



## A Guide to Life in Montpellier

*A reference guide by local students in Montpellier and ICCB-ECCB volunteers*

There's a lot to do in Montpellier and the surrounding region. To help you decide how to spend your time and enjoy the local scene, ICCB-ECCB volunteers have compiled a list of things to do during your stay in Montpellier for ICCB-ECCB 2015

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### **Air d'arménie**

*Eat armenian food*

"Air d'arménie": Excellent armenian food, very original. For those who generally trouble choosing what they will eat, possibility to order a first course with a variety of dishes. Small familial and convivial place. Cheap at lunchtime and a fair amount of food.

**Location:** 9 Rue du Faubourg de Nimes, Montpellier

**Hours:** All days, from 11am to 1am

**Contact:** +33 4 34 43 40 89

**More info:** <http://www.airdarmenie.fr/>

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### **Au bonheur des tartes**

*Eat*

Very nice place to eat. They serve delicious salads and pies for lunch, and amazing copious local diner the evening. All the food is homemade with good products from the South West of France. The main course is made of three slices of pie and a variety of salads and vegetable preparations and costs only 12€. If you're still hungry after that (which is unlikely), the deserts are excellent! Good wine also

**Location:** 4 Rue Trésoriers de la Bourse, 34000 Montpellier

**Hours:** Lunch: 12:00 - 14:15 (Tuesday to Saturday) / Diner: 19:30-22:30 (Wednesday to Saturday)

**Contact:** +33 4 67 02 77 38

**More info:** <https://fr-fr.facebook.com/AuBonheurDesTartes>

## **Ban Thai**

*Eat thai*

A good restaurant not far from the Corum where you can have a nice Thai cuisine at a reasonable price, especially at lunch time. They propose classics (soups, fried rice or noodles, spicy curries) as well as unusual dishes (crickets, silkworms..) Try the experience, and don't forget to reserve our seats!

**Location:** 7 rue Bernard Délicieux, Montpellier

**Hours:** Open for lunch and diner

Closed on Sunday and Monday

**Contact:** +33 4 67 61 94 59

**More info:** <http://www.ban thai-montpellier.fr/accueil.html>

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## **Beach**

*Swim / Play / Laze*

Feel like swimming or lying on the beach? Head to the Le petit travers, by taking the Tram number 3, then the bus 132.

**Location:** Le petit travers, Carnon

**Hours:** Always

**Contact:**

**More info:**

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## **Bois de Montmaur**

*Take a walk / Run*

Near the Zoo, the Bois de Montmaur is a nice park to go for a walk, that joggers particularly enjoy. With different paths, laps go from 1 to 2 km.

**Location:** Rue Val de Montferrand, Montpellier

**Hours:** Always (except high risks of fire)

**Contact:**

**More info:** <http://www.montpellier.fr/structure/908/240-bois-de-montmaur-structure.htm>

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## **Botanical garden**

*Take a walk*

Nice green space in the city center, relaxing, quiet...

**Location:** Boulevard Henri IV, 34967 Montpellier, France

**Hours:** Tuesday to Sunday, from 12AM to 8PM

**Contact:** +33 4 34 43 36 20

**More info:** <http://www.umontpellier.fr/universite/patrimoine/jardin-des-plant es/>

**Brasserie Le dôme**

*Eat, drink, café-debate and jam session*

Nice classical French food, as well as several social events during the ICCB congress (café-debate, jam session)

**Location:** 2 Avenue Georges Clemenceau, 34000 Montpellier

**Hours:** All day 7AM – 11:45PM

**Contact:** +33 4 67 92 66 70

**More info:** <https://fr-fr.facebook.com/pages/Le-dome/1437678846475757>

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**Charlie's beer**

*Have some drinks*

Nice place to drink a beer. Plenty of good old rock music & play pool.

