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**Impair Healthy Healing In People Over The Age Of 30!**

**Brussels Tourist Information**

**By Meredith Booney**

General summary of city:

The city of Brussels is the capital city of Belgium and is a modern city that is rich in medieval and art-nouveau buildings. Brussels is steeped in rich history with plenty of museums and galleries and a pulsating cultural life.

Brussels is also the administrative center of the European Union, which has earned the city the title 'the capital of Europe'. The business sector in Brussels is booming with international agencies taking root in the city, however not at the expense of the rich cultural history. The juxtaposition of past and present is evident in Brussels with blocks lined with international businesses and their advanced steel and glass high rises which are only a few steps away from cobbled streets and medieval architecture that speaks of the city's flavourful past.

With a mixture of French and Flemish culture and language, Brussels is steeped in history and culture, with something for everyone to enjoy. The nightlife culture of Brussels, complete with clubs and pubs to enjoy add to the eclectic ambience of this fair city in Belgium. During the day, as business booms throughout the week, there is a wide variety of attractions for visitors and locals to enjoy, regardless of age. Families enjoy Belgium for its unique atmosphere which embraces every aspect of family life and socialization for adults.

Places of interest:

Brussels boasts over a century of history which lends too many intriguing sights to visit and see in the city and immediate area. Brussels possesses the most fabulous market square and the highest concentration of restaurants in the entire world.

The Petite Rue des Bouchers, which translates to street of the butchers is located in the medieval center of Brussels and is most famous for the simple fact that every building on the street is a restaurant. The roadway is very narrow and is closed to automobile traffic, which allows for the restaurants to boast their wares in spectacular fashion, while on wider parts of the road, restaurants feature outdoor eating areas.

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The central market square in Brussels is known as the Grand' Place, which is notably the most beautiful in the world. A 15th century Town Hall dominates the Grand' Place with hundreds of small statues and an elegant tower is surrounded by 17th century buildings with golden inlays which surround the entire square. Other places of interest to visit is the Manneken Pis, the Saint Michael cathedral, the Atomium, the Palais de Justice as well as a plethora of parks including the impressive Bois de la Cambre and the forest to which it once belonged, the Foret de Soignes which features birch trees that are hundreds of years old.

Brussels features many interesting sights for the whole family – business people, families, nature lovers, culture devotees and historians alike.

Things to do:

There is a wide variety of things to do in Brussels, regardless of your age or fancies. For those who love to dine, you could spend an eternity sampling all the wonderful restaurants and eateries in Brussels, which boasts itself as having the highest concentration of restaurants in the world. The restaurants in Brussels feature a wide variety of food types and styles for anyone's palate.

For those who want to take in the rich history of Brussels, there is a surplus of museums that boast the wonderful and flavourful richness of a millennium in Brussels.

Sightseeing is plentiful in Brussels with many 15th and 17th century buildings around the city. Declaring a beautiful surrounding with intricately designed buildings from these centuries, the city of Brussels promises a wonderful view in any direction. With beautiful boulevards, picturesque squares, parks and a very active cultural life in every sense of the word, there is something for everyone in Brussels. You can take in a movie or a play at a theatre, enjoy dinner in one of the many restaurants, and visit the monuments and places of great interest that abound in this beautiful city.

Brussels is steeped in over 1000 years of history and beauty for each individual to unfold whether visiting or moving to the city.

Food & Drink:

Brussels is all about the food. Because Brussels has the highest concentration of restaurants in all the world, the dining industry is literally one of the most prolific in the city. The Petite Rue des Bouchers (the street of butchers) is literally lined with restaurants. Every single building on the street is a restaurant that caters to a variety of flavours and tastes.

Throughout this beautiful historical city, restaurants, eateries and quaint cafes abound, offering up a dish of enlightening flavor to satisfy any palate. There is, of course, plenty of French food and Flemish food, but with the coming of immigrants to Brussels, there is an increasing variety of foods from other cultures and countries throughout the world. Within the streets of Brussels, you can find Western cooking, Lebanese flavourings, Greek, Mexican – really any ethnic food flavouring that your heart could desire.

