



Renée SUEN
July 23rd – 31st - 2021
Art of living in Occitanie

Contacts:

> **Occitanie**

Birgitte Reimers – birgitte.reimers@crtoccitanie.fr

Office : +33 5 61 13 55 14 – Mobile : +33 6 10 30 86 52

> **Aude**

Caroline Combis - c.combis@audetourisme.com

Office : +33 4 68 11 66 05 - Mobile : +33 6 22 49 54 04

> **Toulouse**

Mélissa Buttelli - m.buttelli@toulouse-tourisme.com

Office : +33 5 61 11 02 36 – Mobile (personal one) : +33 6 14 66 93 93

> **Gers**

Raphaëlle Lequai - communication@tourisme-gers.com

Office : +33 5 62 05 95 95 / 05 62 05 87 37 – Mobile : +33 6 51 75 92 54

> **Tarn-et-Garonne**

Laurianne Donzelli - lauriane.donzelli@tourisme82.com

Office : +33 5 63 21 79 63 – Mobile : +33 7 86 22 33 50

> **Journaliste**

Renée SUEN

> **Accompagnatrice**

Charlotte TAN

➔ *If you realise you will be late for a meeting, please call the contact i indicated in the program or the press contact above. Thank you.*

Share your stay in Occitanie with the **#TourismeOccitanie #VoyageOccitanie** and follow us on:

#Hashtags

#visitezoulouse (FR) and #visittoulouse (UK)

#tourismegers and #exploremongers

#tarnetgaronneinattendu

#jaimelaude

Instagram handles

July – Friday 23rd

Please indicate our Instagram accounts @Tourisme_en_Occitanie @audetourisme and our hashtags #TourismeOccitanie #VoyageOccitanie and #jaimelaude

APM End of program Gérard Bertrand

Charlotte Tan : Pick up the rental car at the AVIS desk (booking n° 07969750FR5) at Toulouse airport

- Don't forget the AVIS rental voucher. If not you will have to advance the rental costs.
- You don't have to fill up the tank at the end of rental; Occitanie Tourisme will cover petrol costs.

At your charge: Toll road fees and all fines such as speeding, parking, ...

Arrival in Carcassonne. Check-in at the **hotel Domaine d'Auriac ***** Relais & Châteaux**

The hotel located in an impressive green setting was a former winery transformed into a hotel by the owner's grandparents. The main building dates back to the XVII century. At a stone's throw from the medieval city of Carcassonne, it is a wonderful place to enjoy nature. The 18-hole golf course of the Domaine d'Auriac ends at the foot of the Bistrot d'Auriac sunny terrace.

20 :00 Diner at « Bernard Rigaudis » restaurant, situated in the Domaine, 1* in the Michelin guide. Chef Philippe Deschamps offers traditional and regional cuisine, boasting delicious meats, seasonal game, line-caught fish and ancestral dishes. As for desserts, they are the creations of Jérôme Lauvand.

<https://domaine-d-auriac.fr/en/hotel-du-domaine-dauriac/>

Route de Saint Hilaire

11000 Carcassonne

phone : [+33 4 68 25 72 22](tel:+33468257222)

July – Saturday 24th

Please indicate our Instagram accounts @Tourisme_en_Occitanie @audetourisme and our hashtags #TourismeOccitanie #VoyageOccitanie and #jaimelaude

8 :45 Meeting with Sarah SEGUY (+ 33 6 83 86 89 58), promotion manager of Carcassonne Tourist Board. Departure to Carcassonne City-Centre « Bastide Saint Louis »

9:00 Meeting with Christelle Luchesse “la fille du Midi”.

— A 4-hour gastronomic excursion on foot, in Carcassonne lower town with the “Daughter of the South”. This local and passionate about her city, will guide you to the city's best artisans and produce. The best way to discover gastronomy and wines.

Christelle: Phone + 33 (0)6 03 89 44 00

13:30 Meeting again with Sarah at the main entrance of the medieval city. Discovery of more than 2500 years of history. You'll visit the Viscount's castle, the basilica, the lists, good addresses.....

