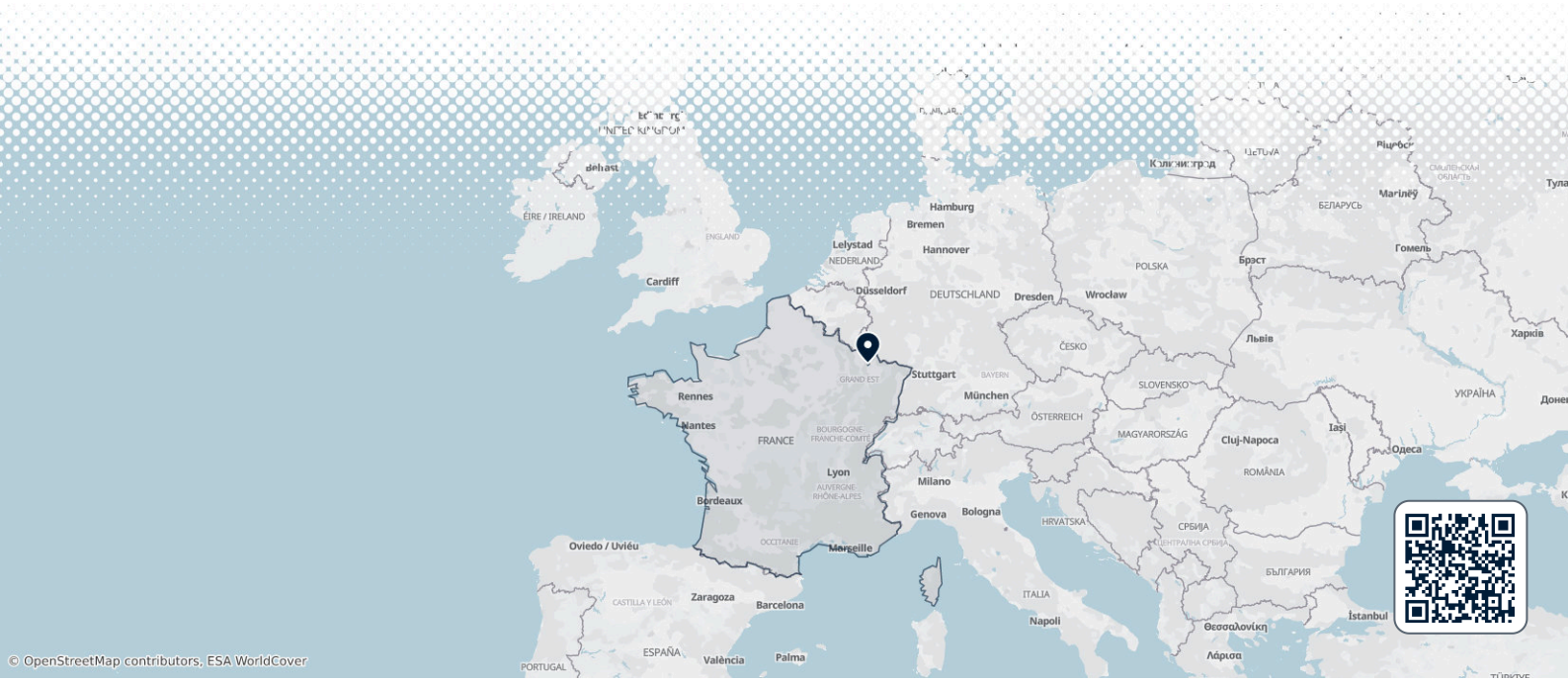


Metz

Grand Est · France

TRAVEL GUIDE

Tripomatic



Overview

Metz is a city in north-east France, close to the borders with Luxembourg and Germany. Its old centre is built in a pale yellow stone called Jaumont limestone. Roman, medieval and German-period buildings stand side by side, and there are many parks along the Moselle and Seille rivers.

The city is known for its Gothic cathedral, which has one of the largest areas of stained glass in the world. It also has a branch of the Centre Pompidou, so modern art is a big part of a visit. Metz suits a trip of one to three nights built around architecture, art and easy trips to Nancy, Strasbourg and Luxembourg.

When to visit

Late spring, summer and early autumn are the best times. Days are warm and the evenings are long. Winter is cold and grey, but the Christmas markets give the centre a festive mood.

