

Lyon, France's third largest city and reputed gastronomic capital of the world, sits at the junction of the Rhône and Saône rivers.

If you are on your way to Spain, direct daily high speed services to Barcelona (and Girona & Figueres) mean Lyon is a good place for changing trains and you might well find yourself with an hour or two spare. So why not go for a stroll? The station is located in Lyon's business district and sits next to [Westfield Shopping Centre](#).



Strolls

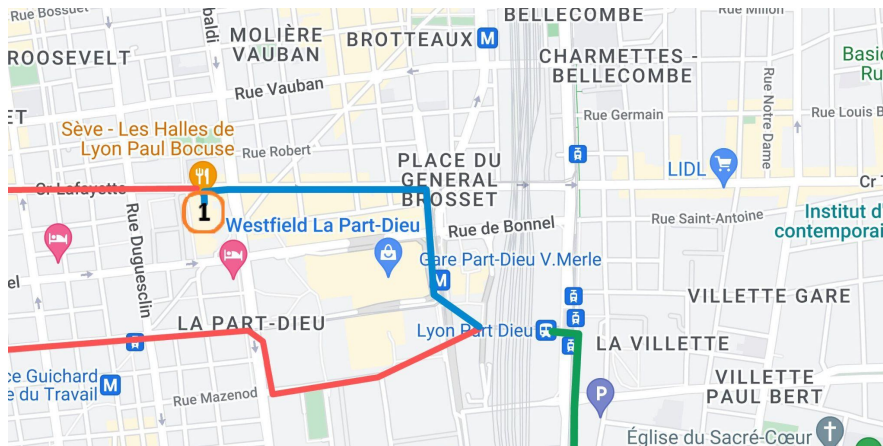
- [Gastro-stroll \(2km blue\)](#)
- [Vieux Lyon \(6km red\)](#)
- [Roman Theatre with cityscape view - 2km uphill extension \(orange\)](#)
- [National Memorial prison \(2km green\)](#)

Interactive Map

Here is a [link to a map](#) that can help you find your bearings.

Gastro-stroll (2km blue)

Does Lyon still deserve its global gastronomic reputation? You can find out by visiting [Les Halles de Lyon Paul Bocuse](#).



① Les Halles Paul Bocuse

Leave the station facing the Westfield Centre and turn right. At the end of the road, turn left onto Cours Lafayette. Continue along the road for about 500 metres and you will see the large shiny entrance to Les Halles on your left. But before going in, look at the building behind you and you should see a mural of a chef - he's [Paul Bocuse](#).



Les Halles



Paul Bocuse - Google

There are (currently) 55 outlets selling everything edible (yes there are frogs' legs...), including 12 cafes and restaurants. Bon appetit!



Fruits & légumes

Cerise et Potiron



Fromagers

Cellerier Fromages



Fromagers

Fromagerie La Mère Richard



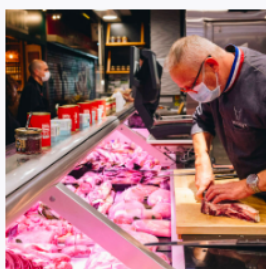
Ecaillers

ecailler.cellerier



Spécialités italiennes

Tacca via Rolle



Bouchers - Rôtisserie

Boucherie Massot



Epiceries fines

Chez M.Paul Van Cappel



Poissonniers

Poissonnerie Durand



Location of Maison Jaune (by Google)



