

Press Pack New in 2021







Occitanie

Sud de France



FRANCE'S SECOND-BIGGEST REGION,

13 'departments' in an area bigger than Ireland



8 SITES INSCRIBED ON UNESCO'S WORLD HERITAGE LIST:

the Canal du Midi, Gavarnie - Mont Perdu, Way of St James, the Episcopal City of Albi, the Causses and the Cévennes, the Pont du Gard, the Historic Fortified City of Carcassonne, the Fortifications of Vauban (Villefranche-de-Conflent and Mont-Louis)



2 NATIONAL PARKS



1 MARINE NATURE PARK



8 REGIONAL NATURE PARKS



44 WINTER SPORTS RESORTS



41 TOP OCCITANIE SITES

Agde-Pézenas, Aigues-Mortes - Camargue Gardoise - Saint Gilles, Albi - Vallée du Tarn, Ariège médiévale : Foix - Mirepoix - Montsegur, Ariège préhistorique : Niaux - Tarascon - Mas d'Azil, Armagnac - Abbaye et Cités, Auch, Aux sources du Canal du Midi (Sorèze, Revel, Saint Ferréol), Bastides et Gorges de l'Aveyron (Villefranche de Rouergue, Najac, St Antonin, Caylus, Villeneuve d'Aveyron), Canal du Midi - Béziers, Carcassonne et les Citadelles du vertige, Cévennes, Cirque de Gavarnie - Cauterêts - Pont d'Espagne, Cirque de Navacelles - Lodève, Collioure en Côte Vermeille, Conques, Cordes et cités médiévales, Gorges de l'Hérault - Gorges du Tarn, Gorges de la Jonte - Causses & Vallées Cévenoles, Grand Figeac, vallée du Lot et du Célé, La Grande-Motte, Le Grand Montauban, Lourdes, Luchon, Marciac, Massif du Canigò, Massif du Néouvielle-Vallée d'Aure et du Luron, Mende coeur de Lozère, Millau-Roquefort (regroupement de deux candidatures), Moissac, Montpellier, Narbonne Méditerranée, Nîmes - Pont du Gard - Uzès, Perpignan Méditerranée, Pic du Midi, Rocamadour Vallée de la Dordogne, Rodez, Saint-Bertrand de Comminges, Valcabrère, Sète, Toulouse, Vallée du Lot, Cahors, Saint-Cirq-Lapopie, Puy-l'Evêque



28 THERMAL SPA CENTRES



220 KILOMETRES OF MEDITERRANEAN COASTLINE



MORE THAN 50 MARINAS



New in 2021

"In 2021, the Occitania Tourist Board (CRTL) is going to elevate tourism by moving from more to better and giving visitors the chance to go home empowered by their experience in Occitania"

Vincent Garel. Tourist Board President

IN 2021...

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- HOTELS
- B&BS AND GUESTROOMS
- NIGHTS TO REMEMBER

4th France's fourth biggest tourist region



with
**15.9
BILLION**
euros visitor spending



and
96 500
paid tourism jobs



or
10%
of regional GDP

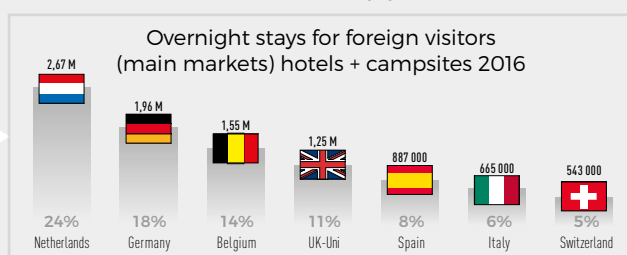


1st
region for
French tourists



3rd
region for
overseas tourists

**30
MILLION**
visitors every year



1st The highest accommodation capacity in France



with
**3.3
MILLION**
beds



nearly
**26.3
MILLION**
nights at open-air accommodation sites
(highest rank in France)



**16.3
MILLION**
hotel nights
(4th highest in France)



**1st France's most
popular thermal spa
destination**



drawing
188,000
spa users



around
1/3
of the national spa market

I'm the first to visit new sites open to the general public



THE EVENT

NARBONNE (AUDE)

OPENING OF THE NARBO VIA MUSEUM, A VENUE CELEBRATING ANCIENT NARBONNE

"The Narbo Via Museum in Narbonne introduces you to the ancient city of Narbo Martius and its treasures, the first Roman colony founded in Gaul in 118BC. Occitania Council is behind the new museum designed by Foster + Partners with a collection of over 10,000 pieces, exhibition space covering 2600m², staggering murals and an outstanding collection of 760 headstones.

www.narbovia.fr

"I CAME, I SAW... I BUILT! (« VENI, VIDI..., BÂTI ! ») : THE INAUGURAL TEMPORARY EXHIBITION

The new Narbo Via Museum was designed to bring the current city a revival of the great ancient city, capital of the Narbonne region and thriving trading port famous throughout the Mediterranean world. No monuments remain from this glorious history. The "I came, I saw... I built!" (« Veni, Vidi..., Bâti ! ») exhibition reflects the legacy of Ancient Rome's prestigious architecture heritage. The subject has already been heavily explored so this exhibition will put an original spin on it with a systematic review of how contemporary architects continue to explore and adapt our Roman heritage. The exhibition will present the main areas of Roman architecture (urban and social organisation, light, air and water circulation, structures and materials) with their contemporary functions and reinterpretations.

