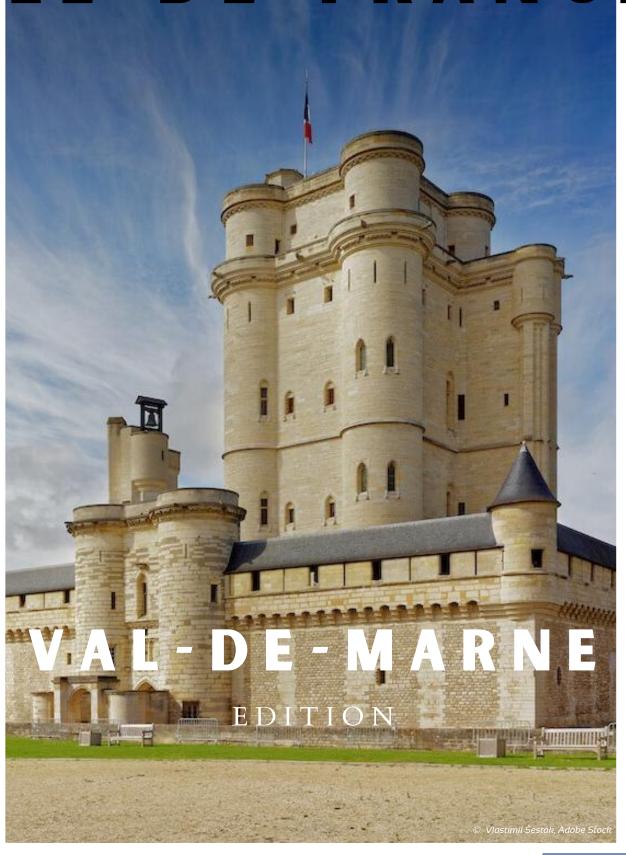
DON'T MISS ANYTHING ABOUT

ÎLE-DE-FRANCE



DISCOVER THE REGION THROUGH ITS 8 DEPARTMENTS

ENGLISH VERSION

ÉDITORIAL

Students in the fourth year of Biotechnology and Chemistry at the CYTech engineering school in Cergy, we spent several months to realize our project: the creation of a series of magazines highlighting the cultural and tourist heritage of the Île-de-France region. In total, we created 8 magazines, each corresponding to a department of this region.

Aware of the challenges involved in discovering such a rich territory, we have undertaken this project to promote our region during our student mobility in Italy. The magazines "Don't miss anything about Île-de-France" have the objective of listing the must-see sites of each department, while highlighting lesser known but equally interesting places to explore. Of course, this selection is not exhaustive!

This edition focuses on the department of Val-de-Marne. As far as possible, you will find the website of each place and its access on Google Maps by hovering over its title and address respectively.

To find out more about the other departments of the region, we invite you to go to the last page of this magazine: you will find a list of all available magazines, as well as a link to our website and Instagram account.

Enjoy your reading!

Jordane & Lucas



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VAL-DE-MARNE

HISTORY & GEOGRAPHY



In the Middle Ages, the territory of the Val-de-Marne was marked by the construction of many churches and castles. In the Renaissance, aristocratic estates and second homes of Parisian nobles multiplied.

The development of the railway and transport infrastructure in the 19th century facilitated the urbanization and industrialization of the department. The Val-de-Marne was officially created in 1968 during the administrative reorganization of the Paris region.

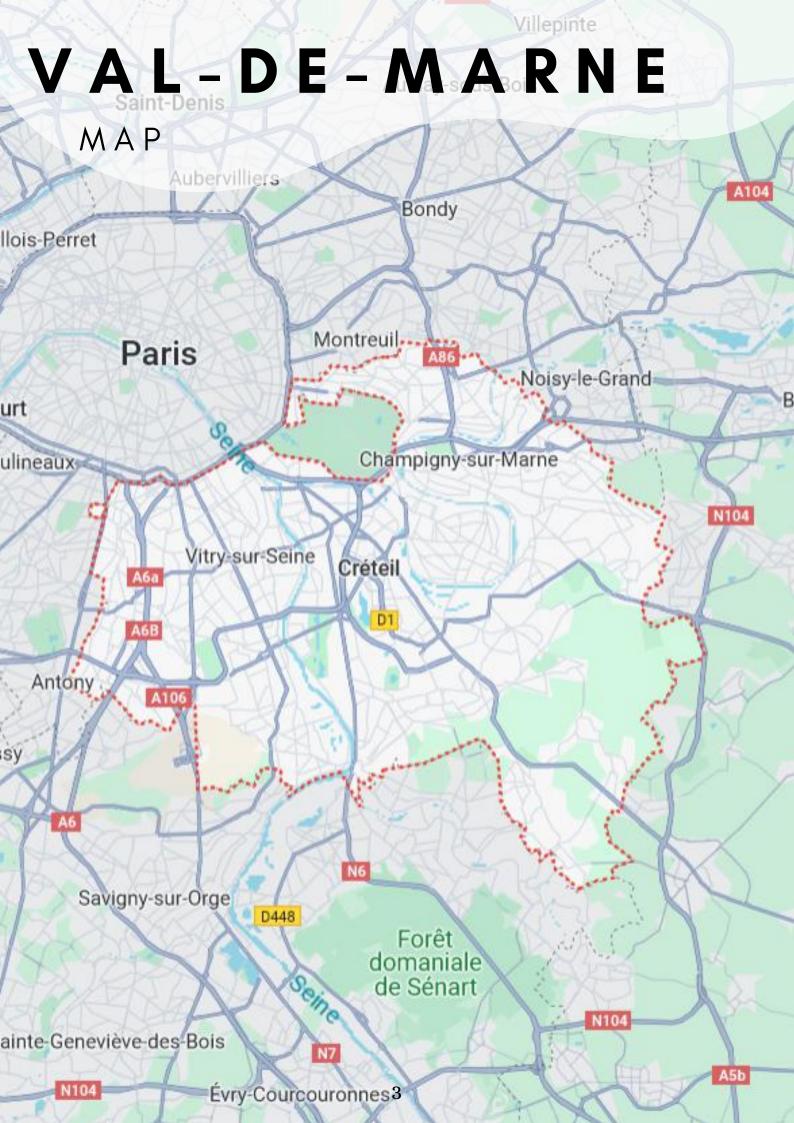
The coat of arms of the department is "azure sown with flowers of golden lilies, with waved chevron and overturned silver; clothed with gold".



With its surface of about 245 km², the Val-de-Marne is one of the smallest departments in France. It is crossed by the Seine and the Marne, which are major geographical elements and play an important role in the landscape and activities of the region.

