

# TIPS FROM THE LOCALS



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## **TIPS AND IDEAS FROM THE LOCALS TO ENJOY YOUR STAY IN LAUSANNE (OUTSIDE OF CONGRESS)**

Dear attendees to the ISPS international congress 2026 in Lausanne,

We wish you a very pleasant stay in Lausanne and thank you warmly for attending the congress in our city. Although you can find a lot of information at the Tourist Office ([lausanne-tourisme.ch](https://www.lausanne-tourisme.ch)), we thought you might like to get some tips from the locals regarding cafés we like, places to see and nice beaches accessible via public transport, considering the lake is not only great to look at but also fantastic for swimming! Here are some ideas, without any commercial link of any sort, proposed by the local organizing committee, hoping you will enjoy them.

Enjoy your stay!!

Dag Söderström, Philippe Conus and the local organizing committee

Other good links:

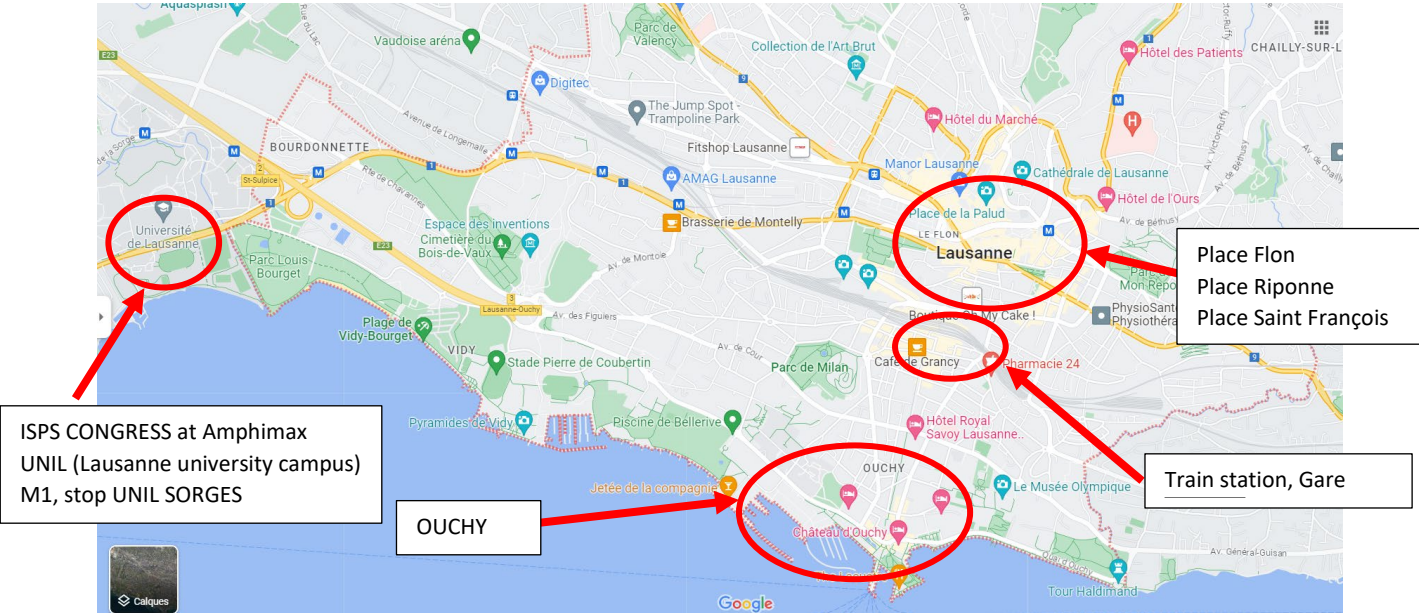
<https://thelausanneguide.com/>

<https://www.lausanne-tourisme.ch/en/le-petit-guide-des-lausanners/>

# LAUSANNE MAIN PLACES

Basically, there are 4 main places in the city, and the congress takes place at the university, which is about 10 minutes from the center by metro (Metro 1):

- **Place St François:** main place of the city; many busses converge here
- **Quartier du Flon (Metro line 1, stop Lausanne Flon):** recently renovated place of the city where there are many cafés/bars
- **Place de la Riponne (Metro line 2, stop Riponne):** Many cafes around this place in the center of Lausanne
- **Ouchy (Metro line 2, stop Ouchy-Olympique):** Lake side part of the city, a bit more classic but many cafes and restaurants.