OTHER OPENINGS

ST-FERRÉOL (HAUTE-GARONNE)

IN THE DEPTHS OF THE CANAL DU MIDI RESERVOIR

It's a well-kept secret: join the "Réservoir" guides (Canal du Midi museum). They'll take you deep into the St-Ferréol dam to explore the "Galerie des Robinets"; a tunnel leading to 3 bronze taps that used to control the water flowing into the Canal du Midi. An enlightening experience of a one-of-a-kind place with that will take you back in time surprises galore! Just so you know, one of the guides is blind. Can you believe it?

<https://tourism.auxsourcesducanaldumidi.com/>



FERRALS-LES-CORBIÈRES (AUDE)**STREET ART COMES TO THE COUNTRYSIDE AT SPIKTRI STREET ART UNIVERSE**

Spiktri Street Art Universe (SSAU) is a private art venue, an art gallery run by the 4-strong Gangsea Team under the wing of the artist F. Spiktri. SSAU is an open-air museum and laboratory where cultures are outlined, people blend together and future trends arise. The site's founders believe in an unconditional love of art and strive to bring street art to everyone.

www.spiktristreetartrecycling.com

**SARRANT (GERS)****MICRO-FOLIE DIGITAL MUSEUM, PILLAR OF THE VILLAGE OF ILLUSTRATION**

Sarrant, one of the "Most Beautiful Villages in France", is home to a festival (Les Estivales), illustration venue and can now seal its reputation as "the village of illustration" with the foundation of Micro-Folie. This digital museum, created by the Town Hall and inspired by Les Folies at Parc de la Villette in Paris, provides a 360° virtual reality tour of some of the greatest artworks from French cultural venues such as the Centre Pompidou, Château de Versailles, Louvre and Musée du Quai Branly.

www.tourisme-bastidesdelomagne.fr



I attend major cultural events

2021 EXHIBITIONS & FESTIVALS

RODEZ (AVEYRON)**TWO GOOD REASONS TO REVISIT THE SOULAGES MUSEUM**

October 24th 2020-May 9th 2021

Le Cat by Philippe Geluck moves into the Museum

Le Cat by Philippe Geluck has an opinion on art, art history and artists. That's how he became friends with Pierre Soulages. Geluck has produced paintings and drawings of Le Cat commenting on the painter's work throughout the museum for a fun-filled take on the Outrenoir master's unique world.





June 12th-November 7th 2021

"Fernand Léger, la vie à bras-le-corps": explosion of colour in the Outrenoir lair

Using colour for its great therapeutic qualities, shapes to be as lively and contrasting as possible, his favourite subjects chosen for the context of everyday life, Fernand Léger constantly brought out the beauty of life.

<https://musee-soulages-rodez.fr>

NÎMES (GARD)

"THE ROMAN EMPEROR, A MORTAL AMONG GODS" (L'EMPEREUR ROMAIN, UN MORTEL PARMI LES DIEUX) AT THE MUSÉE DE LA ROMANITÉ

May 13th-September 19th 2021

Nîmes is home to 2 landmarks devoted to worshipping the emperor (the Maison Carrée and Temple of Diane) and this temporary exhibition puts its ancient jewels back in their historical context. This exhibition is in partnership with the Louvre Museum that has loaned 30 major pieces.

<https://museedelaromanite.fr>

TOULOUSE (HAUTE-GARONNE)

IN THE JET STREAM OF TWO LEGENDS OF THE SKY AND SPACE

October 17th 2020-August 29th 2021

Antoine de Saint Exupéry "A little prince among men" (Un petit prince parmi les hommes) at L'Envol des Pionniers

Hosted in both Lyon (his birthplace) and Toulouse (the original home of airmail), the year's biggest exhibition at L'Envol des Pionniers presents the life of France's most famous author-aviator: Antoine de Saint-Exupéry who wrote The Little Prince. From the little winged bicycle he had when he was little to his tragic death on the legendary P38 over the Mediterranean, the exhibition introduces visitors to the brave and deeply humanist man who, reluctantly, became a legend.

www.lenvol-des-pionniers.com

Live with Thomas Pesquet at the Cité de l'Espace

France's sweetheart since his 1st trip into orbit 3 years ago, the astronaut Thomas Pesquet is going back into space in 2021! Naturally, the Cité de l'Espace will give visitors the chance to experience his 2nd space mission by proxy for 6 months starting in spring. The Cité de l'Espace will turn into the ALPHA mission control centre and set up an area devoted to key moments of the space mission at the International Space Station (ISS) in the midst of its permanent exhibitions!