The department is heavily urbanized, especially in the area near Paris. However, it retains important green spaces, such as the departmental park of the <u>Roseraie in L'Haÿ-les-Roses</u>, the <u>park of Vincennes and its castle</u>, and many municipal parks.







MUST-SEE

Parks, Domains & Castles

Thanks to its aristocratic past, the department of Val-de-Marne seduces with its parks, properties and castles!

Vincennes Castle

The Vincennes Castle is one of the most important fortified castles in France, and it has a rich history that stretches over several centuries.

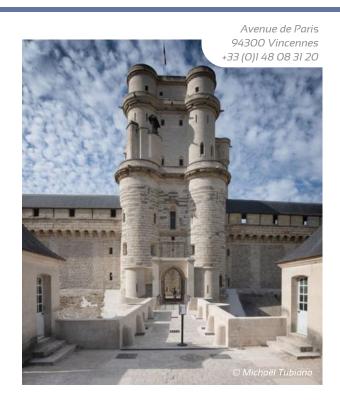
The site began to develop under the reign of Louis VII in the 12th century, and became a royal residence during the Renaissance. Charles V then built the 52-meter dungeon, the tallest in Europe still standing.

In the 17th century, the castle lost its importance to the Louvre and Versailles. It was used as an arsenal and a state prison.

Within the castle walls, a 15th-century Gothic church, known for its elegant architecture and magnificent stained glass windows, is also accessible: it's the Sainte-Chapelle.

Open every day from 21/05 to 22/09 from 10am to 6pm, then from 23/09 to 20/05 from 10am to 5pm. Closed on 01/01, 01/05 and 25/12. The Sainte-Chapelle closes every day between 1pm and 2pm.

Full price: 13€. Check the conditions to benefit from the free here.





Grosbois Domain

Although the origins of the Grosbois domain date back to the Middle Ages, the current castle was mainly built at the end of the 16th century and the beginning of the 17th century.

It passed into the hands of several noble families, including those from La Vallière, and was transformed and embellished over the years, in particular with the addition of French gardens.

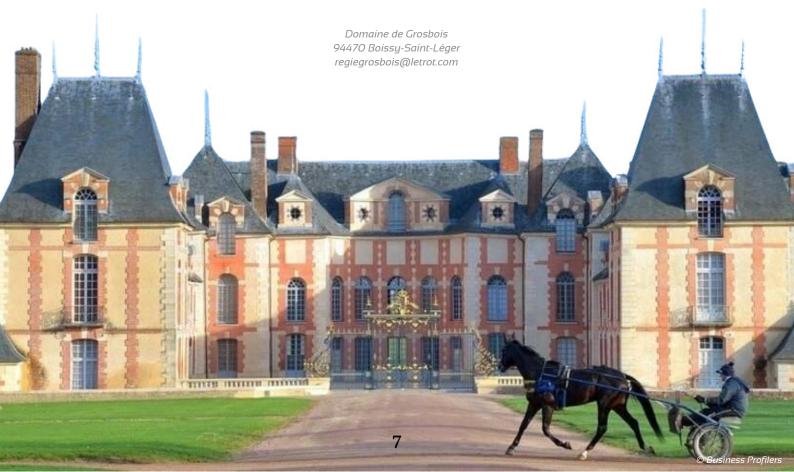
In the Napoleonic period, the castle became a center of military and diplomatic activities. Today, it is one of the largest trot training centres in Europe, with more than 1,500 horses.

Inside, the castle preserves sumptuous period pieces such as richly decorated lounges, a library, and rooms with furniture and historical art objects.

Accessible only by guided tour, by reservation by mail. Guided tours of the training center organized every Saturday at 11am. Guided tours of the castle organized every Saturday at 2pm.

Full price: $15 \in \text{(visit of the training centre)}$ and $18 \in 50 \text{ (visit of the castle)}$.





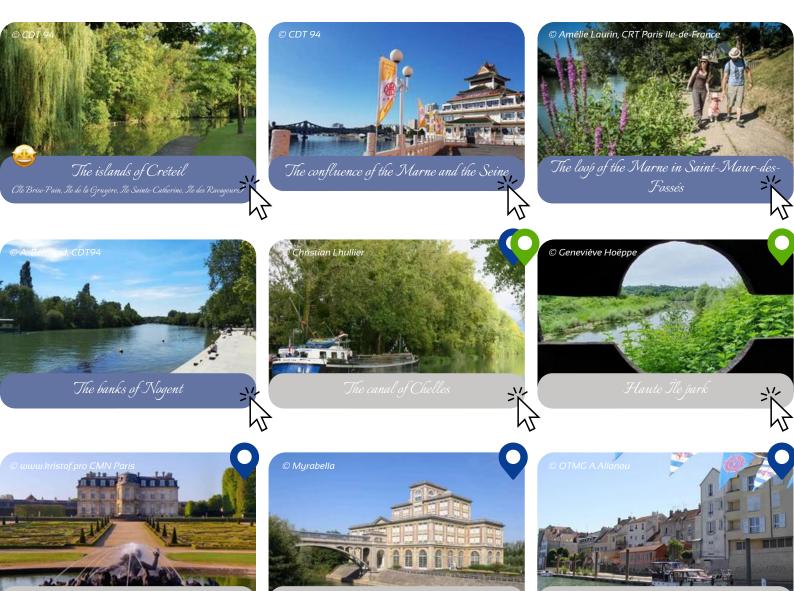
Banks of the river Marne

The Val-de-Marne is a department strongly influenced by the presence of water, where 37 of the 47 municipalities in the department are crossed by a stream. Alongside the Seine, the Marne is an essential component of this territory: the banks of the Marne are the vibrant heart of the region.

On the banks of the Marne, 3 islands are classified as a nature reserve: the Abreuvoir, Gords and Pissevinaigre islands. These islands protect a rich biodiversity and offer important habitats for birds and other species.

Some of these islands are suitable for walking but others are inaccessible to protect the fauna and flora.

The most beautiful spots on the banks of the Marne



8

Seine-et-Marne

Seine-Saint-Denis

The most beautiful walks on the banks of the Marne



Banks of the river Seine

The Val-de-Marne is undoubtedly the department of water: the Seine stretches over a distance of 15 kilometers in the department, and is joined by the Marne at the confluence, before continuing its course to the capital.







Roseraie of Val-de-Marne

Created in 1899, the Roseraie du Val-de-Marne is one of the largest and oldest rose gardens in France. Classified as a "Remarkable Garden" and renowned for its diversity and innovations, it is home to more than 3,300 varieties of roses.

The site includes themed areas such as fragrant rose gardens, climbing roses, and botanical rose collections.

Open every day from 01/05 to 23/09 from 10am to 7pm.

Full price: $4 \in$. From 15/07 to 23/09, only the guided tour is paid, at a single rate of $1 \in$. Click here to find out how to take advantage of the reduced rate and free here.

