

SCANDINAVIAN TRAVELER

FOR THE MODERN TRAVELER FROM SCANDINAVIAN AIRLINES MARCH 2020

TREASURE ISLAND

Spectacular scenery, a lively
capital and to-die-for cuisine make
Sicily an island that delights

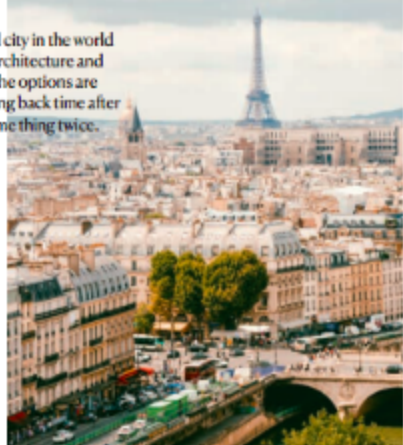
FEARLESS & PEERLESS Tove Lo | **HAVE A RICE DAY** Paella in Valencia
THE HIP GUIDE Paris in a new light | **LADY OF THE RING** Grace Bullen
SPECIAL AGENT Jakob Oftebro | **FAR FROM THE MADDING CROWD** Point Reyes

STAR ALLIANCE MEMBER

SAS

PARIS

Paris isn't the most visited city in the world for nothing. From art to architecture and food to hidden pockets, the options are enough to keep you coming back time after time, and never do the same thing twice.



Deep dive Paris | 43



SCANDINAVIAN TRAVELER

Despite having its thunder stolen slightly by rivals New York, London and Tokyo, Paris is back on top and it's having a moment. "The city felt a lot like a museum for nostalgic Ernest Hemingway wannabes for a while, until there was a sudden wave of rejuvenation," says Selma Moris, a Spanish tour guide and resident of the city for the past 30 years.

"It just snowballed from there. The 'bistronomy' movement was born and cool new restaurants replaced some of the millions of uniform brasseries and bistros serving mediocre food. Dishes from all over the world became the norm and vegetarianism, in a previously finicky carnivorous city, became a concept that was here to stay," she adds.

In other words, over the past decade, Paris has moved with the times and aligned itself with what's fashionable beyond the confines of tradition. Young, well-traveled entrepreneurs with vision and nerve took over spaces and injected a new multicultural energy into the city—a city that was seriously at risk of buckling under the weight of its centuries-old conventions.

However, that's not to say it's cast its fabulous history aside. Paris' soul is still very much alive and remains the city's midline track, in special places known to locals in a city of a million things to see and do.



3 TO SEE

Before Sunrise
Richard Linklater,
1995

Amélie
Jean-Pierre Jeunet,
2001

**Park, Je T'Aime
(Paris, I Love You)**
Various directors,
2006

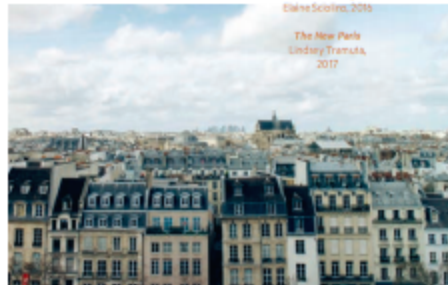


3 TO READ

A Year in the Herd
Stephen Clarke,
2005

**The Only Street in
Paris: Life on the
Rue des Martyrs**
Elaine Scriver, 2010

The New Paris
Lindsay Trumbull,
2017



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THIS WAY TO PARIS

SAS flies direct to Paris from Copenhagen, Oslo and Stockholm and offers connecting flights from other cities in Scandinavia.

Use points
Book a round trip from Scandinavia to Paris from 30,000 points. Taxes and fees apply from €30.

Earn points
As a EuroBonus member, you earn points when you fly with SAS, Star Alliance and partners.

Cash in points
Relax in an SAS Lounge when flying SAS Go, from 3,000 points.

All EuroBonus members' SAS tickets are 00% off-tax. Book your flights at flysas.com

Metro rules

In most cities you'd be surprised by how irritated locals get when visitors misbehave on the metro inner-city trains. Stick to these basic rules of subway etiquette to blend in and avoid attracting steely stares.

Speak quietly on public transport and don't watch videos or listen to music without earphones, as it disturbs people around you.

Move aside on trains to let people off before getting on, and if you're sitting on a fold-up seat, stand up when the carriage gets full to make space for others.