INF+

Asteroids and Mars in the spotlight at the Cité de l'Espace

Spring sees the Cité de l'Espace stage a permanent exhibition devoted to the red planet's current and future exploration whilst the Astralia screens a new IMAX® film "3D Asteroid Hunters".

www.cite-espace.com

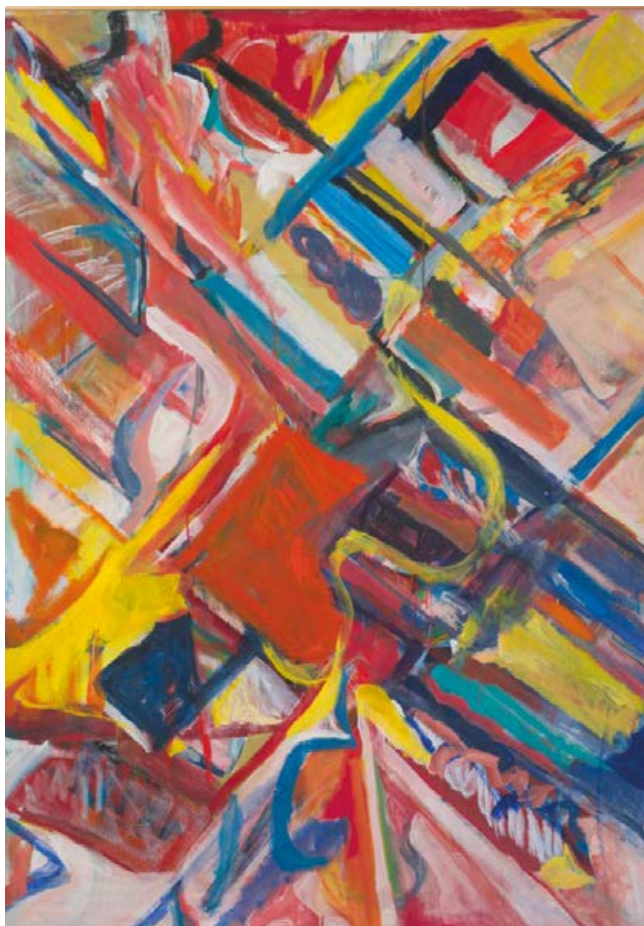
MONTPELLIER (HÉRAULT)**TWO MAJOR EXHIBITIONS AT THE FABRE MUSEUM****February 13th-May 9th 2021****From Poussin to Soulages, 15 years of collection (De Poussin à Soulages, 15 ans d'acquisition)**

The Fabre Museum is hosting an exhibition devoted to how it has boldly built its collection for over fifteen years in spring 2021. Visitors are taken on a fabulous trip through art history, from the 17th century to contemporary art, presenting artwork by artists from both the international and Montpellier scene, past masters and living artists, famous painters and up-and-coming talents.

July 3rd-October 17th 2021**United States of Abstraction - American Artists in Paris 1946-1964 (United States of Abstraction - Artistes américains à Paris 1946-1964)**

This exciting exhibition is devoted to a group of American artists who helped redefine abstract art in Europe from their base in France. Paris may have been the world capital of western art since the 19th century but everyone knows that it lost its crown to New York in the 1940s. That said, countless American artists, musicians and authors kept coming to France to study and create...

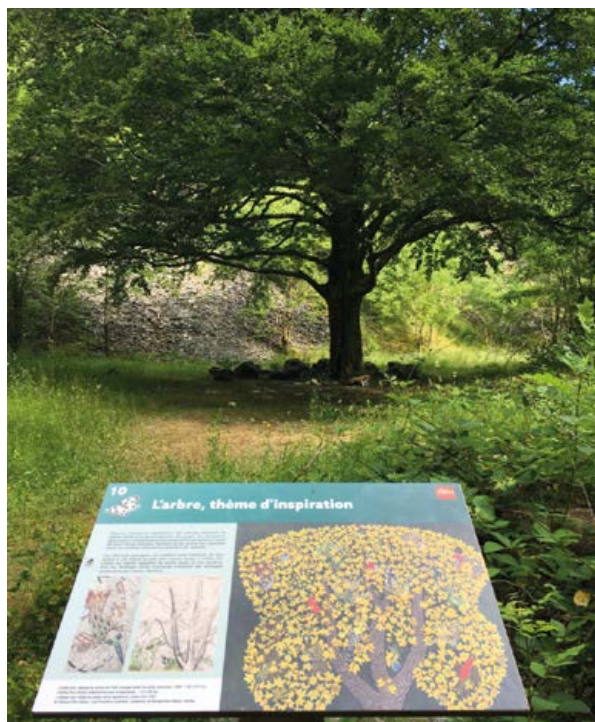
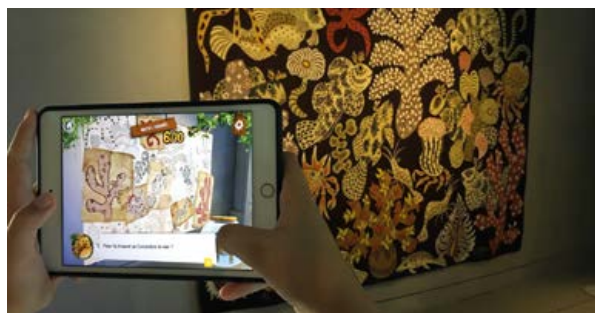
www.montpellier3m.fr/musee-fabre

**FIGEAC (LOT)****CALLIGRAPHY IN THE SPOTLIGHT AT THE CHAMPOLLION MUSEUM - THE WRITINGS OF THE WORLD**

What could be more sense than showcasing calligraphy in the hometown of Champollion, the man who deciphered hieroglyphs? The new Imprint of the Heart (L'Empreinte du Cœur) exhibition at the Champollion Museum - The Writings of the World celebrates this ancient art. It's a great excuse to visit the museum in the beautiful medieval house where Champollion was born in 1790.

www.musee-champollion.fr





SORÈZE (TARN)

MUSÉE DOM ROBERT ET DE LA TAPISSERIE DU XXÈME SIÈCLE: NEW PERMANENT COLLECTION

Dom Robert was a Benedictine monk at En-Calcats Abbat, card painter and Aubusson tapestry master who has been celebrated by the nearby Sorèze Abbey-School for six years in a setting as beautiful as his creations. 58 pieces by the master (18 tapestries, 13 cards, 27 drawings and models) on the theme of the horse, movement and colour will be on display from February 2021 so you can get to grips with the artist's naive, colourful country scenes bursting with nature.