**Location:** 22 Rue Aristide Ollivier, 34000 Montpellier

**Hours:** From 7PM to 1AM

**Contact:** +33 4 67 58 89 86

**More info:** <http://www.yelp.fr/biz/charlies-beer-montpellier>

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**Couleurs de bières**

*Have a drink*

Simply the best beer garden in Montpellier! Even if the place is rather small and a bit far from the city center, you will find here the best and the largest selection of craft beers from all around the world. 4 draft beers and hundreds of bottled beers.

**Location:** 48 rue du Faubourg Saint-Jaumes, Montpellier

**Hours:** 5 pm to 1 am, every day except Sunday

**Contact:** +33 4 67 03 31 54

**More info:** <https://fr-fr.facebook.com/pages/Couleurs-de-Bi%C3%A8res-Officiel/175497609144290>

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**Country Rock**

*Eat a burger*

Nice atmosphere of country music, old music clips on TV with cowboys playing bluegrass, nice choice of creative burgers, generous portions, honest prices.

**Location:** 3 Rue Multipliants, Montpellier

**Hours:** Tuesday to Saturday from 12AM to 2:30PM and from 7PM to 10:30PM

**Contact:** +33 4 67 55 92 48

**More info:** <http://www.lecountryrock.fr/>

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**Fitzpatrick**

*Have a drink*

Famous Irish pub, with rugby and football . Some sandwiches to eat. Nice place to hang out at night.

**Location:** 5 Place Saint-Come, 34000 Montpellier

**Hours:** From 7PM to 1AM

**Contact:** +33 4 67 60 58 30

**More info:** <http://www.fitzpatricksirishpub.com/>

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**La Grange**

*Have lunch or dinner*

Delicious and healthy food (mostly traditional french country recepies), warm rural setting, passionate (and talkative!) owner: one of the best restaurant in Montpellier!

**Location:** 30 rue Jean Jacques Rousseau, Montpellier

**Hours:** Whenever the owner, Jacques, feels like working:-).

**Contact:** +33 4 67 54 68 80

**More info:** <http://www.restaurant-montpellier-lagrange.com/>

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**La laiterie**

*Have a drink and more*

First, have a look at the weekly programming : theatre, concert, impro, dance etc. A nice place to combine a spectacle and a drink (or more)

**Location:** 4 rue Lunaret, Montpellier

**Hours:** Tuesday to Sunday, from 6pm to 1am

**Contact:** +33 9 54 93 44 36

**More info:** <http://lalaiteriebeauxarts.over-blog.com/>

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**Le bar du palais des congrès**

*Have some drinks*

Warm place to grab some beers, those guys are the nicest of montpellier, good heart and good prices. There are often some patron's friends passing by to play some music, some alternative art exhibitions, and on Thursday night, masami makes some sushis.

**Location:** 22 boulevard Louis Blanc, Montpellier

**Hours:** All days, from 7AM to 1AM

**Contact:** +33 4 67 54 02 25

**More info:** <http://www.yelp.fr/biz/bar-du-palais-des-congres-montpellier>

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**Le Broc Café**

*Have a drink and eat delicatessen & cheese*

Warm place with a nice selection of belgium beers, good and cheap delicatessen & cheese plates, welcoming owners & waiter, good music.

**Location:** 2 Boulevard Henri IV, Montpellier

**Hours:** Open all day long during the week but closed on the week-ends

**Contact:** +33 9 53 37 43 58

**More info:** <https://plus.google.com/103756164174470669712/about?gl=fr&hl=fr>

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**Le Clandestin**

*Drink wine and eat tapas*

Nice place to taste different wines, particularly local wines and eat good tapas. The owners buy the bottles to local wine-growers and can explain every details about it. The atmosphere is enjoyable and there is a piano for who wants to play. Happy hour before 8pm

**Location:** 18, Rue de la Valfère, Montpellier

**Hours:** Tuesday to Saturday from 6pm to 2am

**Contact:** +33 6 80 40 05 76

**More info:** <http://www.leclandestin.fr>

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**Le concombre masqué**

*Eat a burger*

Definitely the best burger around. Original & cheap, fresh product.