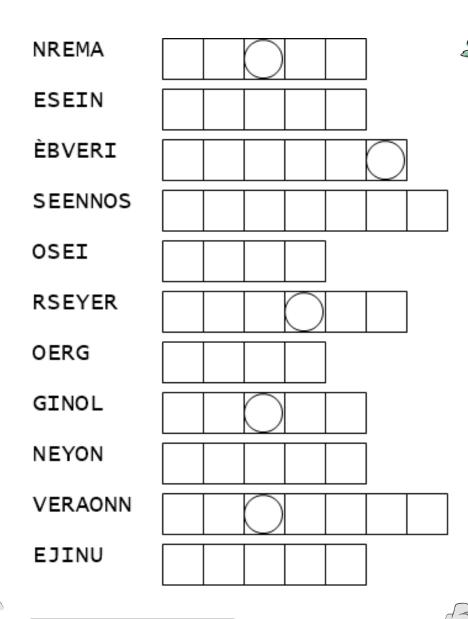
Rue Albert Watel 94240 L'Haÿ-les-Roses +33 (0)1 47 40 04 04



and find their names!

Solve the anagrams to reveal the letters of the final word using the circled letters. Each circled letter is used only once.

It's up to you!



Click here to discover the solution!

Museums

Between science, art and history, the museums of the Val-de-Marne offer a real opportunity to enrich your knowledge through immersive visits!

Mac Val

The Mac Val, or Contemporary Art Museum of Val-de-Marne, is the first museum in Île-de-France, outside Paris, entirely dedicated to contemporary art.

The museum has a permanent collection of over 2,000 works of art, highlighting artistic creation in France since the 1950s. It includes paintings, sculptures, videos and photographs.

The complex also organizes thematic temporary exhibitions, artist retrospectives and various events.

Open from Tuesday to Sunday from 11am to 6pm. Closed on 01/01, 01/05, 15/08 and 25/12.

Full price: $5 \in$. Check the conditions to benefit from reduced rates or free <u>here</u>.



Untitled (Jérome ROBBE, 1981)

Fragonard Museum of the National Veterinary School of Alfort

Founded in 1766, the Fragonard Museum of the National Veterinary School of Alfort is one of the oldest museums in France dedicated to veterinary medicine and comparative anatomy. Created by Claude Bourgelat, founder of the Veterinary School of Lyon and that of Alfort, it was intended to serve as a teaching resource for veterinary students.

The museum is known for its "skinned", these anatomical preparations of human and animal bodies, made by Honoré Fragonard in the 18th century. It also houses a collection of skeletons, waxes, fossils, etc.

Open on Wednesdays, Thursdays, Saturdays and Sundays from 2pm to 6pm.

Full price: $8 \in$. Click here to find the conditions for reduced rates or free <u>here</u>.



National Resistance Museum

The National Resistance Museum is a museum dedicated to the history of the French Resistance during the Second World War.

The museum was born from the desire of former resistance fighters and their associations to preserve and share the history of their struggle against the Nazi occupier and the Vichy regime.



40 quai Victor Hugo 94500 Champigny-sur-Marne +33 (0)1 49 83 90 90

It houses a vast collection of documents, objects, photographs, leaflets and clandestine newspapers, which testify to the activity of the Resistance in France.

Open from 2pm to 6pm on Tuesday to Friday and from 2pm to 7pm on weekends.

Full price: $10 \in \text{(permanent exhibition)}$, $7 \in \text{(temporary exhibition)}$ or $12 \in \text{for both together}$. Find out the conditions for discounted rates or free <u>here</u>.

Exploradôme

The Exploradôme is an interactive museum of science, digital and sustainable development designed to arouse the curiosity of children and adults.

The complex offers exhibitions where visitors can manipulate objects, experiment and interact directly with the facilities. The Exploradôme also has a space dedicated to digital technologies, where visitors can explore tools and concepts related to computing, robotics, and electronics.

Opening hours vary depending on the day and time of year. Find them <u>here</u>.

Full price: 8€. Click <u>here</u> to find out how to take advantage of the reduced rate or free.



Dubuffet Foundation

The Dubuffet Foundation is an institution dedicated to the preservation and promotion of the work of Jean Dubuffet, a major artist of the 20th century. It was created by Jean Dubuffet himself, a pioneer of Art Brut, with the aim of preserving and publicising his work.

Today, the foundation strives to preserve Dubuffet's works, to ensure their dissemination through exhibitions and publications, and to promote research on the artist and his work.

The Closerie Falbala, located in Périgny-sur-Yerres, is one of the greatest achievements of Dubuffet. An impressive architectural and sculptural ensemble, it contains major works of the artist in a unique setting.



Open on weekends (except holidays), by reservation by phone. Extended opening from Wednesday to Sunday in July, August and during school holidays in the Paris region.

Full price: 8€. Find out how to take advantage of the reduced rate or free by clicking here.

Street Art

The Val-de-Marne is a true open air museum for street art! If Vitry-sur-Seine is often considered the flagship city of this art, other municipalities such as lvry-sur-Seine, Fontenay-sous-SeineBois, and Vincennes also play an important role in this artistic scene.







RUNGIS

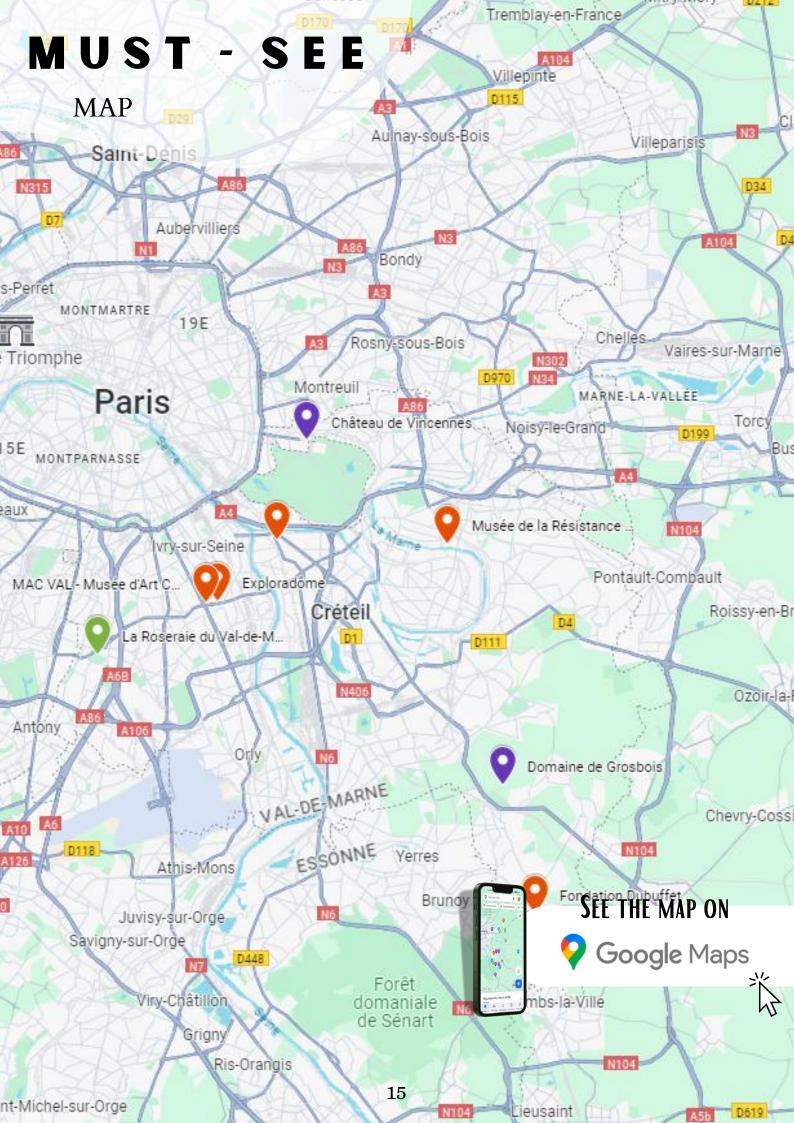
THE WORLD'S BIGGEST MARKET!