The Jungle Bunch are coming to the Cité de Sorèze!

Families wanting to have fun exploring the museum and world of tapestry with children (7-12 year olds) can count on the Jungle Bunch characters to solve a mystery with an interactive app designed especially with TAT production. They'll know everything there is to know about making a tapestry by the end of the game!

Keep the magic alive

Follow "in the footsteps of Dom Robert" from En-Calcats Abbey on a themed footpath devoted to the monk where you can soak up the natural surroundings that inspired his fresh and colourful style. You'll find a dozen stands depicting work by the artist all along the 12km footpath (4 hour walk).

www.abbayeecoledesoreze.com

2021, HOLY YEAR

It's a holy year when St James' Day (July 25th) falls on a Sunday. The Santiago de Compostela Cathedral's "holy door" opens on the first day of the holy year and closes on the last day to completely absolve believers of their sins. It couldn't be more symbolic!

The tradition lives on today with a social, cultural and secular approach all along the Camino de Santiago so children and adults can experience the age-old pilgrimage in countless events (exhibitions, film and documentary screenings, guided tours, concerts, shows, artist showcases etc.). It's also a great opportunity to walk on a UNESCO World Heritage cultural European route and uncover its treasures.

www.chemins-compostelle.com

Keep the Compostela experience alive "L'APPEL DU CHEMIN": AN ILLUMINATION WORKSHOP IN CONQUES-EN-ROUERGUE (AVEYRON)

Valérie Duclos is a new artisan who moved to Conques after walking the Camino de Santiago. She has opened her medieval illumination and calligraphy workshop specialising in illustrating the Camino de Santiago and pilgrimages. She also hosts pilgrims at her L'Alcôve B&B.

www.tourisme-conques.fr



HAVE YOU HEARD OF THE "ACCUEIL CHEMINS DE COMPOSTELLE EN FRANCE" NETWORK?

This ACIR network mainly covers Occitania for now (in the Hérault, Hautes Pyrénées, Aveyron and Lot regions) to give pilgrims the best hospitality on their way to Santiago de Compostela.

www.chemins-compostelle.com/h-bergeurs



EXPERTS' TOP TIPS

Niels Brunet, Director of the ACIR* (Camino de Santiago Inter-regional Cooperation Agency) recommends:

"1000 mains à la pâte": a social day restoring the Lot's Camino de Santiago paths

This pilot project only currently exists in the Lot and aims to bring locals and volunteers together for a day (in October 2021) to restore the area's 152km of Camino de Santiago paths to their former glory and create a sense of community around the Camino de Santiago. The plan is to implement this 100% Lot operation in other French regions.

www.tourisme-cahors.fr/chemin-de-st-jacques/valorisation-du-chemin-de-st-jacques-de-compostelle



We recommend its new member La Maison de Siloë in Villefranche de Rouergue (Aveyron), a great place for pilgrims on their way to Santiago de Compostela to stay in a 19th century family home with all the comfort of the 21st century.

www.lamaisondesiloe.com

I try quirky outings



HISTORICAL MONTPELLIER

In Montpellier, I gain ground and climb the 90 steps to the top of the Porte du Peyrou. The views from the top of the city's iconic 17th century landmark provides a unique 360 degree panorama of the city's rooftops and surroundings. Would you prefer to explore the depths of L'Ecusson? Tourist Information provides tours of the medieval Mikveh (ritual bath in Judaism), an unspoilt 13th century gem reflecting the importance of the Jewish community that was key to Montpellier's expansion and acclaim.

ANOTHER SIDE TO TOULOUSE

ECO-FRIENDLY RALLY WITH EXPLORAD'OC

Join Explorad'Oc to (re)visit Toulouse on an eco-friendly rally that brings together culture, environmental awareness and fun: grab your connected tablet to overcome challenges, get involved in picking up the city's litter and see a surprising side to the city!

www.toulouse-tourisme.com

AUDE

A MOUTH-WATERING OUTING WITH CARCASSONNE FOOD TOURS

Join "La Fille du Midi", a local girl with a passion for the region, and visit the fortified town of Carcassonne with stops at local artisan producers to sample their specialities. Then hop on a bike with her and ride along the Canal du Midi to Domaine de Cantalauze where the winemaker Thomas Sananes will take you on a tour of the vineyard followed by a tasting of his wine with regional specialities. Along the way, "La Fille du Midi" will tell you all about the canal so you leave having had a sensory experience packed with history and heritage.