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To go to Brussels means to enjoy good food in a beautiful atmosphere. Brussels is known world wide for its upper class restaurants and small, cozy eateries that are both quaint and classy.

### Hotels & Accommodation:

Silken Residence Le Châtelain All Suites Hotel Hilton Brussels Minotel Chambord Le Méridien Bruxelles Eazires Europarhotel Avenue Louise Hotel Villa Royale Hotel le Dixseptieme Sun Hotel New Hotel Charlemagne Hotel L'auberge Du Souverain Aristote Hotel Continental Hotel le Chantecler Hotel De Fierlant Hotel Erasme Rijkendael Hotel Eurostars Royal Embassy Grand Place Entertainment:

Brussels is very much a city of the night. There is a bustling nightlife in Brussels in the many clubs, discotheques, bars and restaurants. There is always something to do in Brussels.

During the day, the museums offer a great deal of entertainment for the entire family. With the wealth of history and past culture in Brussels, everyone in the family will find the museums, galleries and culture centers interesting and intriguing.

There are a wide variety of cultural festivals that are also offered throughout the city at various times of the year ranging in depth from family fun to adult entertainment.

Fun for the whole family is offered in the heart of Belgium in the capital city of Brussels. Movie theatres, shopping centers, parks, forests, museums, cultural centers and places of interest abound in this gorgeous city. Boredom is nearly impossible in Brussels – there is always something to do or see in this fair city. A rich social life is just around the corner in Brussels, all you have to do is see what they have to offer during your visit.

### Website:

<http://www.belgiumcities.info>

Meredith Booney is a freelance travel writer with over 20 years

of experience writing for travel journals, newspapers and magazines. Belgium Tourist Information

## **10 Must–Dos When In Brussels**

### **By Steven Cronin**

At the hub of European politics - Brussels is the cosmopolitan capital of bureaucracy. But when freed from the shackles of red tape, this compact capital of Belgium is a fascinating fusion of profound historical curiosity and contemporary living.

1. The Grand–Place Brussels' central square is the focal point of activity for locals and tourists alike.

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The heaving markets are bursting with souvenir-seeking bargain hunters. Look out for the town hall (Hotel de Ville), a magnificent example of 15th century architecture.

2. Manneken Pis This sacred 17th century bronze statue of the small boy urinating is a Brussels landmark. Several legends exist as to the origins of this statue. One says it depicts a young boy urinating on a burning charge destined to blow up the city walls when under siege from a foreign army, thus saving the city from invasion. Whatever the truth, he is undeniable cute and has over 500 outfits, one for every occasion.

3. St Nicholas Church Constructed in the 11th century, this fine example of medieval architecture is the oldest church in Brussels. If you are lucky, you may even catch one of the occasional services given in English.

4. Royales Galeries Sint-Hubert Europe's oldest glass arcade was designed by JP Cluysenaer and built in 1847. Home to fashionable boutiques and cool cafes, it was renovated and reopened in 2000. The arcade is worth visiting if only to experience the magnificent architecture.

5. Belgian Chocolate No visit to Brussels is complete without experiencing the world famous Belgian chocolate. It has a quality all of its own and is the obvious choice for gifts to take back home.

6. Avenue Louise If you crave a shopping fix then the Avenue Louise is the place to be. Designer shops aplenty provide ample opportunity to flex your spending power. Popular purchases include diamonds and antiques.

7. Waterzooi This local Belgian speciality is a kind of fish stew and very popular with the locals. Other appetising native dishes include mussels, waffles, and sweetbreads.

8. Pistes de Lancement If you are travelling with children, be sure to catch this clown festival during March. The Saint-Gilles region is awash with circus acts entertaining children and adults alike.

9. Flower Carpet Throughout August, the Grand' Place is subjected to a sea of colour as thousands of flowers are laid out in stunning patterns.

10. Christmas Market The festive period is a flurry of activity as traditional Christmas stalls suddenly emerge. The effervescent displays keep you entertained between purchases as jugglers and musicians perform amongst the festive shoppers.

Steven Cronin owns the City Breaks website featuring city break special offers from luxury hotels to budget accommodations. For more information please visit

<http://www.sargas.co.uk>



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