

# DAY 1

## Saturday

Saturday morning in the city is a real feast for foodies with all the market stalls and local, fresh produce available.

### MORNING

#### Breakfast, coffee and shopping at the market

On a Saturday morning, head to the **open market** in the city as this is one of the best foodie experiences you'll have. It's like a feast and especially on sunny days, I love the vibe and the crowds that are out and about. Go on a walk around the city centre, maybe buying some fresh vegetables, mushrooms, berries and "eggs from happy chickens" for later on or a Greek, homemade pitta from Apostolis and Giota who have the "Pitta" stall at Place de la Riponne. Another option for breakfast is to get a croissant or a "pain au chocolat" from a bakery stall and dance at the street musicians' rhythm. You will fall in love with the city on a Saturday morning, it's a promise. Take a break from the market and enjoy a cup of specialty coffee at **The Coffee Project**, at Rue du Grand Pont, either on the spot or to go.

From Place de la Riponne where a big part of the open market takes place, head towards Place de la Palud via rue de Madeleine: that's where **Saveur PimentThé** is located, one of the cutest stores in town selling tea and teacups, in-house roasted coffee, spices and many more.

A few steps away, **Place de la Palud** is where the Town Hall is situated right in the heart of the city. Stand on the middle of this square and just look up to watch the elaborate painted details of the buildings. Just behind the colourful fountain called "Justice", the clock is on a show every hour from 9 a.m. to 7 p.m. presenting the history of Lausanne and often gathers the crowds, especially the younger ones, around. What I like most though, is to watch the families and friends who gather here for the civil weddings that take place at the town hall. And can I share a secret with you? You can actually go and have a sneak peek inside the building. On its 2nd floor, you will find an extraordinary old map of the city.



## LUNCH

### Comfort food and a walk around Flon area

Right at Place de la Palud, **Moutarlier** serves innovative sandwiches to try for a quick lunch, one of the best croissants in town and also delicious pastries. If the weather is nice, you can sit outside and watch the world go by.

Next to Moutarlier, the colourful tables belong to **Hotel de Ville**, another great choice for lunchtime. The place is tiny so in case there is no space, and you haven't made any reservations, worry not.

Nearby, there is also **Blackbird Downtown Diner** serving comfort food in a cosy environment but they take no reservations so you should get there early or just be patient until you get a table. The big lunch menu includes salads, superfood hotboxes, burgers, curries and sandwiches.

After lunch, you could explore **Flon**, the former industrial area of the city which is nowadays its modern, buzzing neighborhood. Almost all the old buildings have been renovated or entirely re-built, on a modern architectural style. This neighborhood offers various eateries, cafes, outdoor spaces and galleries, a cinema complex, vintage furniture shops, boutiques and some awesome terraces to enjoy during summertime.

**Cipriani** is the Italian classy spot to enjoy your apéro with some tasty bites, **Istanbul** is your place for a decent taste of the East while the **MadHouse Ibis Styles** hotel probably has the best rooftop of all to enjoy a few drinks.

Pierre Igl at his exquisite boutique "**La Malle au Tresor**" is re-purposing vintage luggage and you might see him in action while popping by. Right next to him, "**Portes St Francois**" is a cool place where to find vintage furniture and maybe enjoy a drink as well amidst its vintage lounge. Flon is one of the city's liveliest parts and there is always something interesting going on here.

## AFTERNOON

### Pastries, tea and picnic at Mon Repos Park

Time to breath and slow down. Head to **Mon Repos Park** for an impromptu picnic. This small but delightful park in the heart of the city is just perfect. **La Folie Voltaire**, a tiny kiosk which opens when the weather is nice, has a beautiful shaded terrace and they serve an interesting iced coffee with lemon zest, called "napolitaine", ice creams and weekend brunch. A picnic blanket though is all you really need to enjoy this little green paradise but sometimes I like to get something tasty from nearby **Non Solo**, the **Mauro**

**Traiteur** or an artisanal gelato from **GeA gelateria**, all of them offering a taste of Italy in their own way.

If you'd rather have a cup of tea accompanied by pastries that worth your visit to Lausanne alone, then make your way towards **Romain C. Tea Room** with its vintage-like salon. The flavours of the pastries change according to the season but fortunately, the chocolate éclair and the lemon pie remain unchanged.

## DINNER

### Fondue and local specialties

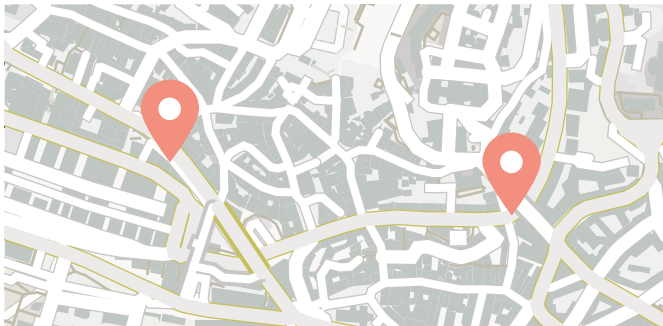
Located at the heart of the city **Café Grutli** is a great spot to taste one of the local staples, cheese fondue. Service is friendly, the environment is casual and lively and the cheese fondue is excellent. Plus, you feel as if you are in a typically Swiss enclave.

**Chalet des Enfants** is another great option to taste delicious fondue in many variations and other local specialties right in the middle of the forest. This historical place is surrounded by pastures where cows graze and hiking trails so if you arrive early you can combine a walk in nature as well. Tip: weekend brunch is also very popular here and the place is kid-friendly all year round.