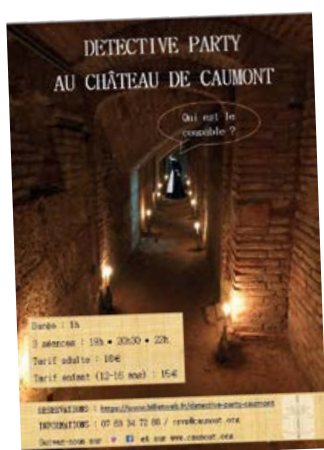
<https://carcassonnefoodtour.com>





CAZAUX-SAVÈS (GERS)

ESCAPE ROOM AT CHÂTEAU DE CAUMONT (JULY AND AUGUST)



A Gascony jewel of Renaissance architecture and kingdom of the Castelbajac family, Château de Caumont has got creative and turned its cellars into a magical escape room. On a different note, it also hosts themed days based on Caumont in the Belle Epoque.

www.caumont.org

TAUTAVEL (PYRÉNÉES-ORIENTALES)

3D COMES TO THE PREHISTORY MUSEUM IN TAUTAVEL

Augmented reality has just landed at the Prehistory Museum in Tautavel to bring the past and present together with a mix of virtual and reality. In a world where reality and digital are connected by a smartphone or pair of 3D glasses, the museum provides a concept tour inspired by social science films with "hologuides" (virtual hologram guides) who join you in every room throughout a journey that began over 450,000 years ago.



The 2021 "America before Cowboys" (L'Amérique avant les Cow-boys) temporary exhibition will explore prehistory in the new world.

<https://450000ans.com>

I'm inviting myself to a party

TOULOUSE (HAUTE-GARONNE)

THE PRINTEMPS DE SEPTEMBRE FESTIVAL'S 30TH ANNIVERSARY

From September 17th to October 17th 2021,

The biennial run by Marie-Thérèse Perrin will be a special one as it marks the 30th anniversary of the free contemporary design festival. The festival welcomes art in all its forms (painting, sculpture, video, installation, performance, music, radio etc.) and presents countless never-before-seen pieces by up-and-coming talents and major international artists.

www.printempsdesseptembre.com/en/the-festival





THE CENTENARY OF JEAN DIEUZAIDE'S BIRTH

The Château d'Eau photography gallery pays tribute to its famous and verbose founder Jean Dieuzaide, a contemporary of Doisneau. With tens of thousands of photos, the best of the Dieuzaide collection will come into its own in this quirky 19th brick water tower that has been reconverted into an iconic cultural venue on Toulouse's left bank.

www.galeriechateaudeau.org

SÈTE (HÉRAULT)

SÈTE'S VERY OWN GEORGES BRASSENS IS CELEBRATING HIS CENTENARY IN 2021!



From January, the city will celebrate the centenary of his birth with countless events (concerts, exhibitions, discussions) all over the city in tribute to the poet and singer whilst Tourist Information will run a guided tour of iconic sites dear to the French singer's heart. There's also a flyer so you can take the tour at your own pace from 20 Rue de l'Hospice where he was born to Cimetière du Py where he is buried.

www.tourisme-sete.com

LET'S NOT FORGET...

The 800th anniversary celebrations for the Faculté de Médecine de Montpellier (the oldest working medicine faculty in the world) began in 2020 and continue throughout 2021.

www.montpellier-tourisme.fr

I get back to nature

With over 25% of its land protected as a national park (Cévennes, Pyrénées) or regional nature park (PNR), Occitania is a region where protecting natural heritage has always been important. The foundation of an 8th regional nature park in 2021 strengthens an ambitious environmental policy protecting these areas and the people living there.

REYNES (PYRÉNÉES-ORIENTALES)

FOREST BATHING IN TOUCH WITH YOUR FIVE SENSES WITH RAND'ÔTREMENT

This approach to nature therapy appeared in Japan in the 80s and has found a new home in Occitania. Join Vanessa Guérin, your nature therapist, in the Vallespir forest. She'll teach you to release tension on a simple and spiritual experience with the most majestic hosts in these mountains: the trees.

"Switching off is vital in our society rife with stress, speed and screens. Just like trees, we have roots... We're deeply rooted in the ground, they soothe us and bring us back to ourselves, back to what matters."

Vanessa Guérin

www.randotrement.com



COLLIAS (GARD)

THE BEAVER HAS A NEW HOME

The beaver was once a common sight in our rivers but almost disappeared in France in the 19th century because of its highly sought-after fur. It is now protected, has settled back into the rivers from the lower basin of the Rhône (the last known cluster of the population) and its population is now thriving in the Gardon. A museum (Maison du Castor) has opened in Collias, at the mouth of the Gorges du Gardon and upstream from the Pont du Gard, to shed light on this quiet rodent who you can spot at twilight and, with a little luck, with a nature guide.

www.gorgesdugardon.fr



I live life to the full



CYCLING

THE CYCLE NETWORK WEAVES ITS WEB IN WEST OCCITANIA

The Foix - Saint-Girons green path (Ariège)

In spring 2021, the 45km path between Saint-Girons, the Couserans gateway, and Foix, the Ariège prefecture, will be completed on a former railway track. Cyclists can enjoy a relatively flat ride on a secure bike path surrounded by the soothing Pyrenean piedmont landscapes.

www.tourisme-occitanie.com/voie-verte-saint-girons-foix/st-girons

V82 - the Baïse Valley Véloroute (Gers - Hautes-Pyrénées)

The Baïse River quietly winds through Gascony, from the Pyrenees to the Garonne. It carves out fertile valleys and rolling hills where grape varieties grow to make Madiran, Armagnacs, Flocs or Côtes de Gascogne. The Véloroute, completed in 2021, runs along it for 165km and connects the Canal des Deux Mers green path to the north with the Pyrenean Piedmont Véloroute to the south, providing an alternative to the biggest European bike paths.

www.tourisme-gers.com/condom/velo-route_vallee_de_la_baise_v82-253027.html



WHAT'S NEW IN THE EAST?