16:30 Departure to Pennautier for a wine tasting at the wine cellar of the Château known as the Versailles of the Occitania region.

M Yann Mesle will introduce the history of the “Domaine” and all the secrets of their wines to you but above all a history of passionate people.

Phone: +33 (0) 6 20 01 85 25

<https://www.lorgeril.wine/chateau-pennautier-grand-vignoble/>

18:00 Return to the hotel with Sarah

19:45 Departure to the medieval city with your rental car

20:00 Diner at the **gourmet restaurant “Comte Roger”** where you'll taste a regional cuisine made by one of the best chefs in Carcassonne. Pierre Mesa works with local produce. Flavors are amazing and dishes are all presented in a refined way and in a very friendly atmosphere.

<https://www.comteroger.com/>

14 Rue Saint-Louis, La Cité (Inside the ramparts)

Return to the hotel with your rental car

July – Sunday 25th

→ Please indicate our Instagram accounts @Tourisme_en_Occitanie @tourisme_tarn_et_garonne and our hashtags #TourismeOccitanie #VoyageOccitanie and #tarnetgaronneinattendu

Morning

Leave for Tarn-et-Garonne

Arrival in the end of the morning in Montauban.

Enjoy the “Fête du Goût et des Saveurs” in the farm La Ferme du Ramier.

One of the best gastronomic events of the year in Tarn-et-Garonne.

More than 50 local producers of all the best products and specialities (wines, fruits, cheese...), visit of this cheese farm, traditional journey with horses...

Free ~~lunch~~ at this event, a lot of producers cook something special for this day.

2250 route de Saint-Etienne – 82000 Montauban / +33 (0)5 63 03 14 49

<https://www.lafermeduramier.fr/>

After the event, free visit of Montauban

Discover the street Art masterpieces and taste some chocolate in Alexandres and Pecou, the best pastries of the town.

Montauban, town of Art and History, nine centuries old, is wearing well. Built of pink brick, it offers treasures such as the 17th century Place Nationale with its splendid arcades and surrounding old streets, its luxury private mansions, the view of the former Episcopal or Bishop's Palace from the Pont-Vieux. The town has managed to keep its identity whilst renovating its architectural heritage, witness of a rich and eventful history. Must to see: the Church of Saint-Jacques, the Ingres museum, the Notre-Dame cathedral, the sculptures by Antoine Bourdelle scattered around the town.

Office de Tourisme de Montauban 4, rue du collège - 82000 Montauban

T : 05.63.63.60.60 www.montauban-tourisme.com

Leave in the end of the evening for Sant-Nicolas-de-la-Grave (35 minutes of driving)

Dinner and night at the charming bed & breakfast “Au Coeur des éléments”

Enjoy the swimming pool

9 Boulevard du Barry – 82210 Saint-Nicolas-de-la-grave

<https://www.aucoeurdeselements.com>

July – Monday 26th

→ Please indicate our Instagram accounts @Tourisme_en_Occitanie @tourisme_tarn_et_garonne and our hashtags #TourismeOccitanie #VoyageOccitanie and #tarnetgaronneinattendu

Morning: leave for Auvillar (10 minutes driving)

10 am: guided visit of this village, one of the most beautiful of France. Meeting in the tourist office.

Overlooking the river Garonne, Auvillar is a picturesque halt for pilgrims. The village, famous in the 18th and 19th centuries for its pottery, is now renowned for its circular town hall dating from 1825, its clock tower and Saint Peter's church. This village is noteworthy for the architecture of the houses with their corbels, moldings and brackets.