The Rungis market is the largest fresh produce market in the world! Inaugurated in 1969, it covers an area of more than 234 hectares and is considered the main food distribution center in France and Europe.

Rungis specialises in a wide range of fresh produce, including fruits and vegetables, meat, fish and seafood, dairy products, flowers and various food products. The market is divided into different sectors, each dedicated to a specific type of product, and is known for the quality and variety of its products, who come from different regions of France and the whole world.

The market of Rungis mainly supplies food professionals, such as restaurants, grocers, wholesalers and distribution chains. It is essential for the supply of fresh products to large French cities.

The Rungis market is a closed venue exclusively reserved for professionals.





MONUMENTS

TO SEE

From castles to religious sites, the Val-de-Marne offers a multitude of remarkable places, each unique in its kind and worth visiting.



Louis Daguerre's Diorama

Louis Daguerre's Diorama depicts a biblical scene inspired by the episode of the life of Jesus Christ, and uses ingenious lighting techniques to create visual illusion effects.

The lighting and transparency of the paint layers allow to change the appearance of the scene according to the light, for example simulating a transition from day to night.



Accessible every day from 8:30am to 7:30pm. A switch located on the left of the nave, when entering the church, allows to activate the lighting of the diorama.

Self-guided visit.

Single rate: 5€

Dovecote of Créteil

At the end of the 14th century, the Colombier de Créteil was associated with a seigneurial manor house, where King Charles VI resided to treat his bouts of dementia.

Only the columbine tree has survived from this manor, and it is now one of the oldest in the Île-de-France region. Today, it serves as an exhibition site.

Accessible on the 1st Sunday of each month from 3pm to 5pm, by reservation. Book your visit <u>here</u>.





Saint-Louis Saint-Nicolas Cathedral

Dedicated to Saint-Louis and Saint-Nicolas, the Cathedral of Saint-Louis Saint-Nicolas is a remarkable example of 18th century neoclassical architecture and plays an important role in the religious and cultural life of the region.

Built in 1748, it was King Louis XV who

laid the first stone of this building. It is now classified as a Historic Monument and regularly hosts concerts and events.

Opening hours not communicated.

Open access.



1 place de l'Église 94600 Choisy-le-Roi +33 (0)1 48 84 74 97

Notre-Dame of Créteil Cathedral

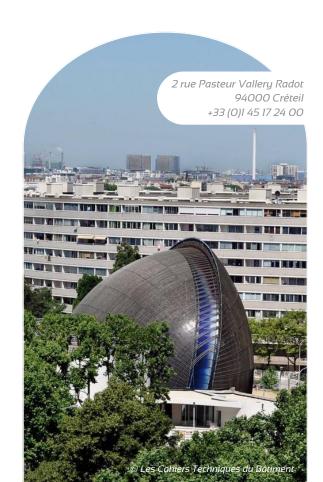
The Cathedral of Créteil is a modern example of sacred architecture, renowned for its contemporary and symbolic design. Built in 1976, the cathedral was a modest structure, and in 2015, a reconstruction and expansion project was carried out to respond to the growth of the Catholic population in the region.

The cathedral now features modern architecture with an elliptical dome that symbolizes a tent, evoking the notion of gathering and welcoming.

Reception on weekdays from 10am to 4pm, and on weekends and holidays from 3pm to 6pm.

Open access.





Saint-Christophe Church

The Church of Saint-Christophe de Créteil is one of the oldest churches in the region, with origins dating back to the 12th century. It is notable for its architecture mixing gothic and romanesque elements.

Also to be seen in the church: the crypt, the reliquary of the Saints Patrons of Créteil, the keep, the medieval bell tower, the capitals with floral decoration, and the 16th century bronze bell.

Accessible every day from 8am to 7pm. Free entry.

4 rue Felix Maire 94000 Créteil +33 (0)1 42 07 18 40 saintchristophe@diocese-creteil.fr



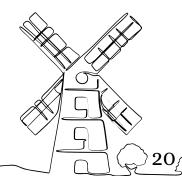
Mill of the Tower

Built in the 17th century, the Moulin de la Tour is one of the few windmills still existing in the Paris region and it testifies to the milling activity of the time.

Today counted among the Historic Monuments, it is distinguished by its stone architecture, typical of the Parisian mills. By visiting the inside, you can discover the complete mechanism of crushing the grains!

Guided tours organized on the 3rd Saturday of each month. Book your visit here.

Place du 8 Mai 1945 94200 Ivry-sur-Seine +33 (0)1 49 60 25 69





Fort of Sucy-en-Brie

The Fort of Sucy-en-Brie is a military structure designed to protect the French capital. It is a classic example of military fortifications from the late 19th century.

It is characterized by a pentagonal plan and thick walls of stone and brick, designed to withstand bombing. The fort includes various buildings, including barracks, powder stores, and communication galleries. These facilities were intended to house a garrison and store ammunition and provisions in case of siege.

The fort is now a cultural and historical site accessible to the public. It hosts various events, such as exhibitions, guided tours, and historical reenactments.

Free guided tours on the 1st Sunday of each month at 3pm. Other guided tours (for a fee) are available upon request. Book your tour <u>here</u>.