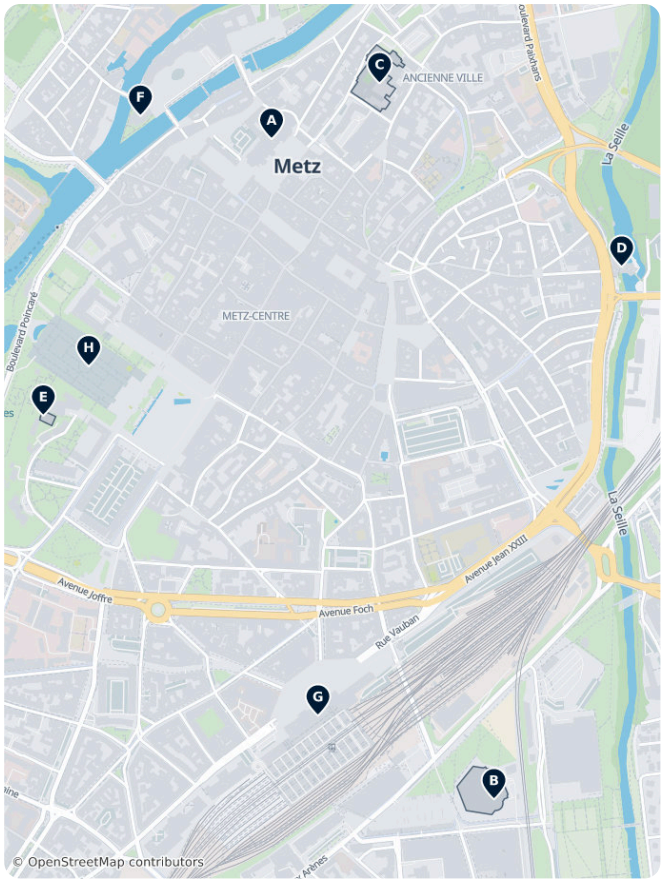
The main event is the Constellations de Metz festival, from late June to early September. Light and art works fill the cathedral area and other places in the centre, with evening shows on several nights a week. Check programme and dates on the Metz tourist office site.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	4° / 11° Feels like -1°	-1° / -9°	13 rainy days · Dry air
February	Poor Poor for sightseeing	6° / 13° Feels like 1°	-1° / -8°	Dry air
March	Poor Poor for sightseeing	11° / 18° Feels like 6°	1° / -4°	Dry air
April	Fair Fair for sightseeing	15° / 22° Feels like 11°	4° / -2°	Dry air
May	Good Good for sightseeing	19° / 25°	9° / 3°	13 rainy days · Dry air
June	Great Great for sightseeing	23° / 30°	12° / 7°	12 rainy days
July	Great Great for sightseeing	25° / 32°	14° / 10°	13 rainy days
August	Great Great for sightseeing	26° / 34°	14° / 10°	12 rainy days · Calm winds
September	Great Great for sightseeing	22° / 29°	10° / 5°	Dry air
October	Fair Fair for sightseeing	16° / 22° Feels like 13°	7° / 1°	13 rainy days · Dry air
November	Poor Poor for sightseeing	9° / 15° Feels like 5°	3° / -3°	14 rainy days · Dry air
December	Poor Poor for sightseeing	5° / 11° Feels like 0°	0° / -7°	15 rainy days · Dry air

Best months: June, July, August, September

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights



- **A** Cathédrale Saint-Étienne is the reason most people come. Work began around 1220. The walls hold about 6,500 m² of stained glass, including windows by *Marc Chagall*. Entry to the church is free.
- **B** Centre Pompidou-Metz opened in 2010 in a building by the Japanese architect *Shigeru Ban*. The roof looks like a woven hat. It shows modern and contemporary art from the Paris collection. It is a short walk from the station.
- **C** Musée de la Cour d'Or is built over Roman baths. It shows finds from the Roman and medieval city.
- **D** Porte des Allemands is a medieval gate and bridge fortress over the Seille river. Its round towers date from the 13th century.
- **E** Église Saint-Pierre-aux-Nonnains is a very old church. The building dates from the 4th century and was part of a Roman complex. Today it hosts concerts and exhibitions.
- **F** Temple Neuf is a Protestant church on the bank of the Moselle, built in the German period. It is a good photo spot in the evening.
- **G** Metz-Ville station is a large Romanesque Revival station from the German period, with a tall clock tower. It is worth a look even if you are not taking a train.
- **H** Esplanade is a landscaped park above the river. It is a calm place for a walk between the old town and the Arsenal district.

Metz – Plan Your Trip

Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.

