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- > **Journaliste** Tanja Tauchhammer
Support : Society - circulation : 50.000 ex. – audience : 250.000 – 5.760€ /page

→ *If you're going to be late for a meeting, we thank you for getting in touch with the partner and allow us to adapt the program if necessary.*

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May – Saturday 7th

→ *If you post on the social medias, please mention our hashtags **#VoyageOccitanie #AudeTourisme #TourismeHG #LeBoat #ExploreFrance***

09h10 Take off for Toulouse on Lufthansa flight LH 2218

13h00 Arrival in Toulouse

13h30 Pick up the rental car at the AVIS desk (ref.: 28855968FR1)

- Do not forget the AVIS rental voucher, if so, you will have to advance the rental costs.
- Feel free to add a 2nd driver to the contract.
- *At your charge:* Toll Road fees, petrol costs and all fines such as speeding, parking, ...

14h00 Departure for Le Boat in Castelnaudary
Toulouse airport – Castelnaudary : 70 km – 50 minutes

15h00 Le Boat Castelnaudary :

- Installation in the boat and sailing instructions with a skipper
- Shopping for groceries in the local supermarket

Night on board (Castelnaudary)



May – Sunday 8th

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10h00 Meeting at the Tourist Office for a guided Visit of Castelnaudary
→ **Castelnaudary Tourist Office** - Place de la République, 11400 Castelnaudary - +33 (0) 4 68 2305 73
<https://en.castelnaudary-tourisme.com/?redirect=FR>

12h/12h30
Lunch at the restaurant Le Centre et Lauragais
→ **Le Centre** - 31 Cour de la République, 11400 Castelnaudary - +33 (0)4 68 23 25 95
www.le-centre-hotel.fr/

Navigation from Castelnaudary to Bram

19h/19h30
Dinner at the restaurant L'Ile aux Oiseaux
→ **L'Ile aux Oiseaux** – Port de Bram, 11150 Bram - [Facebook](#)
Night on board (Bram)

May – Monday 9th

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Navigation from Bram to Carcassonne

Free Lunch

16h00 Meeting with Katia Signoles (National Guide +33 6 07 84 05 16) for a guided tour of the Medieval castle and village of Carcassonne. [Meeting Point](#) : Porte Narbonnaise Cité de Carcassonne

19h00 Dinner at the restaurant Le Saint Jean

→ **Le Saint Jean**, 1 place Saint Jean, La Cité, 11000 Carcassonne - +33 4 68 47 42 43 or +33 6 12 22 76 02 - www.le-saint-jean.eu

Night on board (Carcassonne)

May – Tuesday 10th

→ If you post on the social medias, please mention our hashtags *#VoyageOccitanie #AudeTourisme #TourismeHG #LeBoat #ExploreFrance*

10h – 12h

Meeting with Aude Labadie (+33 6 26 63 24 76 - yoga teacher and guide) in front of the Restaurant Bloc G (112 Rue Barbacane, 11000 Carcassonne). Discovery of the Trivalle district at the foot of the “Cité of Carcassonne”. Yoga session in front of the castle.

NB ! Please bring a jogging suit or other comfortable sportswear

12h15 Lunch in the restaurant Bloc G

→ **Bloc G** - 112 Rue Barbacane, 11000 Carcassonne - +33 (0)4 68 47 58 20 – [Web](#)

Free dinner and night on board (Carcassonne)

May – Wednesday 11th

→ If you post on the social medias, please mention our hashtags *#VoyageOccitanie #AudeTourisme #TourismeHG #LeBoat #ExploreFrance*

Navigation from Carcassonne to Pezens

Lunch at the restaurant Ambrosia

→ **Ambrosia** - Route de Toulouse, 11170 Pezens - +33 04 68 24 92 53 - www.ambrosia-pezens.com

Free dinner and night on board (Villesèquelande)

May – Thursday 12th

→ If you post on the social medias, please mention our hashtags *#VoyageOccitanie #AudeTourisme #TourismeHG #LeBoat #ExploreFrance*

Navigation from Villesèquelande to Bram

Afternoon

Free visit of the EBUROMAGUS Archeological Museum

→ **EBUROMAGUS** - 2 Avenue du Razès, 11150 Bram - +33 4 68 78 91 19 - [Web](#)

Free dinner and night on board (Villepinte)

May – Friday 13th

→ If you post on the social medias, please mention our hashtags *#VoyageOccitanie #AudeTourisme #TourismeHG #LeBoat #ExploreFrance*

Navigation from Villepinte to Castelnaudary (3h00 of navigation)

Night on board (Castelnaudary)

May – Saturday 14th

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Revel (Haute-Garonne / Occitanie) - <https://www.visit-occitanie.com/de/entdecken/top-sehenswuerdigkeiten/die-quellen-des-canal-du-midi/>

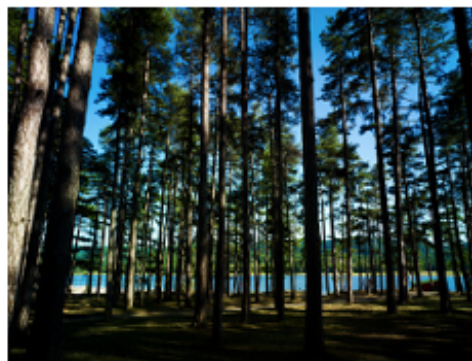
09h30 Drive to Revel and the Saint Ferréol dam (Haute-Garonne)

--> Castelnaudary – Revel : 21 km – 22 minutes

10h00 Meeting with Alys, for an English guided tour of the canal du Midi museum [Le Reservoir](#) at the Saint Ferréol dam (Haute-Garonne).

Walk to the restaurant (350 meters – 5 minutes)

12h30 Lunch at restaurant Hotellerie du Lac <https://www.hotel-restaurant-saint-ferreol.com/>



Lac de Saint Ferréol (Haute-Garonne / Occitanie)

14h30 Departure for the Toulouse Blagnac airport
→ Revel – Toulouse airport : 67km – 1h

16h15 Check in on Lufthansa flight LH 2221 for Vienna via Munich

17h50 Take off for Munich

22h40 Arrival in Vienna

We hope you enjoyed your stay!

This press trip was organized in partnership with Occitanie Tourism Board, and its partners and we will appreciate if you mention our websites in your future article(s) :

Destination Occitanie : www.visit-occitanie.com/de

Haute-Garonne Tourisme : www.hautegaronnetourism.com

Aude Tourism : www.audetourisme.com/en

Le Boat : www.leboat.de

Atout France : www.france.fr/de