Allée Séré de Rivières 94370 Sucy-en-Brie +33 (0)1 45 90 29 39

Castle of Sucy-en-Brie

Built in the 17th century, the Castle of Sucy-en-Brie is a remarkable example of classical French architecture. Over the centuries, it has known various owners and uses: it was used as a private residence, then as a health center under Napoleon III, and finally as a resort.

The interior of the castle has retained several original decorative elements, such as carved fireplaces, woodwork and painted ceilings. The park surrounding the castle is also worth a visit, with its tree-lined alleys, flower beds and French garden.

Visits organized one Sunday a month at Ilam, and on the occasion of the Heritage Days. Click here to book your visit.

Avenue Georges Pompidou 94370 Sucy-en-Brie +33 (0)1 45 90 29 39

Castle of Ormesson

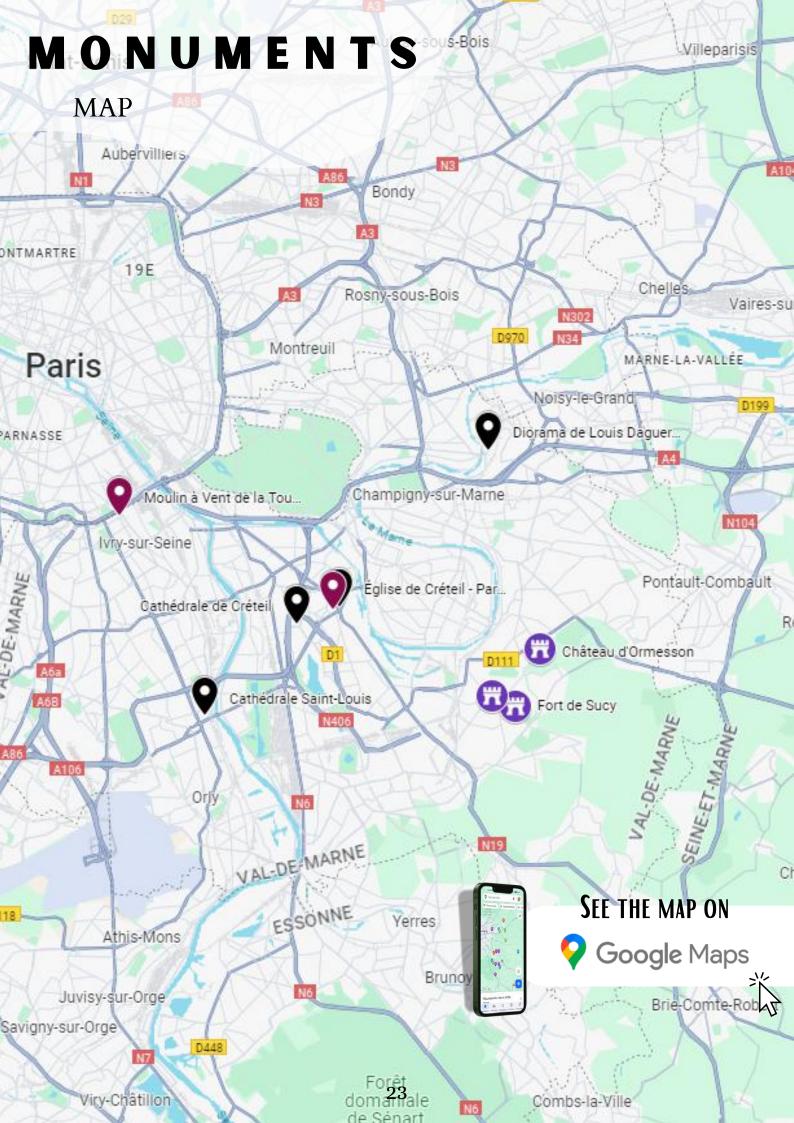
The Castle of Ormesson, dating from the 16th and 18th centuries, is a superb example of classical architecture. Located on a wooded valley and surrounded by moats, it is distinguished by its beautiful park, designed by the famous landscape designer André Le Nôtre.

These characteristics have earned it to be classified among the Historical Monuments. The castle was the residence of many renowned writers, parliamentarians and diplomats, and it is now open to visitors.

Open during the European Crafts Days (March/April), at the Ormesson fair (June), during the European Heritage Days (September), and a few more weekends a year. Click here for more information.









MUSEUMS

NOT TO MISS



The museums of the Val-de-Marne highlight the cultural heritage of the region, and thus offer a unique opportunity to discover the art, traditions and local customs!

Adrien Mentienne Museum

Dedicated to art and local culture, the Adrien Mentienne Museum has a varied collection including antique furniture, war memorabilia, photographs and postcards.

The museum also houses many works of art created by artists such as Julien Lacaze and Maurice Joron. When you visit the museum, you will also find a collection dedicated to Louis Daguerre, the inventor of the diorama, enriching the cultural experience offered by the museum.



Intérieur de monastère (Hippolyte Sebron, 1839)

Accessible only by reservation by mail.

Trot museum

Located in the Domaine de Grosbois, the Museum of the Trot is the largest in Europe, both by its size and by the richness of its collections. From the first horse races to today, the museum traces the history of the trot in an interactive way, using photographs, films, paintings and engravings.

It highlights the people and horses that have marked history, as well as racetracks, the evolution of horse-drawn carriages and harnesses, breeding and the world of betting.

Tours organized only by reservation. Click here to book your visit.

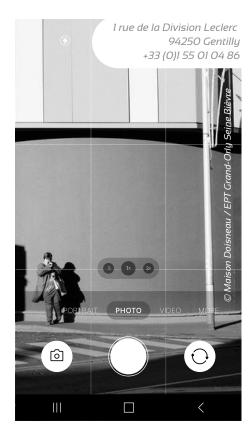


House of Photography Robert Doisneau

The House of Photography Robert Doisneau is a place dedicated to photographic art, honoring the famous photographer Robert Doisneau.

This institution is dedicated to the promotion of photography in all its forms, and houses a permanent collection of photographs by Robert Doisneau, offering a glimpse into the universe of this artist who has managed to capture the daily life of Paris and its inhabitants.

In addition to permanent and temporary exhibitions, the Maison de la Photographie Robert Doisneau offers workshops, conferences and film screenings., to raise awareness of the history and evolution of photography.



Open from Wednesday to Friday from 1:30pm to 6:30pm, and on weekends from 1:30pm to 7:00pm. Closed on public holidays.

Free entry.

Intercommunal museum of Nogent-sur-Marne

The Intercommunal museum of Nogent-sur-Marne is dedicated to the history and art of the region. It houses a remarkable collection of paintings, sculptures and decorative art objects.

The museum particularly highlights works related to the history of the banks of the Marne. Thus, by visiting the museum you will discover many paintings and other artistic creations inspired by the river and its surroundings.