Lozère, the slow travel eldorado, has just been awarded the Territoire Vélo label (cycling territory)

The French Bicycle Touring Federation label aims to promote areas committed to boosting cycling's popularity by showcasing their bike-friendly services. With its diverse natural landscapes, countless signposted bike paths and vast network of bike hire shops (regular or e-bikes), Lozère is the perfect playground for cyclists. www.lozere-tourisme.com/velo-cyclotourisme





MAUREILHAN - SAINT-CHINIAN GREEN PATH (HÉRAULT)

In summer 2021, cyclists can ride along 33km of secure paths through vineyards and pine forests in St-Chinian, Faugères Minervois on a lovely country outing from the Canal du Midi.

www.minervois-caroux.com

www.tourismecanaldumidi.fr

CANOE

MILLAU (AVEYRON)

A TREASURE HUNT IN A TRANSPARENT CANOE IN THE GORGES DU TARN

You're in for a quirky, fun, educational and totally eco-friendly experience "flying" over a natural and magical aquarium in the Gorges du Tarn. The totally transparent canoe provides incredible visibility of the underwater world: trout, beavers, multi-coloured pebbles, plantlife etc. Go on a (natural) treasure hunt in a transparent canoe in the emerald crystal-clear waters of the Gorges du Tarn: paddle along using your map to find hideouts, solve clues, dive in and have fun...

www.millau-viaduc-tourisme.fr/nos-aventures

LAFRANÇAISE (TARN-ET-GARONNE)

CANOE RIDE ON THE AVEYRON TO THE JUNCTION WITH THE TARN

The Aveyron is a quiet river which you can canoe/kayak along at the end and go on a relaxing 3 hour ride exploring the beautiful hillsides and vineyards in this part of Lafrançaise.

www.canoe-tarnetgaronne.fr



2CV CITROËN

SAINT-LAURENT-DE-CERDANS

COLLIOURE (PYRÉNÉES-ORIENTALES)

ANOTHER SIDE TO THE CÔTE VERMEILLE

Fancy a vintage car ride? Meet Maya the 2 CV and Fleury, your driver and guide! Take a 3 hour drive through the iconic Collioure and Banyuls terraced vineyards as Fleury tells you the history of the Côte Vermeille, its vineyard and end your outing with a guided tasting at a Catalan winemaker's winery.

<https://collioure2cvtour.com/>



I push myself

LES ANGES (PYRÉNÉES-ORIENTALES)

I HURTL DOWN THE MOUNTAINS ON THE LOU BAC MOUNTAIN, THE LONGEST SLED MONORAIL IN THE PYRENEES

Les Angles resort has brought the Pyrenees a new year-round activity with the launch of a 2000m long sled monorail with a 430m elevation. The route twists, turns and drops through the forest reaching up to a 70% gradient and speeds of up to 42km/h to get your adrenalin pumping. The illuminated piste means you can go skiing in the winter darkness.

www.lesangles.com



SPORTING EVENTS

LOUDENVIELLE (HAUTES-PYRÉNÉES)

ENDURO MOUNTAIN BIKE WORLD CUP FINAL

September 18th & 19th 2021

After Zermatt (Switzerland) and Whistler (Canadian Rockies), the Louron Valley's all-season village of Loudenvielle is playing with the big boys on the Enduro World Series (EWS). Following the recent inauguration of the skyvall (ski lift from the village to Peyragudes ski resort), the Louron Valley and its 40 mountain bike trails (380km of enduro routes) have become a hotspot for keen mountain cyclists.

www.enduroworldseries.com

www.pyrenees2vallees.com



(LOZÈRE- AVEYRON)

THE TAWARA, A CANOE, KAYAK OR PADDLE RACE IN THE GORGES DU TARN - JUNE 12TH & 13TH 2021

A feast for the eyes! The Tarn Water Race, Tawara to friends, is the ultimate competition for white water fans who want to take on the best. Anyone can take part so novices can sign up alongside pros to paddle in an outstanding UNESCO World Heritage site and go under the impressive Millau Viaduct... simply magical.

www.tarnwaterrace.com





TRAIL RUNS AND AMAZING RACES

Occitania hosts high-flying trails and outdoor sporting events to welcome fans of these endeavours. That's particularly true of the Millau Grands Causses area and the entire Aveyron department that are working hard to become a go-to for athletes. <http://action12.org/domainetrail>

NOT TO BE MISSED IN 2021

The Larzac Trip Trail - Verticausse celebrates its 20th anniversary on May 8th 2021
www.verticausse.com

Le Trail des Templiers (Oct 2021) (Templar Trail Run)
www.festivaldestempliers.com

The Course Eiffage du Viaduc de Millau - May 30th 2021
www.course-eiffage-viaducdemillau.org



VILLEFRANCHE-DE-CONFLENT (PYRÉNÉES-ORIENTALES)

GET YOUR ADRENALIN PUMPING ON A ONE-OF-A-KIND VIA FERRATA!