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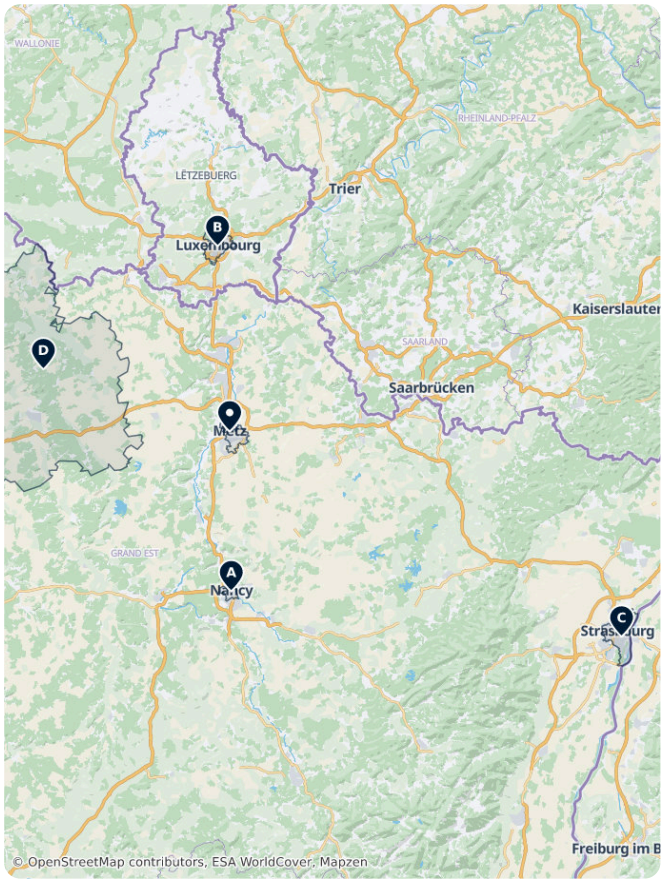
What to experience

- **Constellations de Metz**: In summer the cathedral and other buildings become screens for light and art works in the evening.
- **Mirabelle festival**: At the end of August the city celebrates its local yellow plum with markets and a boat parade on the lake.
- **Christmas markets**: Markets open in late November. Saint Nicholas is celebrated at the start of December.
- **Hot-air balloons**: The Montgolfiades take place in early September.
- **Concert at the Arsenal**: The Arsenal de Metz is a concert hall in a former military building. Check the programme before your trip.

Day trips

Metz is well placed for day trips to other cities. The first three are easy by train.

- Ⓐ Nancy is about 40 to 50 minutes by train. It has a famous central square and Art Nouveau buildings.
- Ⓑ Luxembourg City is about 45 minutes by direct fast train. It has a fortified old town and deep river gorges.
- Ⓒ Strasbourg is about 1 hour to 1 hour 15 minutes by train. It has a Gothic cathedral and a canal-side old quarter.
- Ⓓ Verdun is about 1 hour by car. It is the site of the great First World War battle and suits a full day.



Where to explore

More places in Lorraine, Alsace and Champagne:

- Nancy is the nearest large French city, to the south.
- Luxembourg City is the capital of Luxembourg, to the north.
- Strasbourg, Colmar and Mulhouse are in Alsace, to the south-east.
- Verdun is to the west.
- Reims is a champagne city further west.

Getting there

- **By air**: The practical gateway is Luxembourg Findel airport (LUX). Take a bus or taxi to Luxembourg station, then a direct train to Metz. Strasbourg airport is another option.
- **By train**: Metz-Ville station is in the south of the centre. Fast trains from Paris Gare de l'Est take about 1 hour 25 minutes. Direct fast trains run to Luxembourg City in about 45 minutes. Regional and fast trains link Metz with Nancy and Strasbourg. Book on SNCF Connect.
- **By car**: The A31 runs from Nancy to Luxembourg through Metz. The A4 links Metz with Paris and Strasbourg.

Getting around

- **On foot**: The cathedral, the old town and the river parks are close together. The station and the Centre Pompidou are about 15 to 20 minutes on foot from the cathedral.
- **Bus**: The Le Met' network runs the buses, including the Mettis rapid bus lines. Check fares and tickets on the Le Met' site.

Getting around on foot & by bike

WALKABILITY

High

The cathedral, the old town and the river parks are close together.

CYCLING INFRASTRUCTURE

Moderate

The centre is compact and mostly flat, but the main sights are easy on foot.

Driving

- **Is a car worth it?**: Not for the city. The centre is compact and the station is on the main rail lines. A car helps for visits to First World War sites and Maginot Line forts around Metz.
- **Parking**: Underground car parks near the cathedral market and the station are the easiest choice.

Food & drink

Lorraine food is hearty. Look for quiche lorraine and anything made with the local mirabelle plum, from tarts to brandy. Wines from the Moselle valley are also worth a try.

For eating, the streets around the cathedral and Place Saint-Louis, with its old arcades, have many restaurants. Place du Pont-à-Seille is a good area for an evening drink. For local produce and picnic food, visit the Marché Couvert next to the cathedral.

What to eat & drink

BREAKFAST

Croissant
Buttery, flaky laminated pastry and a classic French breakfast staple.

LUNCH

Ratatouille
A Provençal stewed vegetable dish of eggplant, zucchini, peppers, and tomatoes.

DINNER

Coq au Vin
Chicken braised slowly in red wine with mushrooms, onions, and lardons.

