



VIVE LA FRANCE

THIS IS LYON

france's capital of gastronomy

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Along with having one of the most beautiful cities in the world (Paris), France has many other regions to explore. Join us for a culinary tour through Lyon, the 'Capital of Gastronomy' (according to famous French food critic, Curnonsky) and a UNESCO World Heritage City. Then come castle and chateau hopping in Loire Valley. Still got some energy left? Head to 'The City of Lights' and experience our 'Top 10 Things to See and Do' in and around Paris, including a visit to Monet's home and gardens.

Luscious Lyon, the Gastronomic Capital of France

No visit to Lyon is complete without partaking in a meal at a Bouchon.

A bouchon is to Lyon what Mickey is to *DisneyWorld*. They belong together. One thing that doesn't perhaps go together is a diet and a bouchon!

A bouchon is a style of restaurant found in Lyon, known for serving traditional Lyonnaise cuisine such as homemade sausages, roast pork and duck pate. Meat-centric and calorie dense, the savoury Lyonnaise treat is often served as a starter course. Such is the case at *Bouchon Sulley* where Julien Gautier and Emmanuel Tachon-Foley have created a menu full of seasonal Lyonnaise specialties.

Seated at a table for two with white linen tablecloths, the ambiance is cosy and inviting with brick walls and the main floor set with about 15 tables. The food, wine and service are



above Lyonnaise board served at Hotel Silky. photo by Herve Fabre for Lyon Tourisme et Congres



above Lyon Confluence is 150 hectares in the heart of Lyon, between the Rhone and Saone rivers. photo by Brice Robert for Lyon Tourisme et Congres

superb. It is here that my husband and I try our first truly authentic Lyonnaise meat platter. Called the Lyonnaise Board, the wooden charcuterie board is laden with cooked sausages, jésu (course minced and cured pork), Rosette de Lyon – finely minced cured pork, cracklings and a terrine filled with tomato and goat cheese. The meat slices are served almost paper thin and yet when you put them into your mouth, you feel an overwhelming flavour sensation. The main course features another famous Lyonnaise classic—Pike Quenelle, which is like a fish soufflé made from fresh fish, cream, flour, butter and eggs. The entire meal is sinfully rich and delicious!

We experience a similar gastronomic sensation sampling the Foie Gras Terrine at *Restaurant Marguerite*. Slowly savouring this famous buttery-rich French duck pâté, lathered onto thick slices of French bread, is a super sensual experience in culinary decadence. Roast Duck and Chicken Supreme with Morel mushrooms, followed by a traditional cheese plate, round out this memorable meal.

Restaurant Marguerite is part of the Paul Bocuse group offering fine dining in a historic mansion, or you can choose a table outside in the garden and dine al fresco.

The late chef Paul Bocuse is known as “The Chefs’ Chef”. The Michelin Guide describes Chef Bocuse as “an almost



mythological figure in French gastronomy...an outstanding personality who loves life and his terroir—the Rhone area—and to this day, retained the three stars garnered in 1965 by his Collonges-au-Mont-d’Or restaurant.”

To continue the foodie experience, a visit to the Paul Bocuse Market is a must.



above Place du Change, Lyon
photo by M. Perrin for Lyon Tourisme et Congres



above Pedestrian bridge over the Rhône River, Lyon
photo by Tristan Deschamps, Lyon Tourisme et Congres

Gregory Cuilleron is a young Lyonnais chef who is helping to keep the Lyon gastronomy scene front and centre. He made a name for himself after winning the national TV contest *A Perfect Dinner* and as host of his own TV show, and co-owns *Cinq Mains* in the Vieux Lyon district.

“Eighty percent of our products are organic and sourced within a 100 to 200 kilometre radius,” says Gregory. “It’s home comfort food prepared by a professional cook in a Lyonnaise style.”

Yes, there is more to do in Lyon than eat 24/7! It sits at the junction of the Rhône and Saône rivers. Vieux Lyon or Old

Lyon dates back 2,000 years and is known as the Renaissance District. It is here on a walking tour that our guide Catherine leads us through several of the 300 “traboules”, or secret passages from one street to another. Many reveal architectural treasures like winding stone staircases and beautiful courtyards. During WWII, these secret passageways were often used to hide from the enemy.

Lyon is also famous for its silk trade. Many of the original buildings with their floor-to-ceiling windows still exist to pay tribute to the silk workers who once spun silk in these very rooms.

From the Old City, high on a steep hill sits *Notre-Dame de Fourvière*, a magnificent cathedral which you can tour by taking the funicular up the hill with a stop to see ruins of the old Roman Amphitheatre which today is used for live concerts and performances.

A great way to get around town is with a Lyon City Card which gives you access to the city museums, metro (subway), buses, tram tour and even a boat cruise. We stayed at *The College Hotel* in Old Town. It is centrally located with a chic, retro “college” vibe and rooms with a balcony and a view of the mountain and the bustling cafes.

Lyon has several noteworthy museums. You may be surprised to learn that cinema was not discovered in Hollywood, but in Lyon, by the Lumiere brothers. A visit to *Le Musée Lumière*, located in the family’s historic home, is where you can see the world’s first film and learn the history of cinema.

Lyon is a city of many firsts. In fact, the city tagline is ON-LYLYON.

“Lyon is like a concert of the best France has to offer in the art of living well,” says Francois Gaillard, CEO of ONLYLYON Tourism and Congress. “We have 2,000 years of history in the old city which is classified as a UNESCO Heritage site. As well, Lyon is the ‘Capital of Gastronomy’ in France. For a small city (population: almost 1.5 million), there are more than 4,000 restaurants. Eating great food is very important to us and the prices are very reasonable. Chef Paul Bocuse helped put Lyon on the map and went outside of the city to promote the art of French cooking around the globe.”

Eat, drink and be merry in the Gastronomy Capital—ONLY in Lyon!

Getting there

I flew WOW Airline, an Icelandic carrier which operates flights between Toronto, Iceland and Europe. Flights to Lyon or Paris stop briefly in Reykjavik, Iceland at Keflavik International Airport, where passengers can hop off and spend a few days (or even weeks) in Iceland and then catch another flight to their final destination, at no extra charge! For this trip, I flew to Lyon with a return flight from Paris. ⑥

TRAVELINKS: www.atout-france.fr, www.lyon-france.com