be explored in the beautiful Lake Geneva region (read more about it on the following pages).



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entertainment, fun & parties

- **MAD** (Rue de Genève 23) is a huge disco. Various styles from rock to rave.
- **Atelier Volant** (Côtes de Montbenon 12), enjoy the Latino vibes there.
- **Movida** (Place Chauderon 5), Latino style as well.
- **D! Club** (Rue du Grand-Pont 4), for electronic music and jam sessions.
- **Loft Club** (place Bel Air 1), techno sound for young people.
- **Buzz** (Rue Enning 1), all-style music, warm and electric atmosphere.
- **Amnésia** (E.-Jaques-Dalcroze at Port de Vidy), big disco au bord du lac, various styles.
- **A La Bossette** (place du Nord 4), nice, almost underground smoky café.
- **Hôtel de Ville** (place de la Palud 10), lovely, small bijou, organic food.
- **Château** (place du Tunnel 1), homemade beer, late nights...
- **Bleu Léopard** (Rue Enning 10), different styles of music, open until late. Sundays brunch.
- **Captain Cook** (Rue Enning 2) is an English Pub.
- **Le Bourg** (Rue de Bourg 51) concerts, one-man-show, projections...
This café-theatre invites you to come and have a drink and discover the evening's entertainment.
- **Charlie's Place** (Rue St. Pierre 3) bar – brasserie “chic & cosy”, exquisite, seasonal and traditional dishes, remarkable wines and cocktails.
- **Les Brasseurs** (rue Centrale 4), a beautiful micro-brewery in a décor of wood paneling and copper, dedicated to beer. Brewery specialities.
- **Café Luna** (Place de l'Europe 7), relax in its different atmosphere amid a setting combining designer chic and cosy ambience.



Lausanne's metro, is unique of its kind

events

- Nov 11th – 13th** Metropop Festival at Salle Métropol (Place Bel-Air 1).
Concerts, live acts and DJs will make you dance all night long
- Nov 20th – 28th** Salon Antique at Beaulieu
- Nov 26th – Dec 24th** Christmas market at St. François Square
- Dec 31st** New Year's Eve party night, something is going on everywhere



Staying in Lausanne and want to spend a day or more in a winter resort nearby – choose the Villars-Gryon region!

Situated in the heart of a majestic panorama overlooking the Rhone Valley, facing the Dents du Midi and the Murerans mountain chain, Villars-Gryon (at an altitude of 1,300 to 3,000 metres) offers you an inspiring view of the Alps. Whether you are a **skier** or a **snowboarder**, here you will find everything you need to meet your most demanding requirements. Over 200 kilometres of marked ski trails await you and as a lover of **cross-country** you'll find over 40 kilometres of cross-country ski trails

here. And as a **non-skier** you can enjoy snowshoe trekking on invigorating trails, joyous sledge rides or even share in the excitement of dog sled races.
How to get there: Hourly train from Lausanne to Bex (takes 36 minutes). And from Bex to Gryon it takes 27 minutes.
Budget accommodation in Gryon: Chalet Martin, Rue du Villars (079 724 63 74). Chalet Martin is just a 5 minute walk from the Gryon station (follow the road uphill from the station and look for the backpacker signs). »www.gryon.com

Lausanne GuestHouse & Backpacker

Epinettes 4
CH-1007 Lausanne
Tel. +41 21 601 8000
Fax +41 21 601 8001
www.lausanne-guesthouse.ch

Dorm bed starts CHF 36.–
Double starts CHF 105.–
Laundry
Kitchen
Garden with BBQ
WiFi
Free Lausanne Transport Card
Olympic Museum Packages

Quality. Our Passion.

"In the heart of the Lake Geneva Region"