4-6 rue du Couvent - 82340 Auvillar / T : 05 63 39 89 82 / www.auvillar.com

Free lunch

3:00 pm: visit of the wine cellar of “Les Vignerons du Brulhois” (10 minutes driving)

3458 Avenue du Brulhois – 82340 Donzac

<http://www.vigneronsdubrulhois.com>

Check-in in the bed and breakfast “Le Farat” in Auvillar

Enjoy the swimming pool

Lieu Dit Le Farat - 82340 Auvillar / +33 (0)5 81 78 60 39 / +33 (0)6 52 73 50 93

<http://lefarat.com/fr/>

8:00 pm : Dinner in the restaurant “Le Petit Palais” with Lauriane

7 place de l’horloge – 82340 Auvillar

<https://www.facebook.com/restaurant.lepetitpalais/>

July Tuesday 27th

→ Please indicate our Instagram accounts @Tourisme_en_Occitanie @tourisme_tarn_et_garonne and our hashtags #TourismeOccitanie #VoyageOccitanie and #tarnetgaronneinattendu

Morning: visit of the Gramont castle (10 minutes driving)

In 2021, the Château de Gramont will host the exhibition «Ruffs and Farthin- gales” which will look at Renaissance fashion on screen.

The exhibition will take you on a journey through the history of fashion with its display of costumes created for the big screen. It will also express the link between Cinema and History.

The presentation will include an educational chronology of the evolution of fashion from the end of the 14th century to the beginning of the 17th century. It will help the public learn how dressmakers of the Renaissance, just like the painters and sculptors of the time, designed and modelled the human body using embellishments and the treasures of the era: brocade, velvet, silk, lace, jewellery, etc. Visitors will also learn about the profession of costume designer. Information about the specific features of the clothing, hidden symbols and many unusual and surprising anecdotes will highlight the interpretation of storylines and the fashion of the Renaissance.

Château de Gramont – 82120 Gramont / Tel: 05 63 94 05 26

/ <http://www.chateau-gramont.fr/>

Free lunch

Please indicate our Instagram accounts @Tourisme_en_Occitanie @TourismeGers and our hashtags #TourismeOccitanie #VoyageOccitanie and #tourismegers

2:30/3:00p.m. : Lecture avec Brice guided visit with a guide from office de tourisme Gascogne Lomagne

Perched on a promontory in the heart of the Lomagne gersoise, Lecture, labeled "Most beautiful detour of France", is adorned with a belt of ramparts from which emerge beautiful

stone houses, gardens, fountains, alleys, old mansions, the thermal baths, the Gothic Cathedral of Saint-Gervais and the Museum of Sacred Art, the castle of the Counts of Armagnac (today a village of Antiques stores)... It is in Lectoure that the pastel is cultivated whose incomparable blue has made the reputation of the Cocagne region. The Atelier du Bleu retraces the history and the use of this small plant which made the wealth of the Midi Toulousain in the 16th century. Every year in July/August, the city hosts the Été Photographique, a festival of contemporary photos whose exhibitions are presented in 5 major places in the city.

Meeting point at the tourist office Place Gén De Gaulle, 32700 Lectoure

[00 33 5 62 64 00 00](tel:0033562640000) / <https://gascogne-lomagne.fr/>

05:00 p.m. : Visit of Domaine d'Arton, wines and Armagnacs.

Patrick de Montal is the owner and harvester of the estate. He grows his vines with the greatest care, raises his wines, distills them to elaborate in his cellars a range of Armagnacs with a unique roundness and smoothness. Creator of the Blanche d'Armagnac in 1985 with Fine Blanche®, Patrick de Montal received in 2017 the Prix d'Excellence at the Concours Général Agricole: it is the first time that the Prix d'Excellence is awarded to an Armagnac. Château Arton resurrects the Haut Armagnac appellation, and delicately exalts the secrets of a terroir too long forgotten. Its uniqueness makes Haut Armagnac a land of innovation.

Domaine d'Arton - 32700 Lectoure
+33 (0)6 95 90 26 16 / www.arton.fr

Check in at l'Hôtel** Collège des Doctrinaires**

The College of Doctrinaires was originally an educational institution, founded in 1630, and the building was transformed into an annex of the city's hospital in 1800. After the closure of the hospital in 2006, it was rehabilitated in 2018 to be transformed into a 4-star Hotel Residence and Spa which benefits from a direct access, by an underground passage crossing the National street, to the hotel of Goulard where the thermal baths of Lectoure are. On this occasion it will regain its former name, the Hotel du Collège des Doctrinaires, opened in 2019. Cross this historical place by the courtyard of honor with its climbing roses and its fragrant wisteria before crossing the threshold of the Collège des Doctrinaires, and come to discover the lounge of honor with its monumental stone fireplace for a welcome drink...