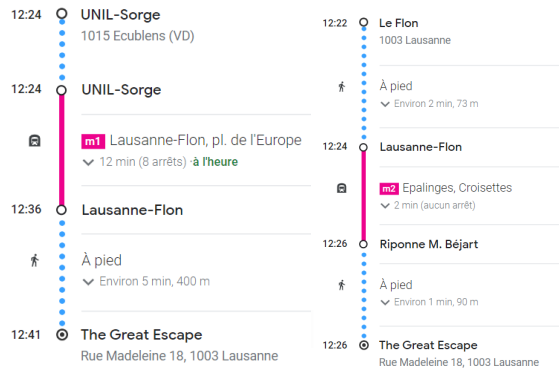
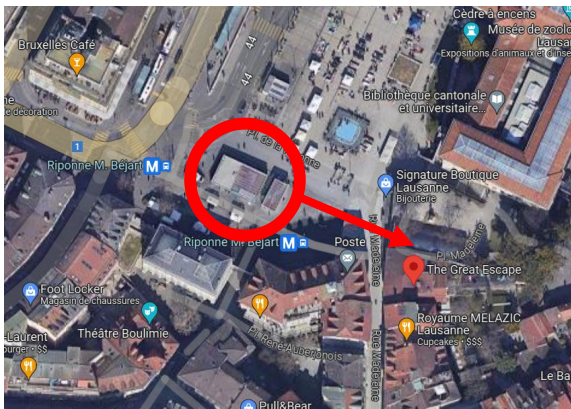
## MEETING POINT: THE GREAT ESCAPE

We warmly recommend The Great Escape as an informal meeting point in the evenings after the congress program — a welcoming place where participants can gather, meet other ISPS attendees, and enjoy a drink together. With its excellent selection of beers and lovely terrace beneath the trees, right in the city center just a few steps above Place de la Riponne, it offers the perfect setting for relaxed evening conversations.

**Access:** Metro line 1, stop FLON then walk 5 minutes, or switch to Metro line 2 (direction Croisettes) and stop: RIPONNE, then walk 50 meters...

**Website:** <https://the-great.ch/>

**Google-maps:** [The Great Escape - Google Maps](#)



## CAFES AND BARS AT PLACE DE LA RIPONNE, METRO 2, STOP RIPONNE

### THE BRUXELLES CAFE – Belgian beers café

Nice choice of beers, typical brasserie food at reasonable prices (Burgers, fries...), right in the city center (closed Sunday night)

**Access:** Metro line 2, stop RIPONNE

**Website:** <https://www.bruxellescafe.ch/>

**Google-maps:** [Bruxelles Café - Google Maps](#)



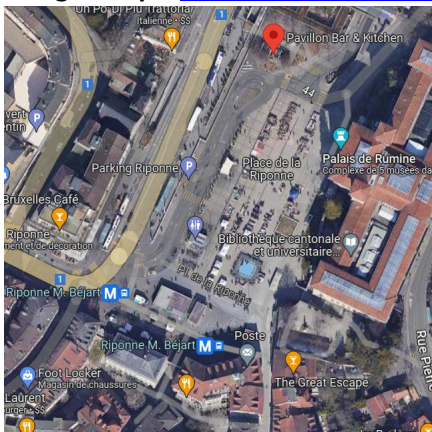
### THE PAVILLION BAR

The round shaped bar & restaurant is great for having wonderful cocktails, nice food, or a late-night pizza. In the warm summer days, terrace surrounded by trees. Bit more expensive.

**Access:** Metro line 2, stop RIPONNE

**Website:** <http://pavillonbar.ch/>

**Google-maps:** [Pavillon Bar & Kitchen - Google Maps](#)



### **THE MERAKI BAR**

Terrasse just on the balcony above the Pavillion Bar: Mediterranean food and drinks

**Access:** Metro line 2, stop RIPONNE (or Metro line 1 to Lausanne Flon and walk 5 minutes)

**Website:** <https://merakilausanne.ch/>

**Google-maps:** [Meraki - Google Maps](#)



### **BRASSERIE DU CHÂTEAU**

A few steps from place de la Riponne. Local beers and pizzas and terrasse outside, just under the Lausanne Castle