Alternating between going under the waterfall and a caving vibe as the secure lifeline goes into the Villefranche de Conflent caves, this extraordinary via ferrata keeps all its promises by giving you a thrilling experience that will take your breath away when the underground concretions appear as you come out of a tunnel...

<https://viaferrata-souterrata.fr>

I support local arts and crafts



BROUSSES AND VILLARET (AUDE)

ART PAPER AT BROUSSES MILL

The mill has been making art paper from old cloth for 7 generations and to celebrate its 200th anniversary there will be workshops, giant sheet making* (3.4m x 2.2m) and artistic performances from June to October 2021. The highlight is the Nuit des Papyvres; an evening performance unveiling the new paper dress designs by Catherine Cappeau.

www.moulinapapier.com

* Brousses paper mill is the only mill in Europe to hand-make this giant form of paper.

IN OCCITANIA, WE DRESS YOU FROM HEAD TO TOE!

FLORAC (LOZÈRE)

TUFFERY 100% HEMP JEANS

Atelier Tuffery, new 100% hemp jeans
Atelier Tuffery is the oldest Made in France jeans designer and has innovated once again with Alphonse, 100% hemp jeans. Stronger than cotton with no need for water or pesticides, this plant is grown on 70m² and makes jeans that look as good as they feel! Yet another design in line with the Cévennes workshop's eco-friendly ethics.

<https://bit.ly/2JyJckH>



My mouth's watering!

AOC CAHORS-MALBEC 50TH ANNIVERSARY

The jewel in the Lot Valley's crown, the Cahors vineyard is celebrating its well-deserved fame in 2021. The black wine has been restored to its former glory and was popular among the English who transported it on the river in the Middle Ages. It will be celebrated all year in wineries and cellars and at events including the Lot of Saveur festival (July).

<https://vindecahors.fr>



THIS PLACE PUTS A FRESH SPIN ON THE CLASSICS

THE BLACK FLAMBADOU: A LOCAL BURGER IN TRIBUTE TO PIERRE SOULAGES

Sébastien Gaches, Chef at the Hôtel du Viaur restaurant in Ségur (Aveyron), had the bold idea of pairing local ingredients with an iconic artist. A black squid ink bun, sheep's milk cheese from a Lévézou farm and, of course, an Aubrac beef patty flambéed in bacon with the "capucin" fat baster. It was a great idea as his "piece" saw him take part in the French Burger Cup Final by Socopa and win the people's choice award.

www.hotelduviaur.fr



INF+

Have you heard of the capucin or miwam, two original designs by the Bras family, real ambassadors of Aveyron cuisine?

www.capucinbras.fr /

www.bras.fr/fr/les-lieux-bras/miwam

I'M ALL ABOUT A ROOFTOP FOR DRINKS OR A MEAL!

From summer 2021, I'm heading for Toulouse and L'Ortus (ex-Pier), the new panoramic fine dining restaurant with unobstructed views of the Garonne. With Chef Oscar Garcia and his partner Julie Pons at the helm, it has a rooftop vegetable garden whose produce goes straight into the kitchen. The goal: get a Michelin star in 2022!

www.piertoulousehotel.com

The Toulouse city centre experience continues on the Mama Shelter and Ma Biche sur le Toit rooftops.

www.mamashelter.com

www.mabichesurletoit.com

In Montpellier, I can't choose between the rooftop at Lez market for its buzz and 2000m² space or the rooftop at L'Arbre Blanc for unforgettable sunsets at the top of a building designed by the Japanese architect Sou Fujimoto and recently named one of the world's most beautiful residential buildings.

www.hallesdulez.com/les-residents_rooftop.php

<https://larbre-restaurant.fr/>



Focus

There's another way to get your head in the clouds in Montpellier... just step into L'Avva Garden, the new restaurant and cocktail bar on the ground floor of one of the futuristic Port-Marianne neighbourhood's most iconic buildings: the aptly-named "Nuage" (cloud) by the architect and designer Philippe Starck! www.avvagarden.com

Albi (Tarn) is surfing the rooftop wave with the opening of a roof terrace at the Ibis Style Theatro with jaw-dropping views of the episcopal city and its biggest landmark: Sainte-Cécile Cathedral. In the mean-

time, in **Perpignan** (Pyrénées-Orientales) we head up to La Terrasse on the roof at Galeries Lafayette for unique views of Le Castelet and the old town. www.albi-tourisme.fr/fr/le-toit-du-theatro

The regional rooftop tour ends by the sea with Gus Kitchen By La Dune in La Grande Motte (Hérault). Perched on the La Dune complex's rooftop overlooking the club, Grand-Travers beach and sea, trend-setters and foodies will love the cool new Gus Rooftop & Kitchen, a stone's throw from the heart of the buzzing **La Grande-Motte** seaside resort. <https://complexe-la-dune.com>



I stay in amazing accommodation

Our selection of eco-friendly accommodation built using local materials or elevating a historical building showcases the expertise and creativity of the people fuelling Occitania's eco-friendly spirit.