Beef Bourguignon · Bœuf Bourguignon
Beef stewed in red Burgundy wine with carrots, onions, and mushrooms.

Escargot · Escargots de Bourgogne
Snails cooked in garlic and parsley butter, a classic starter.

SNACKS & STREET FOOD

Baguette
Long, crusty white bread loaf bought fresh daily from the local boulangerie.

Cheese · Fromage
France produces hundreds of cheese varieties, often served as a course before dessert.

SWEETS & DESSERTS

Crepes · Crêpes
Thin pancakes served sweet with sugar or jam, or savory as galettes.

Macarons
Delicate almond meringue sandwich cookies in a range of flavors and colors.

DRINKS

Wine · Vin
France's wine regions, including Bordeaux, Burgundy, and Champagne, are among the world's most renowned.

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Safety & health

Metz is generally safe for visitors. Pickpockets work in crowded places such as the station area and busy shopping streets. Keep bags closed and do not leave items in parked cars. After dark, stay on main streets near the station.

History

Metz began as a Celtic settlement and became the Roman town of Divodurum. The Musée de la Cour d'Or stands on the site of Roman baths. In the 4th century the Romans built a large hall that is now the core of Église Saint-Pierre-aux-Nonnains. It later became a church.

In the Middle Ages Metz was a free city in the Holy Roman Empire. The towers of the Porte des Allemands date from this time. Work on Cathédrale Saint-Étienne began around 1220. Metz came under the French crown in 1552.

From 1871 to 1918 the city belonged to the German Empire. Many large buildings from this time remain, including Metz-Ville station and Temple Neuf. Metz returned to France after the First World War. The opening of Centre Pompidou-Metz in 2010 added a new cultural landmark.

Country facts

Quick practical facts for France at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



Type C / Type E
230 V · 50 Hz

LANGUAGES
French

TAP WATER
Safe to drink

Metz Unmissables

Metz showcases over two thousand years of history through its diverse architecture. The city features the Cathédrale Saint-Étienne, which boasts one of the highest Gothic naves in the world and extensive stained glass. Medieval fortifications like the Porte des Allemands stand alongside Romanesque remnants at Saint-Pierre-aux-Nonnains, one of Europe's oldest churches. The urban landscape includes 18th-century landmarks like the Opéra-Théâtre and early 20th-century German imperial architecture, such as the Palais du Gouverneur.





A Metz Cathedral

Metz Cathedral is the cathedral of the Catholic Diocese of Metz, the seat of the bishops of Metz. It is dedicated to Saint Stephen.

2 Place Chambre, 57000 Metz, France (49.12022, 6.17565)

cathedrale-metz.fr, +33 0387755461



B Germans' Gate

The Germans' Gate is a medieval bridge castle and city gate in Metz, France.

124 Rue des Allemands, Metz 57000, France (49.11786, 6.18550)

Oct-Apr Tu–Su	14:00–17:00
May-Sep Tu–Su	14:00–19:00



C Temple Neuf

Temple Neuf is a Protestant church in Metz, France. It is located on place de la Comédie, at the center of the Jardin d'Amour on the...

1 Place de la Comédie, Metz 57000, France (49.12064, 6.17195)

templeneufmetz.org



D Basilica of Saint-Pierre-aux-Nonnains

The basilica of Saint-Pierre-aux-Nonnains in Metz, France, is one of the oldest churches in Europe.

Rue de la Citadelle 1, 57000 Metz (49.11511, 6.16922)



E Metz Synagogue

Constructed between 1847 and 1850, this synagogue is a key site of Jewish heritage in the historic Lorraine region.

39 Rue du Rabbin Élie Bloch, Metz 57000, France (49.12320, 6.18053)



F Hôtel Saint-Livier

The oldest civil building of the picturesque city of Metz dates back to the 12th century.

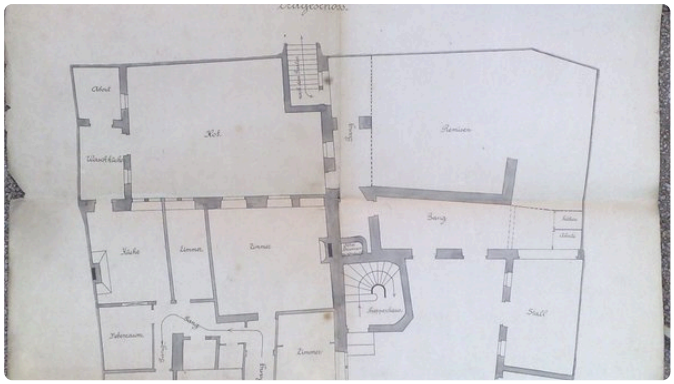
1 Rue des Trinitaires, Metz 57000, France (49.12067, 6.17949)



G Maison des Têtes

A Renaissance-style house located on Rue En Fournirue in the city center, noted for its historic facade.

