

**Explore France trip
2 - 5 September 2022
Culture - Art de vivre - Nature**

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➔ *If you are late to an appointment, please call the relevant contact person as listed below.*

Friday, September 2nd

**Tag for the day: @visitezoulouse @voyageoccitanie @explorefrance
#VoyageOccitanie #visitezoulouse #explorefrance**

7h00: night train arrival at à Toulouse Matabiau station (via Paris)

Check-in: Hôtel Albert 1er***

8 Rue Rivals / Tel: +33 5 61 21 17 91 / <http://www.hotel-albert1.com>

Insta: @hotelalbert1er

Metro A, Capitole station (*one stop from the Toulouse Matabiau central station then a 5-minute walk*)

Room booked from September 1st in the evening, guaranteeing you access at the time of your arrival in the morning.

This family hotel is located in the centre of Toulouse, 100 metres from the Capitole, in a quiet and pleasant area. Take the time to slow down and discover the hotel's "Slow Tourism" offers: breakfast workshops, local & organic products, city tours on foot or by bike accompanied by a map drawn up by the hotel team.

Tips:

Use your “The Toulouse trail in 10 must-see sites” to discover the pink city’s heritage and history



12:30 Lunch offered to you at La MIFA
40 Rue de la République, 31300 Toulouse
Insta: @lamifatoulouse

The brand-new vegan street-food restaurant in the Saint-Cyprien neighbourhood!
> *Full menu included for you 3, including drinks*

End of the lunch, take time to discover Toulouse's museums with your tourism pass
> <https://www.toulouse-visit.com/pass-tourisme>

Tips: Discover Toulouse Nature History Museum and walk down the botanical garden and the Grand Rond to the flea market on the Allées François Verdier!

15:45 Cruise on the river Garonne with Les Bateaux Toulousains from Port de la Daurade
Insta: @lesbateauxtoulousains
www.bateaux-toulousains.com

Step aboard "les Bateaux Toulousains", to discover Toulouse's patrimony from the water. From June to October, enjoy cruises along the River Garonne and the Canal de Brienne.
> *free tickets in your press pack*

17.00 End of the tour, free time

20.00 Diner offered to you at Bloomy cuisine vegan
38 Rue de la Colombette, 31000 Toulouse
<https://bloomyrestaurant.fr/>

Bloomy is a tasty mix of authentic and creative dishes. Offering a vegetal cuisine inspired by different trips around the world. The tapas menu changes regularly to surprise guests all year long!
> *Tapas à la carte (2-3 per person are recommended as a main) + beverages and dessert*

Saturday, September 3rd

**Tags for the morning: @visitezoulouse @voyageoccitanie @explorefrance
#VoyageOccitanie #visitezoulouse #explorefrance**

Breakfast at the hotel

Free morning in Toulouse

Lunch in Toulouse – please can you keep the receipts for refund?

14.00: AVIS Rental car pick-up at Toulouse Matabiau station
Voucher:



<https://drive.google.com/file/d/1Xk9YByqkq4iy01AmoPLY293eRxPxls2G/view?usp=sharing>

Departure for the Tarn department

**Tags for the afternoon @tarntourisme @voyageoccitanie @explorefrance
#VoyageOccitanie #tourismetarn #explorefrance**

Check-in guesthouse "La Villa Caroline" 16, rue de l'Equerre, Albi

<https://www.villacaroline-albi.com/>

(5-minute walk from the episcopal city / historical area) Tél.: +33 (0)7 83 95 22 70.

Your contact person Alexandre: +33 6 87 11 83 15

There is a free public parking area near the Villa, about 300 metres away, parking "Arnaud Beltrame", formerly "Caserne Teyssier" (Place Arnaud Beltrame, entrance via 11 rue de la Madeleine or rue Sainte-Marie). We recommend that you come directly to this car park as the access to the house is narrow – an access plan is available here:

https://drive.google.com/file/d/1jRl2_43oXK45T5prEn7Rzp0GhcPSsY6N/view?usp=sharing

15:45 **appointment at the Albi Tourism Office, 42 rue Mariès, Tél.: +33 (0)5 63 36 36 00**

With Julien Deyres for a guided tour of Albi, ideal location for nature and culture: you will walk through the old town centre and discover the Episcopal city, a UNESCO site, and the Sainte-Cécile cathedral, the most important brick building in the world. Julien will also show you the "Toutourisme" tour for 4-legged tourists 😊 (toutou is the cute nickname for dog in French).

17:30 **Gabare tour** (45 minutes), Albi – gabare are flat-bottomed wooden boats used in the past to transport Gaillac wine on the river Tarn, views on the episcopal city from the river.

19:30 **Dinner at "L'Epicurien"**, 42 place Jean-Jaurès, Albi <https://www.restaurantlepicurien.com/>
Tel.: +33 (0)5 63 53 10 70

Sunday, September 4th

**Tags for the day: @tarntourisme @voyageoccitanie @explorefrance
#VoyageOccitanie #tourismetarn #explorefrance**

09:45 / 10:00: Pick up picnic basket for Sunday lunch 😊 at "L'Epicurien" (it's on the way to Bernac)

Departure for Bernac

Albi>Bernac: 25-minute drive.

NEW 😊 10:30 Yoga session in the heart of Occitane Tuscany, "Domaine de la Monestarié"

4555 Route d'Albi 81150 Bernac

<https://www.domaine-lamonestarie.fr/>

Appointment with the host Didier.

Tél. : +33 (0)5 31 23 65 43 / +33 (0)6 30 55 27 85

Lunch : picnic basket prepared by the restaurant l'Epicurien. You can picnic at Monestarié or on your way to the vineyard.

Bernac > Montels 15-minute drive

15:30 e-bike tour in Gaillac vineyard – meeting with Christophe at 15:30 in front of the town hall of Montels (Le bourg, 81140 Montels) Tél. : +33 (0)6 70 62 88 36

20:00 Dinner at "l'Alchimy", 10-12 place du Palais, Albi <https://www.alchimyalbi.fr/>
Tél.: +33 (0)5 63 76 18 18

Night at "Villa Caroline", Albi.

Monday, September 5th

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Departure for Lautrec
Albi>Lautrec 30-minute drive.

Unguided visit of Lautrec one of the "Most beautiful villages in France", Pink Garlic trail, panorama from the windmill

10:00 Pastel dyeing workshop "La ferme au village" <https://www.lafermeauvillage.fr/>
Meeting with Rendez-vous avec Françoise, master dyer. Tél. : +33 (0)6 85 62 26 78

13:00 Lunch at "Domaine d'En Fargou" Côte d'En Fargou 81 370 Saint-Sulpice-la-Pointe -
Tél.: +33 (0)5 63 58 90 14 <https://www.domaine-denfargou.com/fr/home-fr-2020/>

Afternoon: free time.

16:00: end of the programme #ExploreFrance in Occitanie

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Comité Régional du Tourisme et des Loisirs Occitanie – Sud de France

Tarn Tourisme

Office de Tourisme de Toulouse

Please include these links into your article :

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