148 rue nationale, 32700 LECTOURE
Tél 033 (5) 62 68 50 00 / www.doctrinaires.fr

8.00 p.m : Dinner at restaurant Racine, contemporary and terroir.

He is Belgian, she is Canadian. After a somewhat atypical career, they put down their pans at Racine, in the Gers. Despite a family of restaurant owners, Lionel first did an apprenticeship in carpentry before becoming a roofer. At the age of 26, he returned to his family's destiny and trained at several starred

restaurants in Brussels. At one of them, Bouchéry, he met Laurence, trained at the hotel school but also ~~at the~~ design school in Montreal.

Close to nature, Lionel Creteur and Laurence Couillard love products and those who produce them. It is this communication of taste, history and tradition that inspire them. They dialogue, play and tame the flavors to offer a creative cuisine, just, anchored in the soil but resolutely contemporary. **6 rue Fontélie 32700 Lectoure**

00 33 5 62 28 07 41 / <https://www.racinerestaurant.fr/>

July – Wednesday 28th

Please indicate our Instagram accounts @Tourisme_en_Occitanie @TourismeGers and our hashtags #TourismeOccitanie #VoyageOccitanie and #tourismegers

9:00 a.m. : Meet with Michel Maëstrojuan, discovery of Domaine Entras

Located in the heart of the Ténarèze region, a stone's throw from great Gers sites such as the Château de Lavardens, the Abbaye de Flaran and the Castéra-Verduzan spa, the Maestrojuan family's vineyard covers 29 hectares. Independent winemaker and member of the Bienvenue à la Ferme network, Domaine Entras has been cultivating its vineyard and land in Organic Agriculture since 2017. During your visit, Michel, Isabelle or Montaine, will present you the Domain and all the products which are often rewarded: IGP Côtes de Gascogne wines, Floc de Gascogne, Armagnac as well as their traditional Mustard with grape must. They welcome you all year long, to taste, share pleasant moments of conviviality and, why not, discover the collection of old tools of work of the vine

Entras, 32410 Ayguetinte

[00 33 5 62 68 11 41 / www.domaine-entras.fr](https://www.domaine-entras.fr)

11:00 a.m. :Gascon black pork tasting with Audrey of ferme de Bidache

At 500 m from the village in the direction of Vieux Castéra, the Bidache Farm opens its doors to you to discover the real Gascony pigs. Visit the maternity and then observe the pigs in the meadows and finish with a tasting. The store offers fresh meat, cold cuts and preserves for sale.

place called "Bidache", 32410 Castéra-Verduzan **[00 33 6 32 43 21 77 / www.lafermedebidache.fr](https://www.lafermedebidache.fr)**

12 : 30 p.m.: Lunch at ferme de La Gouardère. Discovery of the duck and goose canning factory.

Producers of local gastronomic specialties, Jean-Luc and Olivier warmly welcome you to their home, the Ferme de la Gouardère, located in the heart of the countryside. You will taste a traditional cooking around the foie gras and the duck, made with quality products by privileging a maximum of the bio (vegetables). In July and August, Jean-Luc and Olivier organize a visit and tasting of the old farm and feeding room... The "Boutique Gasconne" is open all year round for any purchase of good local products made at the farm.