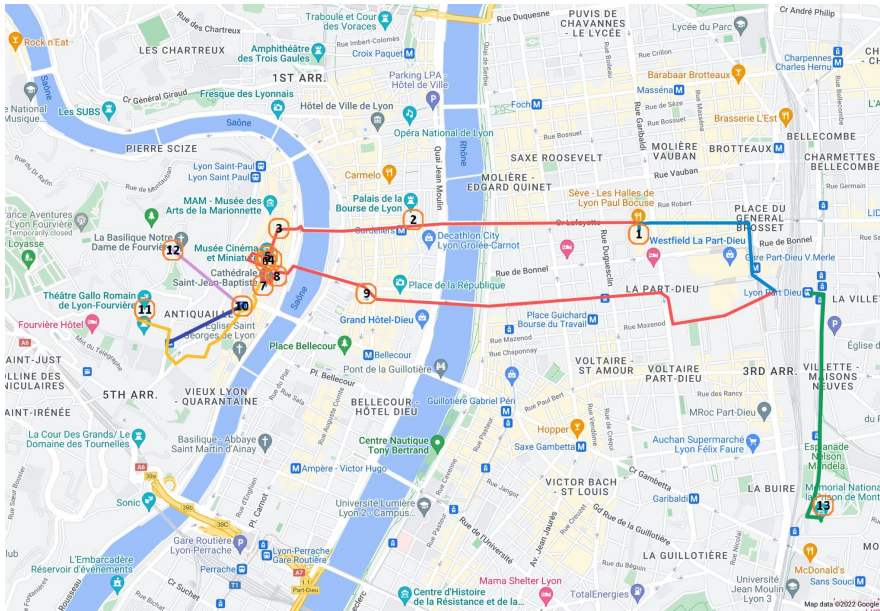
Maison Jaune by van Gogh



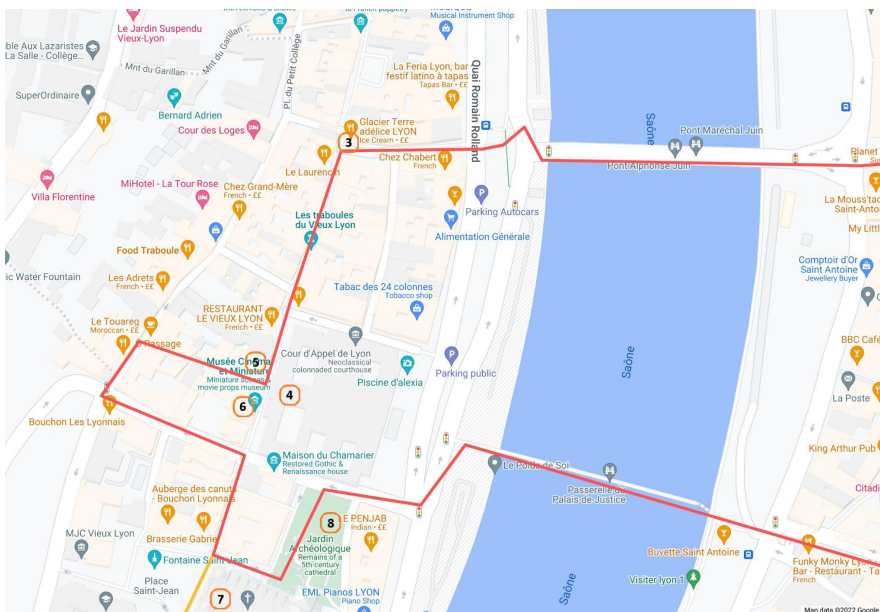
Supermarché Jaune

Vieux Lyon (6km red)

On this wander we'll go and see old Lyon, which is a fair stretch from Part Dieu, but as [UNESCO points out](#), this is a city which has kept its integrity so as we walk, we are going back in time.



- 1 Les Halles Paul Bocuse
- 2 Palais de la Bourse de Lyon
- 3 Place de la Baleine
- 4 Court of Appeal of Lyon
- 5 Les traboules
- 6 Musée Cinéma et Miniature
- 7 Saint-Jean-Baptiste
- 8 Jardin Archéologique
- 9 Place des Jacobins
- 10 Cathédrale Saint-Jean
- 11 Théâtre Gallo Romain
- 12 Fourvière
- 13 Fort Montluc



Continue from Les Halles in the *Gastro-stroll* and follow Cours Lafayette all the way down. As you go on, the buildings seem to get progressively fancier.

Keep going until you reach the wide Quai du Général Sarrail bordering the river Rhône. If you've come from **Avignon** or **Arles**, it might not be quite as impressive up here, but still...