51 En Fournirue, Metz 57000, France (49.11813, 6.17808)



H Hôtel de Malte

A medieval residence on the Sainte-Croix hill that historically belonged to the Order of Saint John of Jerusalem.

9Bis Rue des Murs, Metz 57000, France (49.11855, 6.17914)

I Hôtel de la Bulette

A Gothic building located on Place Sainte-Croix in the heart of the old town.

3 Place Sainte-Croix, Metz 57000, France (49.12003, 6.17899)



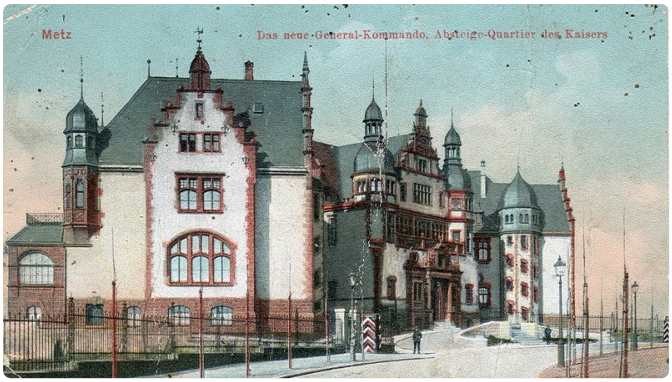
J Opéra-Théâtre de Metz Métropole

The Opéra-Théâtre de Metz Métropole, also known as the Metz Opera, is a 750-seat opera house and theatre located on the Petit-Saulcy island...

Place de la Comédie 4 (49.12164, 6.17276)

Mo–Su Closed

opera.eurometropolemetz.eu, +33 3 57 88 36 66



K Palais du Gouverneur

Built between 1902 and 1905 in a Neo-Flemish style, this palace originally served as a residence for German military authorities.

3Bis Rue de la Citadelle, Metz 57000, France
(49.11400, 6.16889)



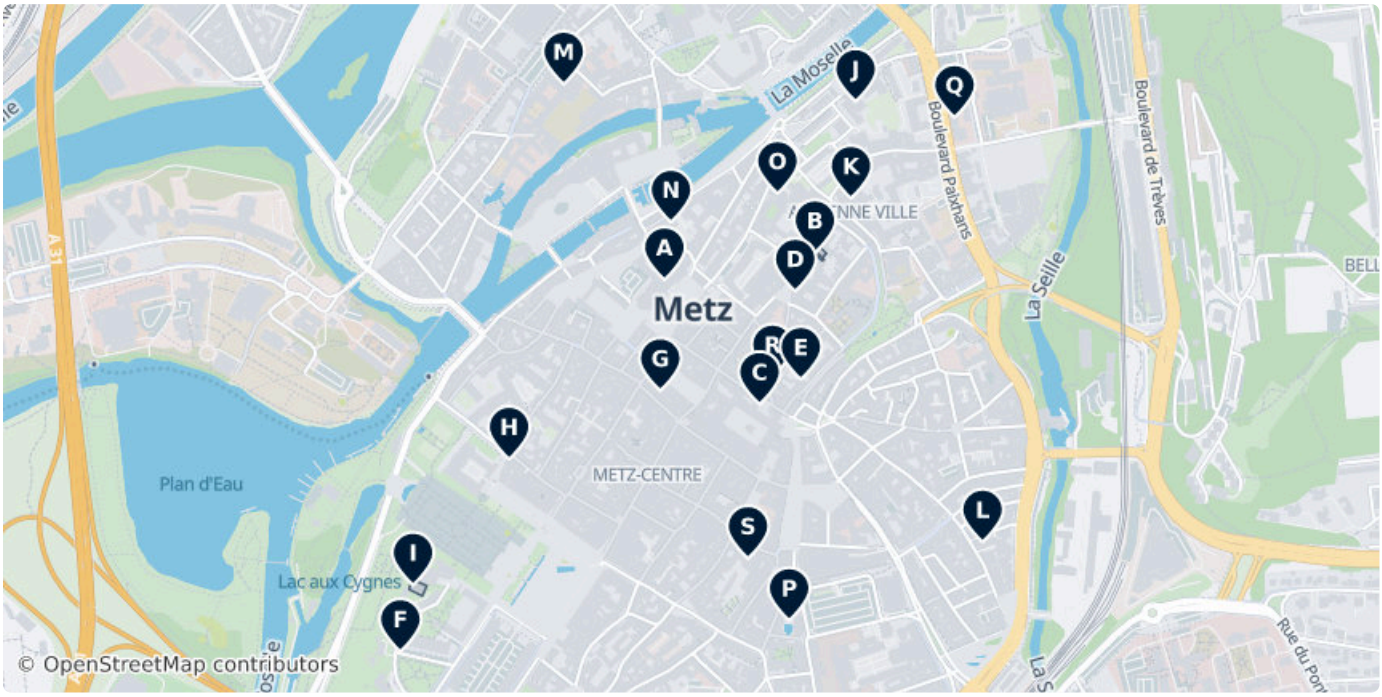
L Porte Serpenoise

A symbolic city gate and triumphal arch rebuilt in the 19th century, marking the southern entrance to the historic center.