Under no circumstances must you eat on public transport and always throw your trash in the bins.

Get ready to get off the train before it stops, in order to avoid pushing through passengers at the last minute, especially during rush hour.



ILLUSTRATION: PASCAL BOUQUIN/GETTY IMAGES

Green is the new black

Parisians have come a long way over the past decade when it comes to being more environmentally aware, accepting that vegetarians and vegans are here to stay and adopting healthier eating habits.

HEALTHY EATERIES

A Parisian paradigm shift is leading to many restaurants popping up all over the place, offering tasty vegetarian and vegan options. Our favorites include Wild and the Mason, Hank Burger, Jéh Jéh and Albertor végétal, to name but a few.

www.wildparis.com/
thomson.fr/magazine/le-restaurant-vegetarien-1043941.html
hankbureau.com
albertorvegetal.com

STYLISH BOUTIQUES

There are also green hubs, such as the Maison du Zero Déchet ("the house of zero waste"), which offer workshops and double up as full-on waste-free shops. You can also shop for stylish apparel at made-in-France brands with sustainability at the heart of their collections, such as Lovers, ForLife, Sizane, EKYOG and Les Sublimes.

maisonduzérodechet.org
lovers.fr
forlife-paris.com
sizane.com
ekyog.com
lesublimes.com

V
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La Maison du Zero Déchet is dedicated to zero-waste shopping.



Get your organic food at L'Épicerie Kilogramme.

BULK-BUYING STORES

This radical new stance has transformed the way locals shop. Several entrepreneurs have opened stores offering bulk shopping, including Day by Day, Negozio Leggero and L'Épicerie Kilogramme, all of which help customers make significant packaging reductions, especially of plastic.

daybydayshop.com
negozioleggero.it
epiceriekilogramme.com



TREATS FOR THE TASTE BUDS

Paris is one of the best cities to explore on foot, but it can happen that you stumble into a no-man's-land of restaurant options, especially around Paris' main landmarks – unless of course, you know where to go.



One-star Michelin restaurant Tony & Co.



Café de l'Homme is located in Musée de l'Homme.

CAFÉ DE L'HOMME
Tucked in the Trocadéro's Péreux Chalet, this chic café serves bistro staples, such as stein rotisserie and macaroni with return tuffe and comestor, outside on the terrace, with unobstructed views of the Eiffel Tower.
www.cafedelhomme.com

GRIFE
Highlights here are the view of the Eiffel Tower and the focus on seafood. There are also meat, poultry and vegetarian options.
www.restaurant-grife.com

POLICHINELLE
Newcomer Polichinelle offers a great spread of cell-cious vegetarian options. Everything is made with locally sourced produce, some of which is harvested from its sprawling urban rooftop farms.
www.polichinelle-restaurant.com

CAFÉ CONSTANT
Helmed by Michelin-starred chef Christian Constant, this casual café near the Grande Dame is great for French classics in a neo-Parisian bistro setting, where *Boeuf Bourguignon* and duck à l'orange come at very reasonable prices.
www.restaurant-constant.com

TOMY & CO
Much acclaimed for his inventive take on traditional dishes, including tarty veggie from his own garden, chef Tomy Goussier was awarded a Michelin star last year but the restaurant hasn't lost its down-to-earth credentials.
www.tomygoussier.com

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The last two digits of Paris zip codes denote which arrondissement an address comes from.

Green day trips

Paris is wonderful, granted. However, to get a taste of that enviable French countryside lifestyle, venture outside the urban metropolis, where idyllic off the beaten track spots await, a mere hour or two away.

FONTAINE BLEAU FOREST
Just 40 minutes away, picturesque Fontainebleau and its castle offer a perfect combination of history and nature. The castle, which is a great alternative to the Château de Versailles for second-time visitors, is surrounded by manicured gardens à la française and acres of forest, formerly the chateau's hunting grounds.
www.fontainebleau.com

VALLÉE-AUX-LOUPIES
Another trip well worth the sprawling valley and former 56-acre estate of 19th-century writer François-René de Chateaubriand, who was forced out of Paris in 1807 due to his open criticism of Napoleon. He nicknamed the area he retreated to as "Wolf Valley."
www.vallee-aux-loupes.com