NEW HOTELS

LESPONNE (HAUTES-PYRÉNÉES)

O CHIROULET, A 3* MOUNTAIN HOTEL IN NATURAL SURROUNDINGS

Former banker Laurence changed his life and created this haven of peace at the bottom of Lesponne Valley in an honest place that feels like it's in its own little bubble despite being near the Pic du Midi and Col du Tourmalet road. There are just 4 warm and cosy rooms in the little hotel alongside the existing holiday villa and guest rooms. Laurence also runs wellness sessions to reconnect with yourself and go home feeling calm and reinvigorated. On the agenda: meditation, yoga, sophrology, nutrition, Chinese medicine etc. <https://o-chiroulet.com>

OUR SELECTION OF B&BS & GUESTROOMS

RULHE-LE-HAUT (AVEYRON)

A TRIP TO THE MIDDLE AGES AT THE MANOIR DE LA COMMANDERIE

Nestled deep in the Rouergue, the Manoir de la Commanderie has been waiting for you for 9 centuries! Subtly blending a 5* holiday villa and an outstanding historical site, this magical manor with 2 large rooms decorated with medieval accessories is the perfect base for exploring the Aveyron area. A fabulous original vaulted games room, large lounge where you can still feel the Knights Hospitaller watching over you and the medieval garden take you on a wonderful journey back in time.

www.commanderie-aveyron.com



FIGEAC (LOT)

CONQUANS, A HALF-TIMBERED HOUSE IN CHAMPOLLION'S OLD TOWN

The Conquans B&B was built in the 14th century in the protected part of Figeac. It has a gîte on the ground floor, two lovely guest rooms upstairs and a 100m2 loft with a "soleilho" and terrace with unobstructed views of the roofs and medieval old town. Linger over a local breakfast in the morning and enjoy regional dishes for dinner.

www.chambre-dhotes-conquans.com

FONT-ROMEU
(PYRÉNÉES-ORIENTALES)

HUTTOPIA OPENS ITS 1ST CHALET VILLAGE IN THE PYRENEES

For 20 years Huttopia has been championing a new way to camp that brings together nature, comfort and style with eco-friendly accommodation that melts into the setting and tends to be in natural spaces in outstanding areas among lakes, rivers, forests and mountains. The new Font-Romeu chalet village ticks all the boxes and its magical setting in the heart of the Catalan Pyrenees Regional Nature Park is simply breath-taking.

<https://europe.huttopia.com/site/camping-font-romeu>



LAFRANÇAISE (TARN-ET-GARONNE)

L'OSTALAS, AN ECO-LODGE WITH THE FEEL-GOOD FACTOR

Fuelled by its lord's manor past, L'Ostalas is tucked away in 6ha of forests and organic orchards (kiwi, cherry, plum, fig etc.). A stay in this wonderfully-located hotel is your chance to recharge your batteries and take care of your body, mind and diet. The hotel provides a variety of activities at no extra charge (yoga, meditation, qigong, tai chi, forest bathing and Afghan walks!) and Ayurvedic-inspired vegetarian dishes with a focus on balance and eco-friendly values (organic, local and seasonal).

www.domaine-lostalas.com



"We wanted L'Ostalas to be a place that's aptly named: it means large house in Occitan. We wanted it to be warm, simple and ideal for relaxation."

Brigitte and François, owners

NIGHTS TO REMEMBER

GRUISSAN (AUDE)

THE FUTURE IS FLOATING LODGES



Gruissan seaside resort is famous for things like its stilt huts (the film *Betty Blue*) and has got creative with its floating chalet village on the marina. The council is providing over thirty water-based lodgings with all mod cons for holiday rentals as a coastal housing solution for the future. It's a real solution to the unrelenting sea level rise and is an experimental laboratory tackling future environmental issues.

<https://allianceplaisanceresort.com>

"We feel like we're cut off from the crowds of tourists and like we're on a catamaran. It's actually pretty stable and perfect for a romantic break."

Hélène and Martin, trailblazing holidaymakers.

TOULOUSE (HAUTE-GARONNE)

A CREW AT YOUR SERVICE ON THE BEL'IMPORT HOTEL BARGE

This hotel barge on Brienne Canal has 3 contemporary rooms. Whether it be docked or on a Canal du Midi cruise, the Bel'Import brings you a dreamy holiday with all the comfort of a top hotel as well as staff and a chef on board to pamper you.

<http://bel-import.com/index.html>

THE MAGICBUS, A MOVING YOUTH HOSTEL

This unique accommodation is a home from home on a coach for up to 8 travellers: shower room, equipped kitchen, lounge, beds and toilets. The concept: travel that's real, free, impulsive and, most importantly, social with classic magicTrips (improvised trips where you only know the departure and arrival points, the rest is up to the travellers on board) and themed magicTrips (organic farming, hiking, surfing, food & drink, wine route, planned from start to finish and run by your driver).

www.magicbusworld.com/fr/discover



AVEYRON

A NIGHT HANGING OFF THE CLIFFS OF THE GORGES DU TARN OR GORGES DE LA DOURBIE

Picture an incredible adventure everyone can experience! On the agenda: climb a via ferrata, sleep on a cliff in a portaledge (hammock/tent), have dinner with your feet hanging over the void, gaze at the fabulous landscape, watch griffon vultures soar by, listen to nature, daydream and doze off with your head in the stars, like you're weightless between heaven and earth... The ultimate outdoor experience, a chance to let go, you're going to love it.

www.millau-viaduc-tourisme.fr/nos-aventures/une-nuit-suspendu-a-la-paroi





-  UNESCO sites and buildings registered under the Way of St James of Compostela
-  Way of St James of Compostela
-  Great Sites of France
-  Great Sites of Occitania
-  Thermal Spas
-  Ski resorts
-  Sea resorts