Open on Tuesday, Wednesday, Thursday and Sunday from 2pm to 6pm, and on Saturday from 10am to 12pm and 2pm to 6pm. Closed on holidays and Sundays in August.



(Ferdinand GUELDRY, 1906)

Free entry.

36 boulevard Gallieni 94130 Nogent-sur-Marne +33 (0)1 48 86 33 28

Grand-Orly Seine Bièvre Ecomuseum

The Grand-Orly Seine Bièvre Ecomuseum is a museum dedicated to the enhancement of the cultural and natural heritage of the territory. The museum explores the social, economic and environmental transformations of the region, with a particular focus on everyday life, industrialization and urbanization.

The Écomusée is known for offering a variety of fun activities to discover the collections. Thanks to its participatory approach, the museum actively engages the local community in the preservation and enhancement of its heritage.

Open from Tuesday to Sunday from 2pm to 6pm. Additional morning opening on Wednesday and Saturday from 10am to 12pm.

Free admission.

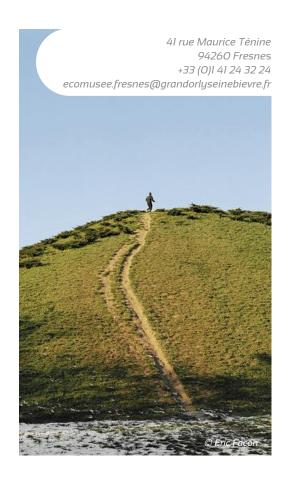


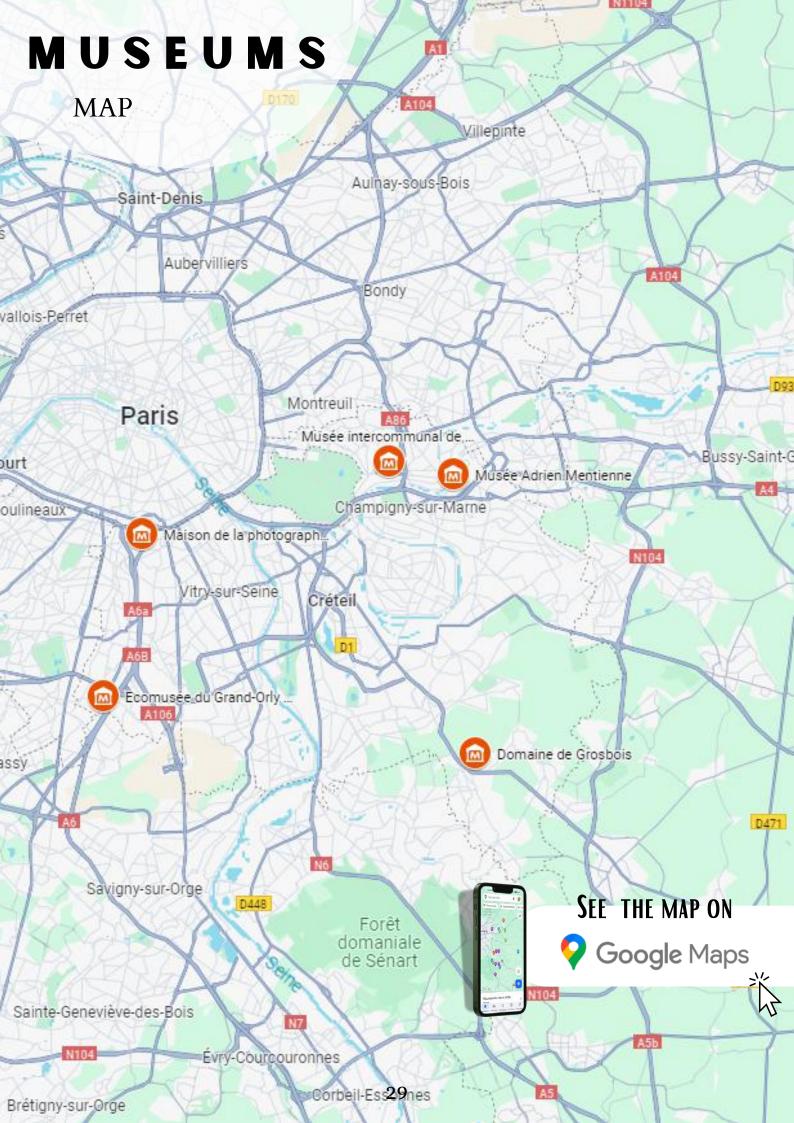














NATURE BETWEEN FORESTS AND PARKS

Despite its strong urbanization, the department of Val-de-Marne offers many green spaces. An ideal opportunity to escape from the urban tumult... while staying in town!



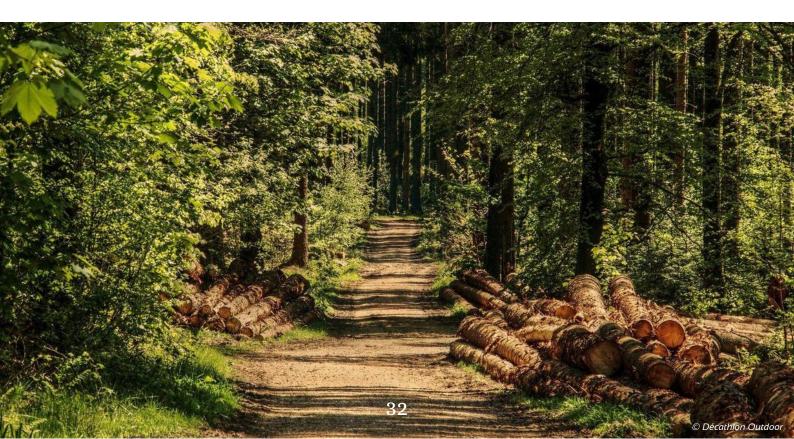
National Forest of Notre-Dame

Forest massif mainly composed of oaks, beech and charms, the Forêt Domaniale de Notre-Dame is a place of relaxation and recreation popular with the inhabitants of the Paris region.

The forest is dotted with many marked hiking trails, bike paths and picnic areasThe National Park is a great place to spend time, offering a multitude of outdoor activities for families and nature lovers.

The range is home to a variety of wildlife, including deer, wild boar and a wide variety of birds. The site is also an important conservation area, with several protected areas to preserve its biodiversity.

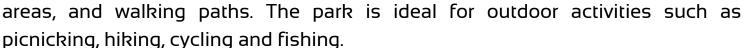
You can also reach the Grosbois Forest and the Grange Forest from the Notre-Dame National Forest!



The Blue Beach Departmental Park

Built around a former gravel pit, the The Blue Beach Departmental Park has become a popular place for relaxation thanks to its many facilities and green spaces.