**Access:** Metro line 2, stop Riponne

**Website:** [Brasserie du château - client \(brasserie Duchateau.ch\)](http://brasserie Duchateau.ch)

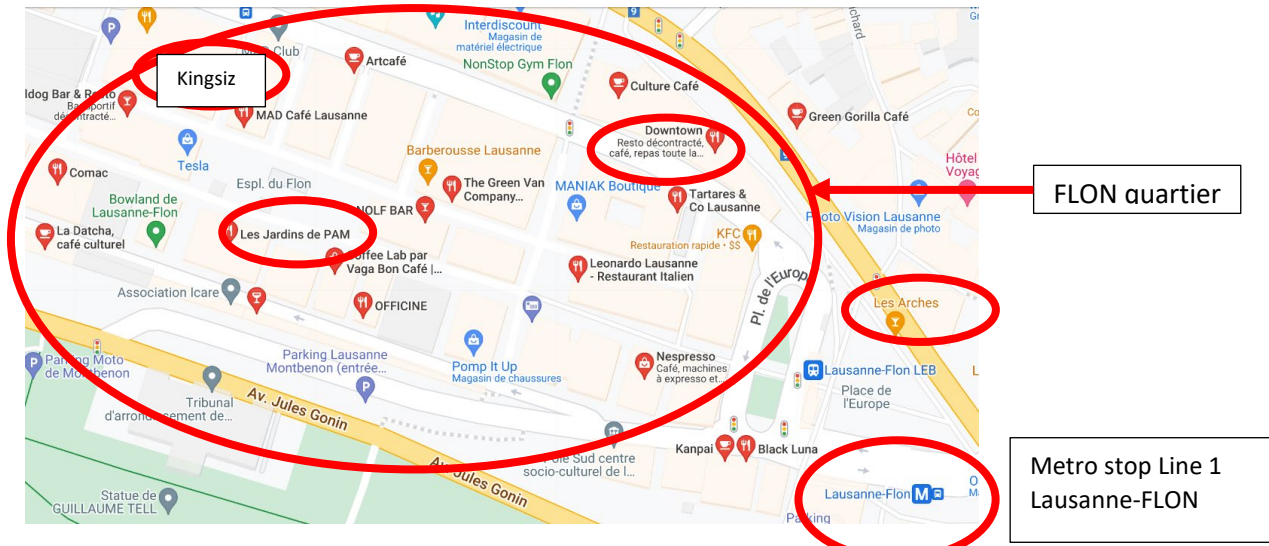
**Google-maps:** [Brasserie du Château - Google Maps](#)



## BARS AND CAFES IN THE FLON

The Flon is a recently renovated part of town where most of the night life is happening. It is full of terrasses of bars & restaurants, cinemas, and night-clubs. Vast variety of food and rooftops. Food and drinks are not always cheap, but friendly atmosphere...

**Access:** Metro line 1, stop LAUSANNE-FLON: when you come out of the station, to your left



**THE KING SIZE** – Large typical PUB, with many different beers, live music, sports on large screen and food at reasonable price

**Website:** <https://www.kingsizepub.ch/>

**Google-maps:** [King Size Pub - Google Maps](#)



**LES JARDINS DE PAM** : Nice restaurant with very nice rooftop; a bit expensive though... so maybe for a drink if you are not at the Great Escape...

**Website:** [Les Jardins de PAM - Restaurant, Rooftop, Bar à Lausanne](#)

**Google-maps:** [Les Jardins de PAM - Google Maps](#)



### PIZZERIA LEONARDO AU FLON

Good italian food, a bit more expensive

Website: <http://leonardo-barandfood.com/>

Google Maps: [Leonardo Lausanne - Restaurant Italien - Google Maps](#)

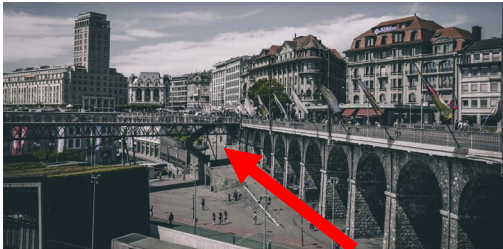
**LES ARCHES:** cafe and terrasse under the bridge Grand-Pont, all sorts of drinks, the largest terrasse in the center of Lausanne. Just off the metro station.