21 Avenue Robert Schuman, Metz 57000, France
(49.11257, 6.17102)

Metz Heritage Sites

Metz boasts a diverse architectural legacy spanning two millennia. This selection features the 13th-century Gothic Saint-Étienne Cathedral, known for its vast collection of stained glass, and the 4th-century Basilica of Saint-Pierre-aux-Nonnains, one of Europe's oldest churches. The list also includes medieval municipal granaries, Renaissance-style residences like the Maison des Têtes, and the early 20th-century Palais du Gouverneur, reflecting the city's strategic evolution through French and German history.





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The oldest civil building of the picturesque city of Metz dates back to the 12th century.

1 Rue des Trinitaires, Metz 57000, France (49.12067, 6.17949)



C Maison des Têtes

Renaissance-style house on Rue En Fournirue featuring a facade decorated with numerous sculpted heads.

51 En Fournirue, Metz 57000, France (49.11813, 6.17808)

D Hôtel de la Bulette

Gothic-style civil building located on Place Sainte-Croix in the heart of the historic old town.

3 Place Sainte-Croix, Metz 57000, France (49.12003, 6.17899)



E Hôtel de Malte

Medieval residence on the Sainte-Croix hill, formerly owned by the Order of Saint John of Jerusalem.

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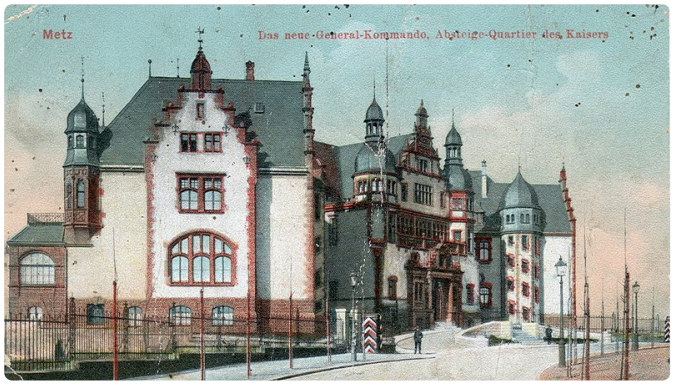


F Palais du Gouverneur

Neo-Flemish residence built between 1902 and 1905 to serve as a military command center during the German annexation.

3Bis Rue de la Citadelle, Metz 57000, France (49.11400, 6.16889)

G Collégiale Saint-Sauveur

Historic site of a former collegiate church, representing the city's medieval religious architecture.

(49.11836, 6.17554)

H Maison Natale de Verlaine

The 19th-century birthplace of the famous French poet Paul Verlaine, located near the Palais de Justice.

(49.11722, 6.17167)



I Basilica of Saint-Pierre-aux-Nonnains

The basilica of Saint-Pierre-aux-Nonnains in Metz, France, is one of the oldest churches in Europe.

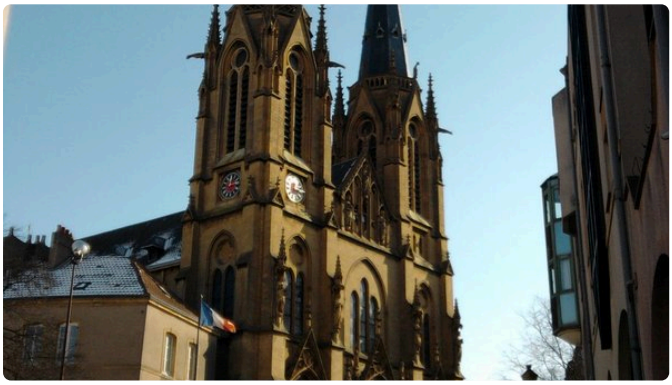
Rue de la Citadelle 1, 57000 Metz (49.11511, 6.16922)



J Metz Synagogue

Neo-Romanesque synagogue built between 1847 and 1850 to serve the local Jewish community.