It offers a great diversity of landscapes, with an artificial lake, meadows wooded

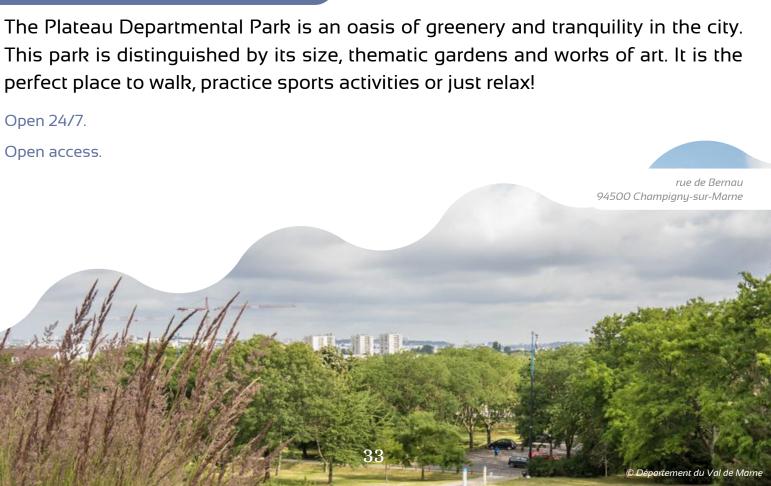


In addition to its natural areas, the Parc de la Plage-Bleue has many recreational facilities. On the program: beach volleyball, BMX, roller skate, petanque, basketball, handball, volleyball, football (without crampons), bike, table tennis, badminton...

Open in January, November and December from 8am to 5pm. The opening is extended until 6pm in February, 7pm in March and October, 8pm in April and September, then 9pm from May to August.

Open access.

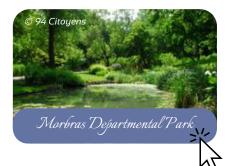






The many other parks...

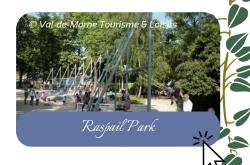
















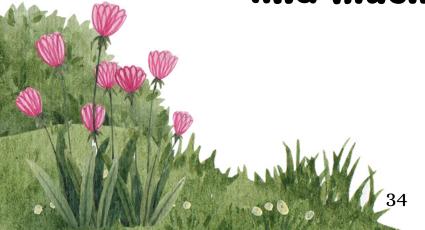








And much more!





... and the farms!

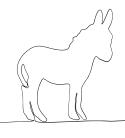








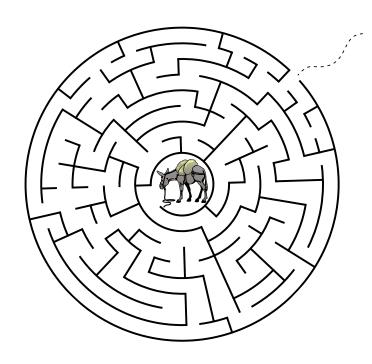


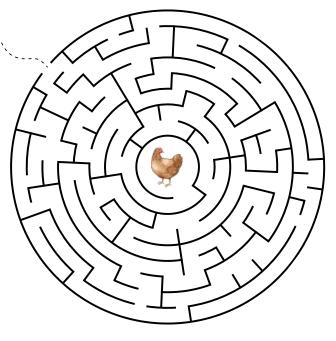


Mini games

Labyrinth

Help the donkey and hen to get out of their labyrinths to join!





Hidden message

Try to reconstruct the message by choosing the letters for each box.

Under the grid, each letter in a column corresponds to a box in that same column.

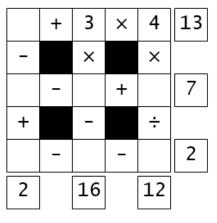
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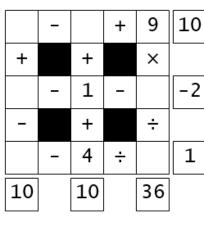
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Mathematical squares

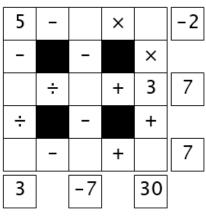
In these mathematical squares, each row and column are mathematical equations. Fill in the missing boxes with integers between 1 and 9. Each digit is used only once.



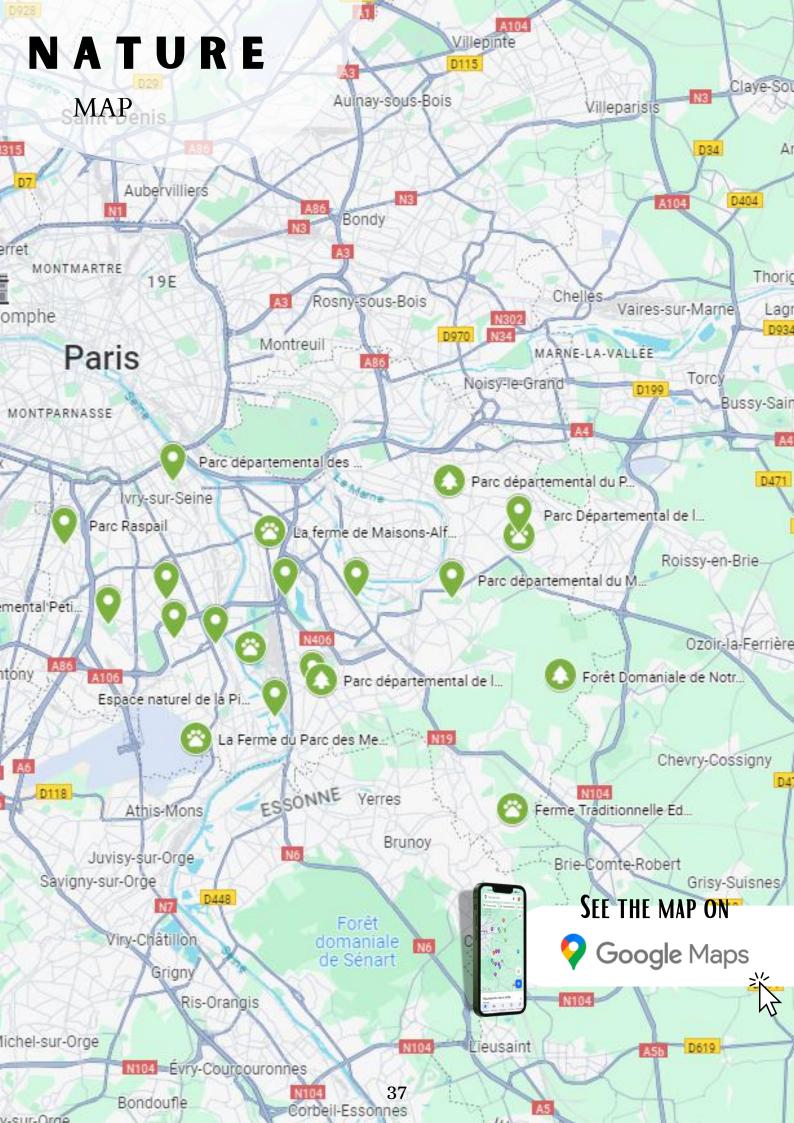




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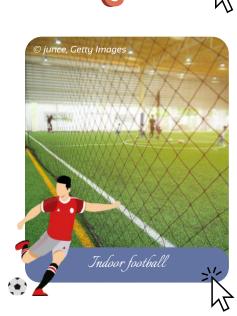