**DOWNTOWN CAFÉ:** A nice café with a bit of an Australian atmosphere. A few steps from the Arches.

Website: [Accueil | downtown restaurant \(downtownlausanne.ch\)](http://accueil.downtownrestaurant.ch)

Google Maps : [Downtown - Google Maps](#)



## CAFES IN OTHER PLACES

**CAFÉ DU SIMPLON:** Just at the south side of the train station, a nice café with good food and beers and a nice (crowded) terrasse

**Access:** Metro line 2, stop : Gare

**Website:** [Café du Simplon \(cafedusimplon.ch\)](http://cafedusimplon.ch)

**Google-maps:** [Café du Simplon - Google Maps](#)

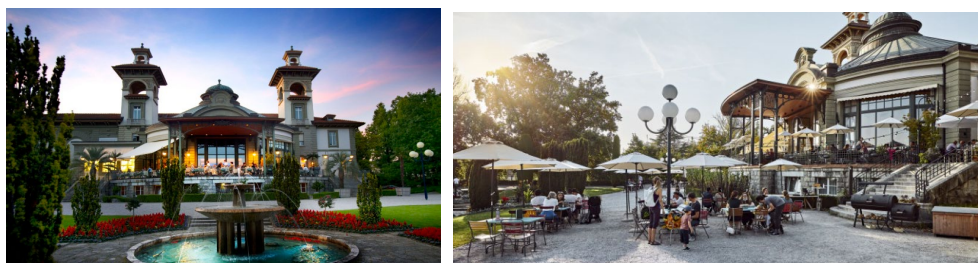
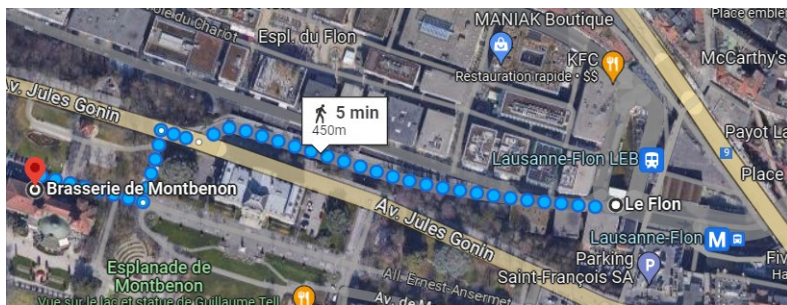


**BRASSERIE DE MONTBENON:** Nice café with a large terrasse with a view on the lake. A bit noisy inside, but quite decent food; a bit more expensive. Good local wines. Ask for a place on the terrasse and book in advance!

**Access:** 5 minute walk from Merto 1 stop Lausanne Flon

**Website:** [Accueil - Brasserie de Montbenon](#)

**Google-maps:** [Brasserie de Montbenon - Google Maps](#)



**Other ideas:** [Rooftops & Terraces of Lausanne - The Lausanne Guide; https://thelausanneguide.com/](https://thelausanneguide.com/)

## **LAUSANNE NIGHT LIFE:**

### **ROCK MUSIC : The Jagger**

**Access:** Walk from Place St François

**Website:** [www.lausanne-tourisme.ch/fr/decouvrir/jaggers-nightlife/](http://www.lausanne-tourisme.ch/fr/decouvrir/jaggers-nightlife/)

**Google-maps:** [Jagger's - Google Maps](#)

### **ELECTRO AND DJ : Le MAD:** In the middle of le Flon

**Access:** Le Flon

**Website:** [MAD Club](#)

**Google-maps:** [MAD Club - Google Maps](#)

### **BAR & DICO:** The PUNK bar

<https://www.punkbar.ch/>

### **MUSIC AT THE BEACH: Le Lacustre**

A British pub by the lake, Ouchy (arrêt de Metro OUCHY)

**Access:** Metro 2, last station (Ouchy Olympique) and walk 2 minutes

**Website:** [THE LACUSTRE - Lakeside bar - Lausanne](#)

**Google-maps:** [The Lacustre - Google Maps](#)

## SOME CULTURE

In Lausanne and surroundings, there are numerous cultural events, museums and concerts all year long. We propose just a few things that may be nice to see.

**PLAFORME 10:** This is the new ART DISTRICT of Lausanne. Inaugurated less than 2 years ago it offers many museums in the same place: Modern art, the Lausanne-collection, and a photography museum. **Admission will be free for people attending ISPS2026** (display your badge at the admission).