39 Rue du Rabbin Élie Bloch, Metz 57000, France (49.12320, 6.18053)

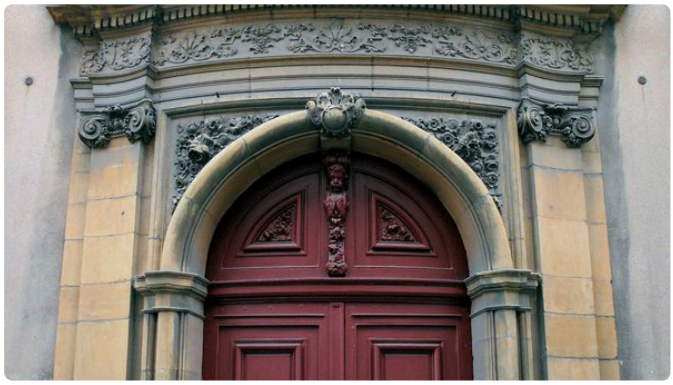


K Église Sainte-Ségolène

Gothic church located on the highest point of the city center, featuring a 13th-century structure and a 19th-century facade.

6 Place Jeanne d'Arc, Metz 57000, France (49.12158, 6.18041)

metz.fr/lieux/lieu-24.php



L Église Saint-Maximin

Roman Catholic church notable for its modern stained-glass windows designed by Jean Cocteau in the 1960s.

68 Rue Mazelle, Metz 57000, France (49.11583, 6.18378)

Mo–Su	10:00–18:00



M Basilique Saint-Vincent

Former abbey church built between the 13th and 18th centuries, showcasing a blend of Gothic and Classical architectural styles.

2B Rue Goussaud, Metz 57000, France (49.12349, 6.17307)



N Grange des Antonistes

14th-century medieval warehouse that originally served as part of the Commandery of Saint Anthony.

7 Rue des Piques, Metz 57000, France (49.12118, 6.17582)



O Grenier de Chèvremont

Imposing municipal granary built in 1457, featuring distinctive defensive crenellations.

12 Rue Chèvremont, Metz 57000, France (49.12166, 6.17853)



P Hospice Saint-Nicolas

The oldest hospital in Metz, with building components dating from the 11th through the 19th centuries.

(49.11452, 6.17884)



Q École Chanteclair-Debussy

Former German primary school built in the early 20th century, located on Boulevard Paixhans.

(49.12293, 6.18307)

S Hôtel de Gournay

Historic private mansion in the city center, representing noble civil architecture from the medieval period.

9Bis Rue du Grand Cerf, Metz 57000, France (49.11556, 6.17778)