Cours Lafayette - Google



Quai du Général Sarrail



Rhône

Cross the river over the Pont Lafayette and continue straight on along Place des Cordeliers. The Palais de la Bourse (2) is on the right, built in the mid 19th Century. It's where the President Sadi Carnot was assassinated in 1894.

Carry straight on to Rue Grenette. At the end of this street you approach the river. No, it's not déjà vu, but the River Saone - the confluence of both rivers, along with the defensible high ground of Fourvière and Croix-Rousse, has made this a prime spot since antiquity.

The impressive looking church on the hill is [La Basilique Notre Dame de Fourvière](#) and was built in the late 19th Century and dedicated to Jesus' mother Mary who saved the town from plague in 1643, which was nice.



Notre Dame de Fourvière

Let's cross the river.

On the other side, carry on through the gap in the barrier on the right and on to the distinctively narrower Rue de la Baleine and continue to the end and the Place de la Baleine (3).

We are now in the heart of Vieux Lyon. Turn left down the narrow cobbled street of Rue Saint-Jean and up to the severe-looking Court of Appeal (4). Opposite at No 54 looks like a typical doorway, but it isn't...



Rue Saint-Jean



Court of Appeal



Traboules entrance

- it's actually one of the [Traboules](#) (5) - passageways that run between houses and through courtyards as short-cuts. Go through the doorway and down the passage to Rue du Boeuf. By taking this route, we are following in the traditions of the Lyonnaise to get round town over the centuries. Except, it wasn't a shortcut...

Turn left and left again to get back to the Rue Saint-Jean. Incidentally, we managed to avoid a [curious museum to cinema props and miniatures](#)(6), which you can visit just by going back down Rue Saint-Jean. It really wasn't a shortcut...

Keep walking as far as the cathedral (7) (built 1180-1476) which is on the UNESCO World Heritage List and which inspired pictures by Turner and Degas. If you have time why not pop in and see its 16th century [astronomical clock](#).

If you would like to go further back in time, or get some great views of the city, there's an extended walk below (orange on the map).

Otherwise let's wend our way back to the station by a different route. Turn left down Rue Saint-Etienne, which runs down the side of the cathedral, and go through the Jardin Archéologique (8), which contains the remains of the old 6th Century Cathedral, and head for the far corner.

Cross the 'Passerelle du Palais de Justice' foot-bridge and continue down Rue de l'Ancienne Préfecture which leads on to the rather ornate Place des Jacobins (9)



Cathedral - google



Jardin Archéologique - google



Place des Jacobins - google

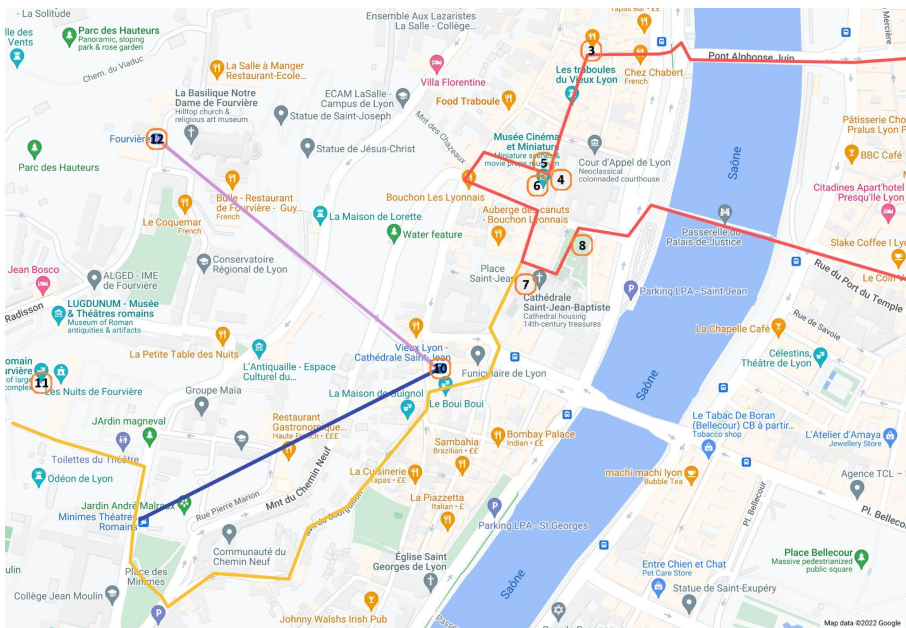
Cross the square and continue straight down the shop-lined Rue Childebert (crossing the Place de la République). Keep going until you get back to the Rhône and cross Pont Wilson. Carry on down Rue Servient all the way to the Westfield Centre and through to the station.