**Access:** Next to the train station, 2 minutes walk

**Website:** [Homepage - plateforme10 – plateforme10](#)

**Google maps:** [PLAFORME 10 - Google Maps](#)



**COLLECTION DE L'ART BRUT:** Famous psychiatric art museum. Very nice collection.

**Access:** Bus 2 from St François, stop Beaulieu

**Website:** [Collection de l'Art Brut](#)

**Google-maps:** [Collection de l'Art Brut](#)





## NICE BEACHES

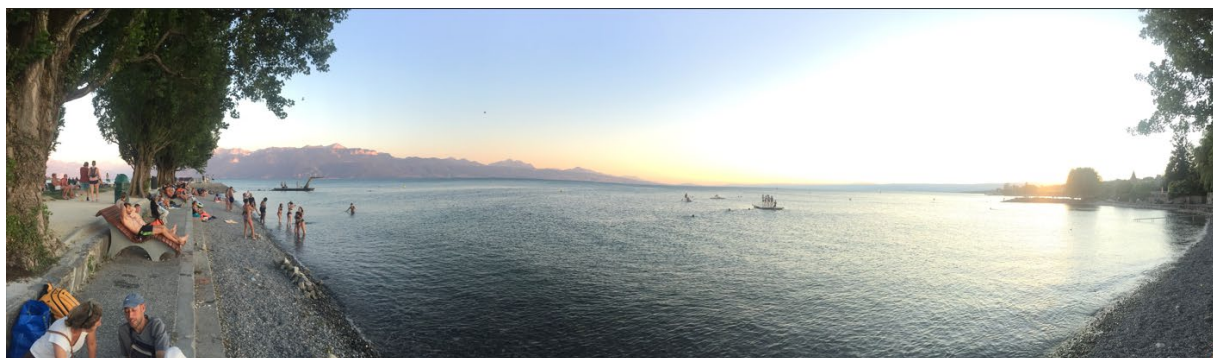
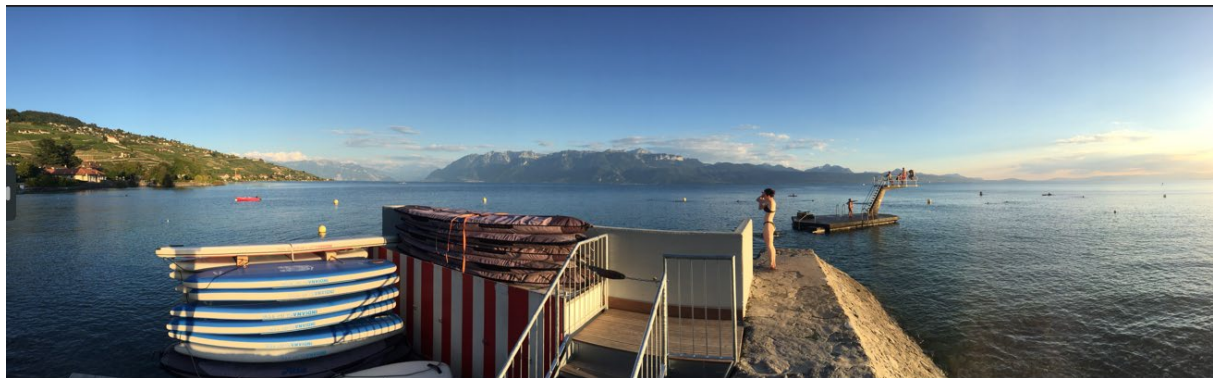
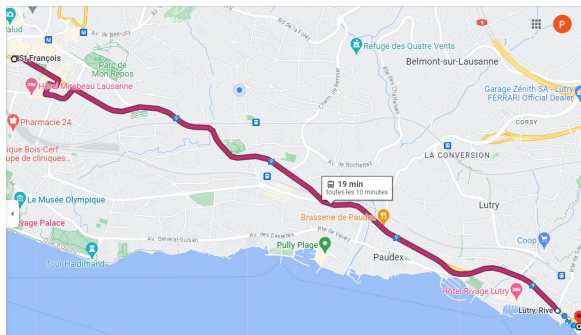
Lake Lemman (some call it Lake Geneva) is completely clean, and you can have a fantastic swim in this unsalted water. There are a few beaches that you can reach quite easily with public transports.