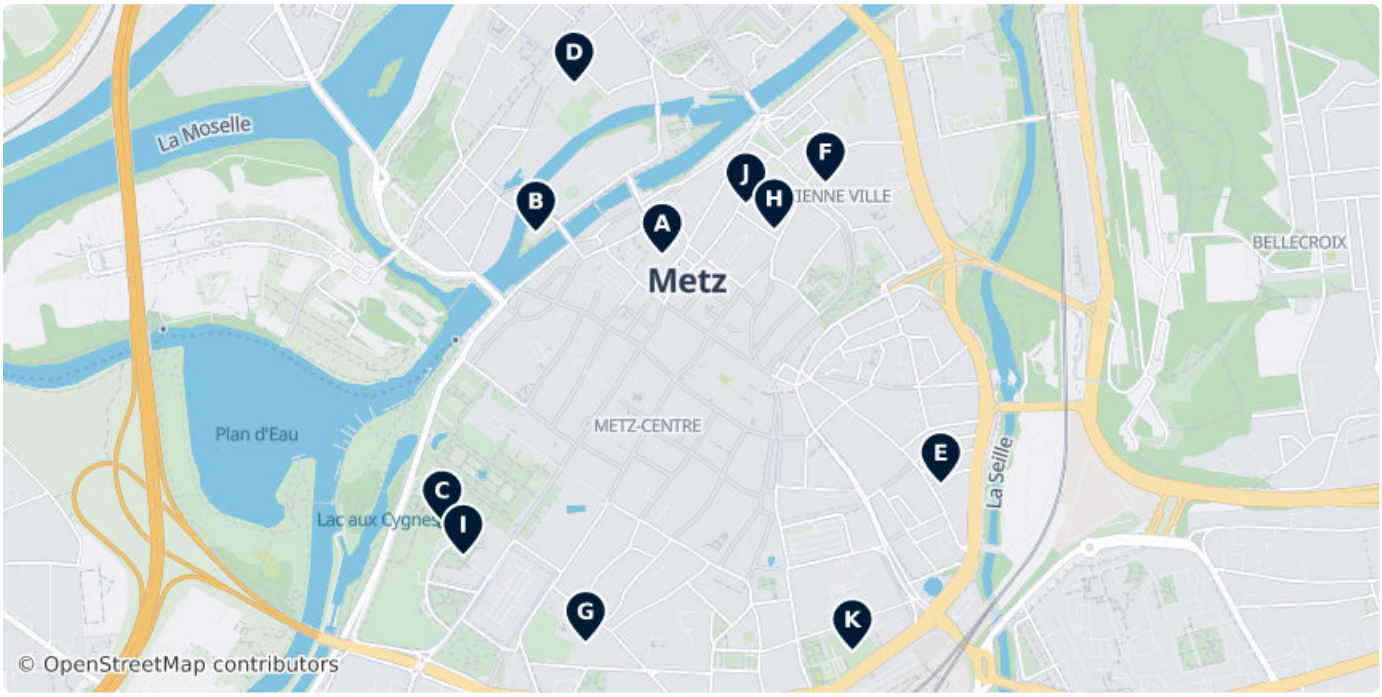
R Chapelle Saint-Genest

Former Catholic chapel situated on the slopes of the historic Sainte-Croix hill.

8Bis En Jurue, Metz 57000, France (49.11859, 6.17841)

Metz Religious Heritage

Metz's religious landscape spans nearly two millennia, from the 4th-century Roman origins of Saint-Pierre-aux-Nonnains to the Gothic grandeur of Saint-Étienne Cathedral, which boasts the largest expanse of stained glass in the world. The collection includes the unique octagonal Templar Chapel, the Protestant Temple Neuf situated on an island in the Moselle, and Saint-Maximin, featuring modern windows by Jean Cocteau. These sites reflect the city's complex history at the crossroads of French and German architectural traditions.





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templeneufmetz.org



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The basilica of Saint-Pierre-aux-Nonnains in Metz, France, is one of the oldest churches in Europe.

Rue de la Citadelle 1, 57000 Metz (49.11511, 6.16922)



D Basilique Saint-Vincent

A former abbey church built between the 13th and 18th centuries. It features a blend of Gothic structure and an 18th-century classical facade, representing the city's monastic history.

2B Rue Goussaud, Metz 57000, France (49.12349, 6.17307)

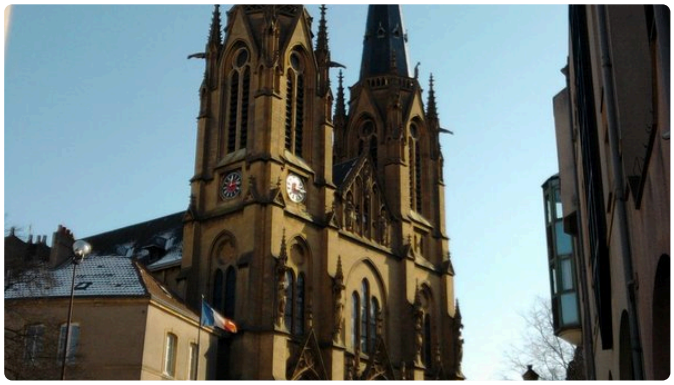


E Église Saint-Maximin

This 12th-century church is famous for its series of 14 stained-glass windows designed by Jean Cocteau between 1962 and 1963, featuring mystical and mythological themes.

68 Rue Mazelle, Metz 57000, France (49.11583, 6.18378)

Mo–Su 10:00–18:00



F Église Sainte-Ségolène

Located on the city's highest point, this church was rebuilt in the neo-Gothic style in the late 19th century. It retains a 13th-century choir and medieval stained glass.

6 Place Jeanne d'Arc, Metz 57000, France (49.12158, 6.18041)

metz.fr/lieux/lieu-24.php



G Église Sainte-Glossinde

A former 18th-century abbey church that served a community of nuns. It is noted for its classical architecture and historical connection to the Bishopric of Metz.

17 Place Sainte-Glossinde, Metz 57000, France
(49.11280, 6.17341)

H Église des Trinitaires

An 18th-century church originally part of a Trinitarian monastery. Since its secularization, the building has been repurposed as a venue for contemporary art exhibitions and cultural events.

2 Rue du Haut Poirier, Metz 57000, France
(49.12069, 6.17891)



I Chapelle des Templiers

A rare octagonal Romanesque chapel built by the Knights Templar between 1180 and 1220. It is the only surviving remnant of the Templar commandery in Metz and contains original frescoes.

5 Rue de la Citadelle, Metz 57000, France
(49.11446, 6.16983)



J Chapelle des Petits-Carmes

A 17th-century chapel originally belonging to the Carmelite order. It is now part of the Musée de la Cour d'Or museum complex and is used for exhibitions.

1 Rue du Haut Poirier, Metz 57000, France
(49.12118, 6.17809)



Chapelle Saint-Charles-Borromée

An 18th-century chapel located within the Grand Séminaire. It serves as a prominent example of late Baroque and Classical religious architecture in the Moselle region.

12 Rue d'Asfeld, Metz 57000, France (49.11265, 6.18120)

DATA SOURCES

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