La Gouardère, 32810 Roquelaure

00 33 5 62 65 56 51 / www.auch-tourisme.com/restaurant/ferme-de-la-gouardere

Parking in Auch : Parking Etigny - Rue Dr Samalens, 32000 Auch

3 :30 p.m. guided tour of the historic heart of Auch and the Museum of the Americas-Auch with Aymeric, guide Pays d'Art et d'Histoire (+33 6 71 67 29 78)

Auch, capital of Gascony! The ancient Gallo-Roman city is full of many assets:

- * The pouterles, these small steep streets along the ancient ramparts, with a charm...stunning!
- * The Armagnac tower (from May to September, the museum of the cathedral treasure in the basement of the tower is open every day. The rest of the year, guided tours are offered).
- * The monumental staircase with its 354 steps to climb and where the statue of a famous Gascon, d'Artagnan, stands.
- * Classified by UNESCO as part of the Santiago de Compostela pilgrimage route, the Sainte-Marie cathedral is not to be missed under any circumstances! Its splendid stained glass windows, its two organs, the choir and the stalls...
- * To see also: the house of Henri IV, the Italian theater, the museum of the Americas - Auch known for its second collection of pre-Columbian art in France, its Egyptian or Gallo-Roman collections, the fine arts of Gascony... **Rdv at the office de tourisme du Grand Auch Cœur de Gascogne**

3 Place de la République, 32000 Auch

00 33 5 62 05 22 89 / www.auch-tourisme.com

Check in at Domaine de Baulieu, hôtel**, and dinner at restaurant du domaine**

This old typical Gersoise farmhouse has been restored and transformed to offer a setting combining the traditional with the contemporary. This haven of nature and tranquility houses a hotel**** of 29 rooms including 10 Lodges, which combine comfort and modernity with all the current facilities. The original wooden beams and stone walls have been preserved and provide a remarkable cachet. Relax and unwind... In the park, by the swimming pool (heated in season) or in the private spa of the domain. Prolong the pleasure at the hotel's restaurant... In a gastronomic concept, elegant and friendly, two chefs, Maxime Deschamps and Stéphane Mazières propose through a tasty and delicate menu of gourmet and tasty dishes. They put forward local products by sublimating them. And in an ecological approach by privileging the short circuits and the products of season (among others), it is in January 2021 that the restaurant obtains the green star in the Michelin Guide

Chemin du Barrail 822 Chemin de Lussan, 32000 Auch

00 33 5 62 59 97 38 / <https://ledomainedebaulieu.com>

July - Thursday 29th

Please indicate our Instagram accounts @Tourisme_en_Occitanie @visitezToulouse and our hashtags #TourismeOccitanie #VoyageOccitanie and #visitezToulouse (FR) and #visittoulouse (UK)

08 :00 a.m. : If you wish, get up early to stroll on the market of Auch

Every Thursday, close to the banks of the Gers, in the lower town of Auch, you can choose, negotiate and buy in a good mood. From farm stands to local organic productions, the flavors of the Gers are honored. You

will discover a large choice of foodstuffs including a majority of local products: fruits, vegetables, pastries, preserves, wines, cheeses...**Autour de la Halle Verdier - 8 avenue Hoche 32000 Auch**

08h45 max : **Drive from Auch to Toulouse.**

Caution, note you will start by being tested (test PCR), 2 meetings booked by Mélissa Buttelli for each of you (please, be on time and get your ID and any official papers with you / tests to be paid on your own as convinced, thank you in advance for your cooperation) :

Meeting at the Laboratoire Cerballiance Deltour

95 Boulevard Deltour - 31500 Toulouse / Tel : 05 61 81 05 50

<https://laboratoires.cerballiance.fr/occitanie/toulouse/95-boulevard-deltour>

- **11h20** : Test for Renée Suen
- **11h25** : Test for Charlotte Tan

Once you have been tested, let's go to the Avis rental car agency nearby the Matabiau trainstation.

Parking Effia, 16 Avenue de Lyon 3e étage, 31500 Toulouse

12h ? **Installation to La Cour des Consuls Hôtel & Spa 5***** / General Manager : Matthieu Dellac**

1 TWIN BB + press pack given on arrival

46 rue des Couteliers – 31000 Toulouse / Tel : 05 67 16 19 99

<https://www.cite-hotels.com/fr/etablisements/hotel-cour-des-consuls.html>

Metro line A station Esquirol + walk (or line B station Carmes + walk)

1pm : Lunch at the restaurant La Gourmandine

17 place Victor Hugo – 31000 Toulouse / Tel : 05 61 22 78 84

<https://la-gourmandine.fr/>

Metro line A or B station Jean Jaurès

3pm : Meeting with Mrs Céline Gazel (mobile : 06 19 29 72 66), your Toulouse Tourist

Guide at the Donjon du Capitole – Office de Tourisme headquarter :

www.toulouse-visit.com/tourist-office

Metro line A station Capitole

Until 6pm : **Walking tour to discover the highlights of Toulouse Heritage**

6pm : Free time.