**Location:** 32 Rue du Cardinal de Cabrières, 34000 Montpellier

**Hours:** open for lunch and diner (between 7 and 9pm)

**Contact:** +33 4 67 59 44 92

**More info:** <https://plus.google.com/118445850309796305123/about?gl=fr&hl=fr>

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**Le Mogador**

*Have lunch or dinner*

Moroccan food (couscous & tajines, but also revisited recepies such as the delicious Camembert with honey and almonds), warm atmosphere, friendly owner and very good prices.

**Location:** 3 rue Embouque d'Or, Montpellier

**Hours:** On Tuesday for lunch and from Wednesday to Saturday for lunch and dinner

**Contact:** +33 4 67 84 42 64

**More info:** <http://restaurantmogador.free.fr/>

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**Le petit bistrot**

*Eat something*

Very small restaurant (<15 covers) that provide excellent food at a decent price. Definitely one of the best restaurant in Montpellier

**Location:** 1 Rue de la Friperie, 34000 Montpellier

**Hours:** From 11am to 10pm

**Contact:** +33 4 67 67 12 72

**More info:** [http://www.tripadvisor.fr/Restaurant\\_Review-g187153-d4462780-Reviews-Le\\_Petit\\_Bistrot-Montpellier\\_Herault\\_Languedoc\\_Roussillon.html](http://www.tripadvisor.fr/Restaurant_Review-g187153-d4462780-Reviews-Le_Petit_Bistrot-Montpellier_Herault_Languedoc_Roussillon.html)

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**Mademoiselle Chocolat**

*Have a brunch*

Really nice chocolate bar, that also does a great brunch with a mini chocolate fondue included for a fair price on Saturday and Sunday (from 11:30AM to 3PM). Small terrace outside and nice and cold old cave room downstairs. You can taste homemade chocolate spread, hot chocolate and more!

**Location:** 10 rue Roucher, Montpellier

**Hours:** Tuesday to Wednesday 2PM - 7PM ;

Saturday 11:30AM - 7PM and Sunday 11:30AM - 8PM

**Contact:** +33 6 08 73 14 16

**More info:** <http://www.mademoiselle-et-chocolat.fr/>

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**Mi Barrio**

*Drink some wine*

Nice selection of local wines in a very animated area

**Location:** 11 Rue du Plan d'Agde, 34000 Montpellier

**Hours:** Monday to Saturday, 6PM to 1AM

**Contact:** +33 4 99 58 12 15

**More info:** <http://www.mibarrio.fr/>

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**Rebuffy**

*Have a drink*

Nice place covered with trees. Often crowded, good atmosphere and other pub around. Parlour game available free.

**Location:** 2 Rue Rebuffy, 34000 Montpellier

**Hours:** From 11am to 1am

**Contact:** +33 4 67 66 32 76

**More info:** <http://www.yelp.fr/biz/rebuffy-pub-montpellier>

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## **Stade Philippidès**

*Run*

In need for some exercise? Go running a bunch of laps at the Stade Philippidès, open every evening during the week.

**Location:** 542 rue Auguste Broussonnet, Montpellier

**Hours:** Weekdays from 8pm to 10pm

**Contact:**

**More info:** <http://www.montpellier.fr/structure/525/3180-stade-d-athletisme-philippides-structure.htm>

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## **the Black Sheep**

*Grab a beer while listening to a concert*

a large selection of beers at different prices. Happy hours (50cL of beer for the price of a 25cL beer) from 6pm to 8pm. Possibility to see concerts after 8pm (quite eclectic but more often rock to metal) at low prices.

**Location:** 21 boulevard Louis Blanc, Montpellier

**Hours:** 6PM to 1AM

**Contact:** +33 4 67 58 08 65

**More info:** <http://www.theblacksheep.fr>

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## **Zoo du Lunaret**

*Walk / See animals*

A nice (and free!) place to go for a walk and see some exotic animals!

**Location:** 50, avenue Agropolis, Montpellier

**Hours:** Tuesday to Sunday, from 9:30 AM to 6:30 PM

**Contact:** +33 4 67 54 45 23

**More info:** <http://zoo.montpellier.fr/>