CHEVREUSE VALLEY
Southwest of Versailles and in the Rambouillet forest, this idyllic locale is home to unique hotel lodges, such as the gothic-inspired Vaux de Coligny Abbey, the largest Cluniacian monastery in France, which dates back to the 12th century and is now perched atop a hill.
www.chevreuse.com

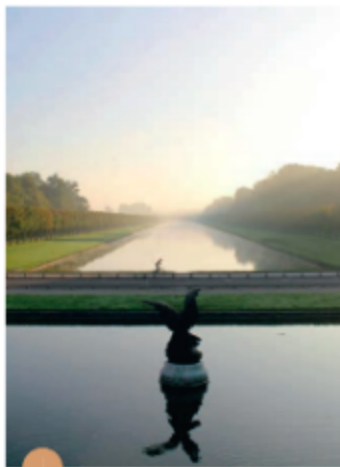
MORET-SUR-LOING
This well-preserved medieval village's stone fortifications, ancient churches, timbered houses and mills along the river make for a refreshing break away from the big city.
www.moret-sur-loing.com



Chevreuse Valley



Chevreuse Valley



Château de Fontainebleau is one of the biggest chateaus in France.

MORE PARIS TIPS

PÂTISSÈRE BORS-LUNÉ
If you crave an authentic croissant in Montmartre, look no further than to Boulanger Pâtisserie.

UDON BISTRO KUNIKIDRAYA
Blue Sainte Anne is often referred to as Little Japan. Here you'll find every Japanese specialty.

FRENCH TROTTERS
Parisians love concept stores. French Trotters is one of the best.

See more Paris tips at sandinwaintravel.com

Sunday like a local

These days more and more shops and restaurants are staying open on Sundays, although many still close. To make the most out of your Paris weekend, and avoid disappointment, it's key to know what's open, especially in the popular Marais neighborhood.



Our walk begins in the area's old Jewish quarters, where there are still a number of shops left from its heyday, including Rue des Rosiers, a street lined with kosher shops. For a sit-down meal, pop around the corner to base-fits cuisine Mazon, which offers lip-smacking good *fil*. *Avril* means Paris plates such as beef "bougnagnon" *plât*.



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The word "marais" means swamps, the area named after the land it was built on. Around the 12th century, vegetables were grown in the marshy fertile area left by one of the river Seine's old arms.



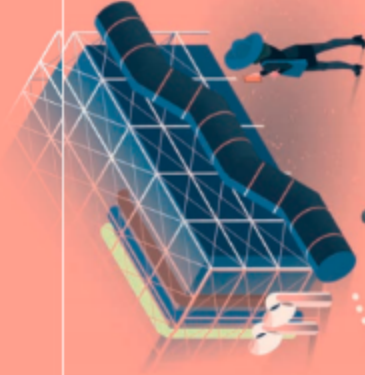
For dessert, head to Gramme for a cup of coffee from star-spot Café Linn, which goes well with a homemade sweet, such as salted caramel apple cake. Otherwise, head to Bon Temps *fil* menu, where, hidden behind the shop, are a terrace and a secret garden where you can enjoy their delicious lemon cake.



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The MEPs housed inside one of the Marais' many town and grand tower houses, which should be at the top of your list.

It's on the Hôtel Herault de Cornillière, not built in 1700. Others include the Hôtel de Clugny, the Palazzo Massimo and the Hôtel de Sully, which is now the headquarters of the National Museums Center.



Speaking of shopping, a must-see is the Marais outpost Office Linéaire Bully. Travel back in time in this wood-paneled cabinet of curiosities, with built-in glass displays of the ancient apothecary's updated versions of ancient remedies and perfumes.



A visit to the Marais isn't complete without a bit of vintage shopping, and fills Shop is a neighborhood staple. A treasure trove of one-of-a-kind men's and women's apparel, its extensive yet curated selection of wares all come at reasonable prices.



Once you've filled up on treats, head to the Maison Européenne de Photographie (MEP). A temple to photography, its premier collection of about 20,000 works dating from 1950 to today, as well as its 20 temporary exhibitions from emerging and established talents, are well worth a visit. A fun twist, head to the Centre Pompidou's exhibition space, L'Usuel. Bracusi, a replica of the studio of the celebrated 20th-century sculptor Constantin Brancusi, who left Brno to live in Paris in 1906.

When in the Marais, don't forget to swing by the Place des Vosges, one of the city's most lovely and most beautiful and symmetrically perfect squares, surrounded by trees and townhouses stacked on grand arches.