8pm : Dinner at the restaurant Monsieur Georges

Contact : Hugo Monteils / <http://www.monsieurgeorges.fr/>

20 place Saint-Georges – 31000 Toulouse / Tel : 05 61 29 81 96

Metro line A or B station Jean Jaurès

Night in Toulouse.

July – Friday 30th

Please indicate our Instagram accounts @Tourisme_en_Occitanie @visitezoulouse and our hashtags #TourismeOccitanie #VoyageOccitanie and #visitezoulouse (FR) and #visittoulouse (UK)

10.00am : Meeting “Place Wilson” with Jessica Hammer and her basket (mobile : 07 66 10 08 70) of Taste of Toulouse for enjoying a Victor Hugo market tour (last 3.5 hours) - www.tasteoftoulouse.com

Spend a morning learning the skills and secrets of French market shopping with a certified French Wine Scholar and ex-cheesemonger, tasting the best that Toulouse has to offer on this unforgettable and immersive market food tour!

1.30pm : Free time (no need of any lunch after this 1st tour)

3pm : Meeting “Place St Etienne nearby the fountain” with Jessica Hammer (mobile : 07 66 10 08 70) of Taste of Toulouse for enjoying now a Chocolate and Pastry tour (last 3 – 3 1/2 hours) - www.tasteoftoulouse.com

Spend an afternoon indulging in Toulouse’s top sweet creations, exploring chocolate and pastry shops in the charming city center. Taste the best that talented local artisans have to offer on this irresistible food tour!

PS : Renée, Jessica is aware of your allergy, but we think it’s important any way to show you some great places of it in Toulouse.

6.30pm : Free time.

8.30pm : Diner offered at the Michelin-star restaurant Le Cénacle (inside La Cour des Consuls Hôtel & Spa 5*) - Chef Thomas Vonderscher

46 rue des Couteliers – 31000 Toulouse / Tel : 05 67 16 19 99

www.cite-hotels.com/en/etablisements/restaurant-la-cenacle.html

Night in Toulouse.

July – Saturday 31st

Please indicate our Instagram accounts @Tourisme_en_Occitanie @visitezoulouse and our hashtags #TourismeOccitanie #VoyageOccitanie and #visitezoulouse (FR) and #visittoulouse (UK)

Check-out.

Charlotte TAN

4.40 am : Transfer by taxi to Toulouse-Blagnac airport . Taxi (Capitole taxi) will wait for you in front of your ~~hotel~~

05h00 Registration for the flight

06h30 Departure of Charlotte TAN

Renée SUEN

7.30 am : Transfer by taxi to Toulouse-Blagnac airport. Taxi (Capitole taxi) will wait for you in front of your hotel

09 :30 a.m. : flight Paris CDG –

This press trip was organised with help from the organisations mentioned below. We thank you for mentioning the web sites in your article/s:

Destination Occitanie : www.tourisme-occitanie.com

Office de Tourisme de Toulouse : www.toulouse-tourisme.com

Aude Pays Cathare - www.audetourisme.com

Comité Départemental du Tourisme du Gers - www.tourisme-gers.com

Agence de Développement Touristique du Tarn-et-Garonne - www.tourisme-tarnetgaronne.fr

FOR ATOUT France, PLEASE USE THESE HASHTAGS AND HANDLES

#EXPLOREFRANCE

#WHATREALLYMATTERS

Facebook: Ca.france.fr

Twitter PrAtoutfranceca

Instagram France.fr

Our public website : France.fr.

THANK YOU!