AND ACTIVITIES



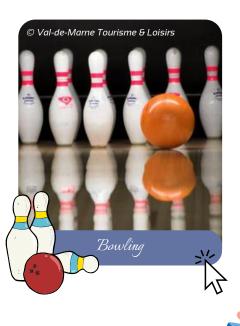


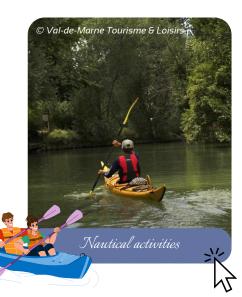


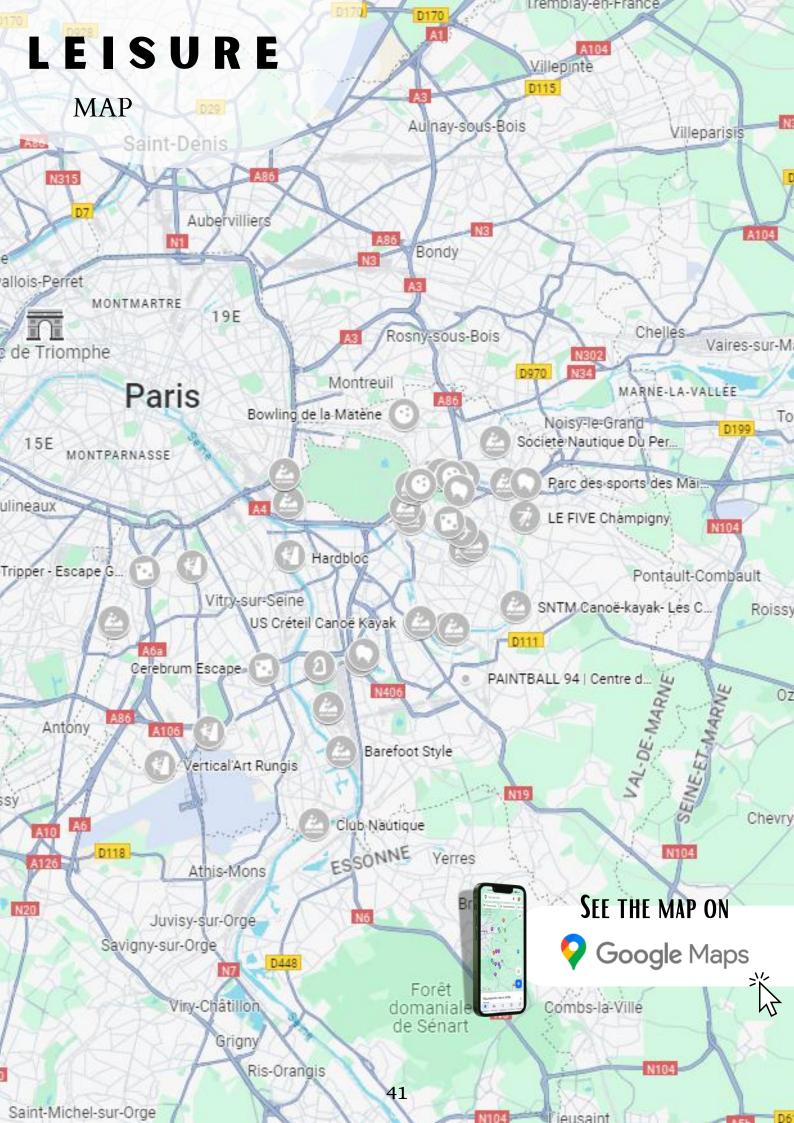


Climbing



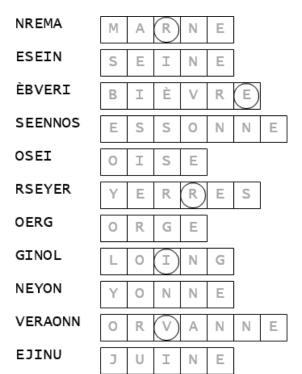






GAMES SOLUTIONS

MIXED WORDS: RIVERS

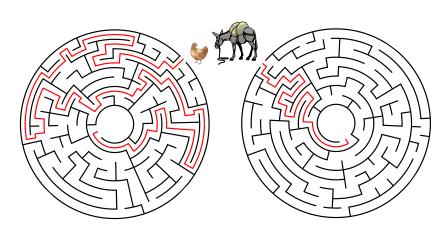


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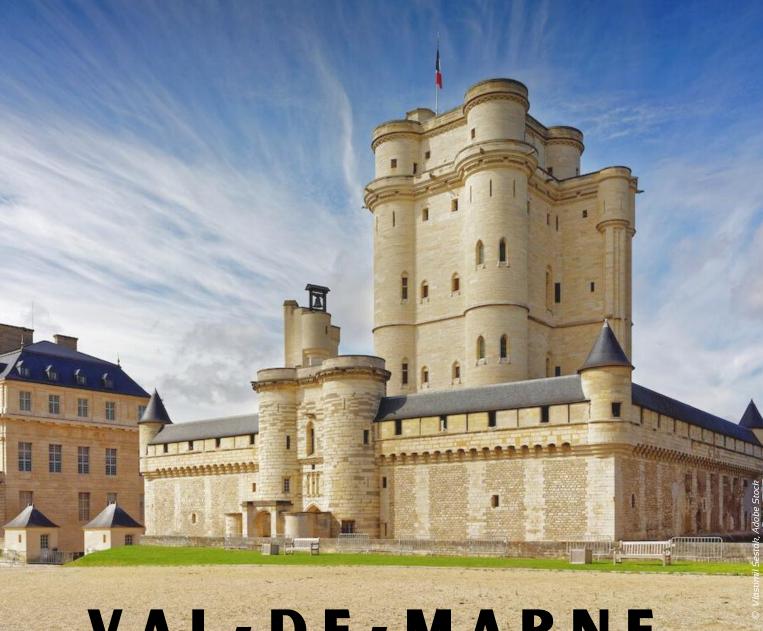


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