Roman Theatre with cityscape view - 2km uphill extension (orange)

You can get a real sense of the immensity of Lyon by heading for the high ground.

If you want to save your legs, there is a funicular railway (pink line on map) running from the Cathédrale Saint-Jean (10) to Minimes. There's also a route to Fourvière and the spectacular [La Basilique Notre Dame de Fourvière](#) (12).

Or you could take the more spartan way by walking up to the Roman Theatre. Well, it *is* character (and calf muscle) building...(orange route).



Cross Place Saint-Jean and continue straight onto Avenue du Doyenné. Go past Vieux Lyon - Cathédrale Saint-Jean station and take the next right up Rue Mourguet. At the end turn left onto Rue Tramassac, followed by a slight right up Montée du Gourguillon which leads into Rue des Farges.



A glance down Montée des Épies



Montée du Gourguillon



looking back down Rue des Farges

At the top, cross the road and turn left. Very shortly you will come to a path which leads across the park (Place des Minimes). On the other side of the park turn right and then go through the white gates to the Roman theatre (11).

UNESCO put Lyon on the map because "instead of rebuilding on itself, the city progressively expanded towards the east, thus conserving all the forms of town planning of the different eras alongside each other."

and you can sort of see that from up here - especially as we have walked through it.

Incidentally, the towers in the distance are in Part-Dieu - that's where we have come from. Big innit?

This Roman theatre, built around 15 BCE could seat up to around 10,000 people and is still used for the [Nuits de Fourvière](#) festival. If this place impresses you, then just wait until you get to [Orange](#), [Arles](#) or [Nimes](#), which are only a couple of hours away by train.

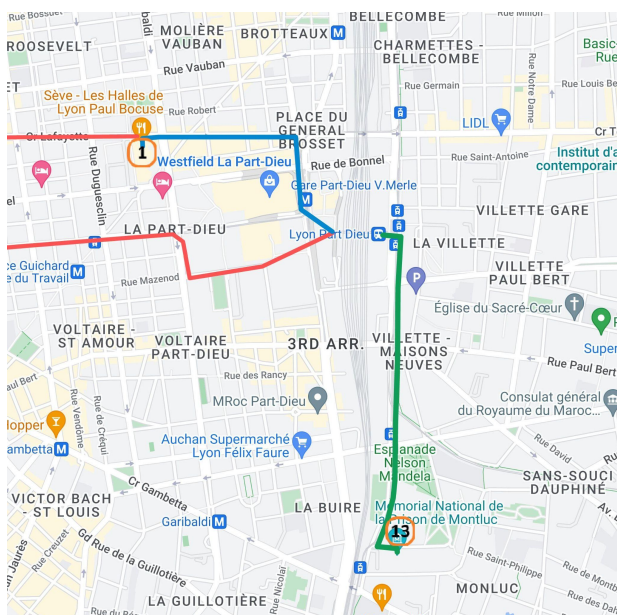
To get back, go the way you came and rejoin the *Vieux Lyon* stroll route at the Cathedral.



Roman theatre

National Memorial prison (2km green)

If you haven't got much time in Lyon, or want to learn more about a sobering side of recent French history, you may want to visit [Montluc Prison](#) which has been turned into a memorial. It tells the story of some of the incarcerations during the Second World War and Algerian Crisis. It is undergoing renovation until 2025 but is still open to the public.



To get there, leave the station by Port Alpes onto La Place de Francfort and cross over the tramway and go past the bus terminal to the far side of the road and turn right and walk down the Rue de Villette.

Keep going straight on and eventually you'll go past the Hôtel de Police on your left. The former prison is the next building on the left. (13)