## Breakfast, Lunch and Dinner

# BLACKBIRD DOWNTOWN DINER & BLACKBIRD COFFEE AND BREAKFAST CLUB

**Blackbird is a concept where a feel-good atmosphere goes hand in hand with freshly made food, local craft beer and in-house roasted coffee. It's the kind of place where you just show up without any reservations –they don't take any by the way– and have a good time with friends or all by yourself.**



Blackbird Coffee & Breakfast Club  
Cheneau de Bourg 1  
Lausanne

[blackbirdcafe.ch](http://blackbirdcafe.ch)

Blackbird Downtown Diner  
Route de Bel-Air 1  
1003 Lausanne

[downtowndiner.ch](http://downtowndiner.ch)

### What's on offer

The Blackbird Coffee and Breakfast Club offers all-day breakfast seven days a week. Pancakes, full English, eggs Benedict, breakfast burritos and lots of avocados are some of the menu's highlights.

The Blackbird Downtown Diner offers some breakfast options, a big lunch menu with salads, superfood hotboxes, burgers, curries and sandwiches. Here, they also serve dinner with options such as fried chicken, which is very popular, kebabs, burgers but also healthy dishes.

The coffee at Blackbird is roasted in-house; their house blend is simple and thus accessible to most palates –typically it consists of 70% robust and full-bodied Latin American Arabica and 30% more acidic and fragrant East African Arabica.

### The team

Blackbird was founded by Richard and Jess, the couple who also founded "Holy Cow", the absolute gourmet burger of Lausanne at that time. They were both working for a UN agency in Geneva before "taking the leap of faith to open the first Holy Cow in 2009", as Richard said. After selling the "Holy Cow"



in 2014, they dived into the coffee roasting and casual dining industry. Today, they are five partners together with Max, Lisa and Jon.

### Philosophy

In Richard's words, Blackbird's main philosophy is summarized as follows: "Simplicity. Informality. A warm welcome to all. Freshly made food at all times of the day that nourishes like a hug, all washed down with our fresh roasted coffee or craft beer from our friends at Dr. Gabs."

### What's unique about them?

They provide entertainment in multiple levels: cosy and inviting interior décor –most of the furniture and decoration comes from antique shops in Wales, where Richard

comes from–, quality food satisfying both your eyesight and belly and friendly service that makes you feel welcome. Plus, they are open on Sundays!

### Where

Breakfast Club is located at Rue Central while Downtown Diner is located at the popular area of Flon.

### Good for

Breakfast, lunch, dinner, casual dining, coffee, detox juices, homemade treats, no reservations, craft beer, local products, Sunday dining.

### My Personal Favourite

The Nordic brunch and a berry blast juice, the chicken super club, the superfood salad with quinoa and avocado, the cakes and cookies.

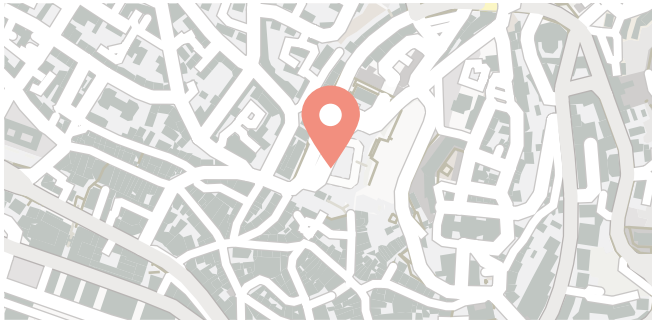
“Simplicity, informality and a warm welcome to all is what makes Blackbird establishments unique.”



## Markets, Shops & Picnic Spots

### MARKET DAY

A market day when the cobblestone streets of central Lausanne turn into a feast of fresh produce.



Market Day  
Place de la Riponne  
Place de la Palud & the surrounding streets

[lausanne-tourisme.ch](http://lausanne-tourisme.ch)

#### What's on offer

There are numerous stands offering everything from vegetables and dairy products to bread, meat and fresh pasta. There are also a few stands selling takeaway food, homemade treats, spices, drinks, flowers and many more.

#### The team

Local producers from the region.

#### Why visit?

This is one of the city's highlights when the producers interact directly with the locals. Local food and produce will give you a window into what's on offer in this part of the world, what do people like to eat

and also about the cost of everyday life. That's where you can also taste some local and international dishes and beverages.

At Riponne, you will find all the stands that sell dairy products, fresh pasta, meat and fish. There are also numerous bakery stands selling baguettes and all sorts of bread, croissants and many more baked goods. At Place de la Palud there are many groceries stands such as "Hess family" while you can also find spices and flowers.



### What's unique about this market?

It's a great opportunity to meet the local producers and taste their products directly. The busiest day is Saturday and I just love the buzz that it brings into the city.

### Where & When

Every Wednesday and Saturday morning in central Lausanne (Place de la Riponne, Place de la Palud and the surrounding streets)

### Good for

Vegetables, fruits, dairy products, meat, fresh pasta, bread, flowers, food on-the-go, people watching, glimpse into the local life.

### My Personal Favourite

The stand of Chez Sandrine for eggs from "happy chickens" and delicious cheese. Baguette from any bakery stand. "Pitta" for Greek pies and "Tata" for empanadas. "Hess family" & the stand just opposite them for vegetables and herbs. Oh, and the street musicians!

### A few tips

- have a big bag with you to carry the products you will buy.
- if it's summer, think of returning home after the market (wherever you are staying at) to leave any dairy products you might have bought.
- have cash with you.
- if you don't know which product to select, for example, which type of cheese, ask for some guidance.
- be patient.
- come early and keep in mind that the market closes around 14:00–14:30.
- be adventurous and try out new products.

“A great opportunity to meet the local producers and taste their products.”