If you decide to go to the beach in the evening, you can eat at 2 of them (Lutry and Cully) but can also bring a picnic that you would buy at a Migros or Coop, which are the two best shops companies in Lausanne. You find them in every place of the city.

**PLAGE DE LUTRY:** Lutry is a small village along the lake. There is a nice stony beach at the end of the village. You can reach it in about 20 minutes from place St François, with bus 9, direction Lutry to the very last stop. Then cross the road and walk towards the lake (5 minutes). Little restaurant on the site with simple food and drinks (not cheap...) and you can bring a picnic. You can also rent paddles.

**Access:** Bus line 9 from Place St François, direction Lutry.

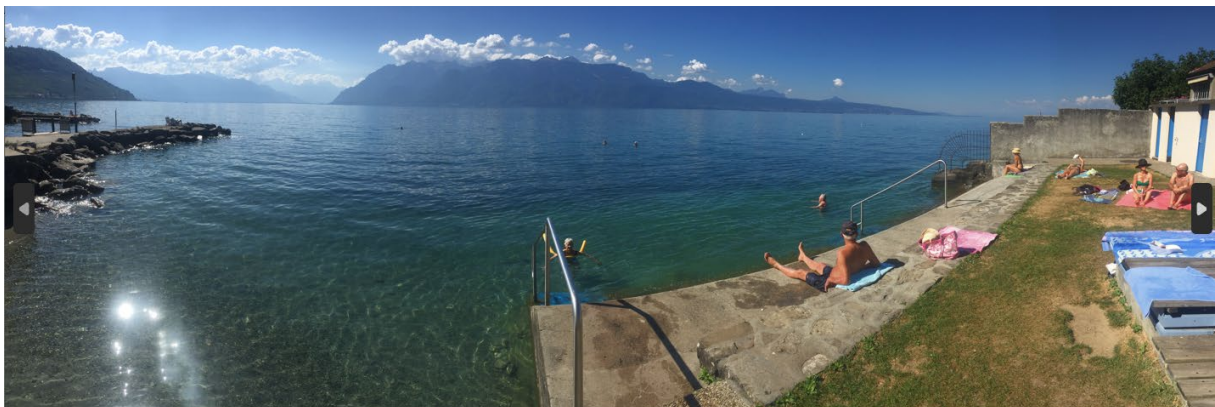
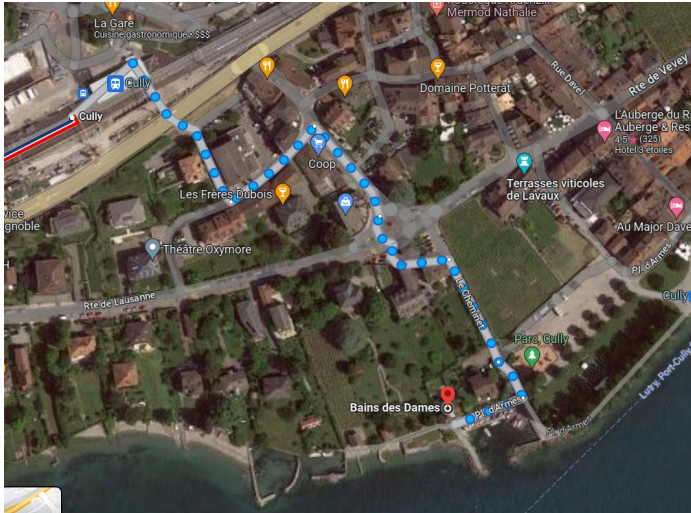
**Google Maps:** [St François, 1003 Lausanne à Plage de Lutry](#)



**PLAGE DE CULLY:** Cully is the next village along the lake. Better to go there by train, from the train station (no direct bus). From the Lausanne train station, it will take 9 minutes to get to the village and 5 minutes to walk to the lake side. Many restaurants in the old village and a nice one at the beach. Best choice for a swim is the “Bain des Dames” (Ladies baths, but men also allowed) where there is a shower. The view is amazing...

**Access:** Train from the Lausanne train station, line S4 (Lausanne, Montreux, Vevey, Aigle).

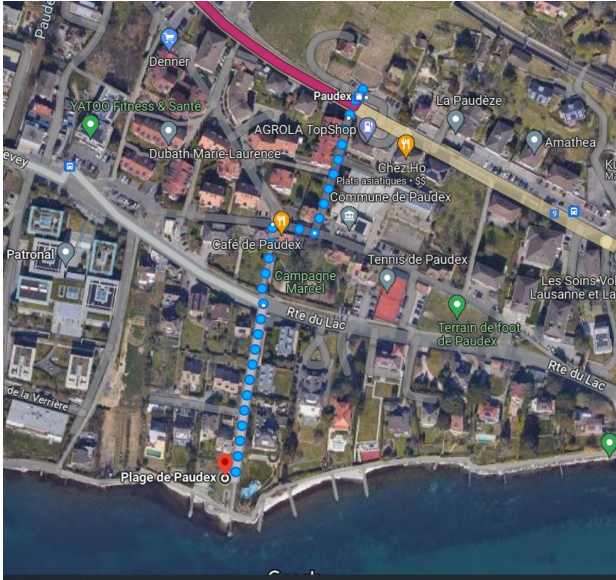
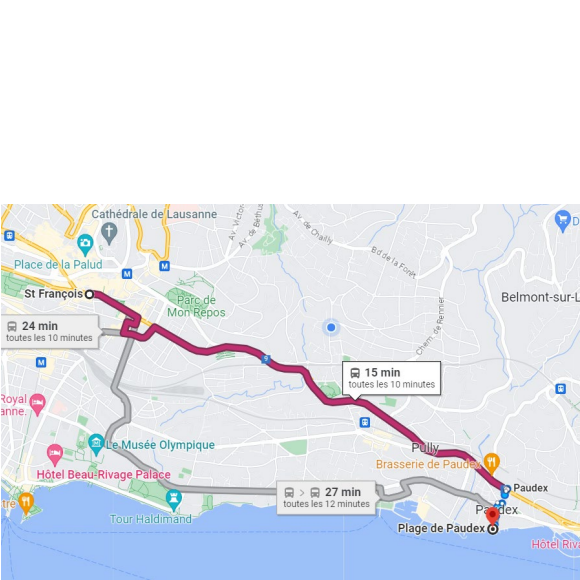
**Google Maps:** [St François, 1003 Lausanne à Plage de Lutry](#)



**PLAGE DE PAUDEX:** Little beach with a shower, a few benches and a square of grass. Accessible by bus from St François (bus 9).

**Access:** Bus 9, stop « Paudex ». Then walk 5 minutes.

**Google Maps:** [St François, 1003 Lausanne à Plage de Lutry](#)



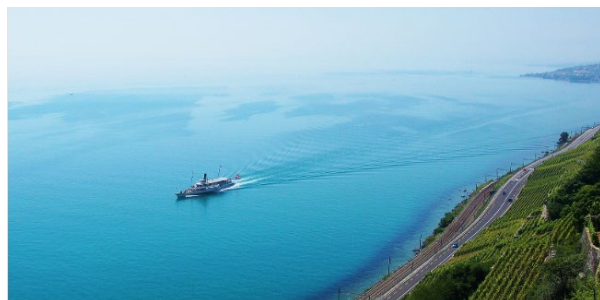
## NICE EXCURSIONS AROUND LAUSANNE

There are many things to see around Lausanne and in Switzerland. Tourist office will give you good advice. However, here are some ideas.

**LAVAUX:** The Lavaux is a large winery edging lake Lemman. It is steep and from there you have a fantastic view of the lake and across the lake to Evian in France. You can go there by bicycle (electric bikes for rent) or by train. All this is explained in the following website: [Lavaux and Montreux Riviera | SBB](#)



**BOAT TRIP ON THE LAKE:** There are many different boat lines, either to France or to Geneva or Montreux. Boats leave from Ouchy, just across from the last stop of Metro 2 line. All the information is available through the following website: [Official Website of CGN](#)



**MOUNTAINS: LES ROCHERS DE NAYE:** There are obviously many mountains to climb, and you can get info at the Tourist office. If you are not a big mountain climber but would like to see the world from above, there is an easier way: you can go there by trains and will see stunning sceneries.

Movie of the trip: <https://www.youtube.com/watch?v=sObK1cXQVuY>

**How to get there:** By train in 1 hour and 20 minutes

1. Train from Lausanne train station to Montreux
2. Switch to train from Montreux to Rochers de Naye

