

Press Trip
Hans Farjon & Bert Stok
April 16th to 21st
Hiking along the Canal du Midi



> **Contacts :**

- Occitanie Birgitte Reimers - birgitte.reimers@crtoccitanie.fr - Mobile : +33 6 10 30 86 52
- Aude Caroline Combis - c.combis@audetourisme.com - Mobile : +33 6 17 09 85 09
- Hérault Sabrina Lucchese - slucchese@herault-tourisme.com - Mobile : +33 6 76 68 21 21

> **Journalistes :**

Hans Farjon
Bert Stok

> **Support :**

Wandel nl Magazine

→ 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.

Share your stay in Occitanie with :

#VoyageOccitanie #AudeTourisme #PlaisirdHerault #ExploreFrance

and follow us on Instagram:

@VoyageOccitanie
@AudeTourisme
@PlaisirdHerault
@cotedumidi_officiel

tourisme-occitanie.com

Canal du Midi

With its 328 works of art and a unique landscape shaped by man, the canal du Midi is a true gem boasting an outstanding natural and built heritage. The technical feat of its excavation in the 17th century is a remarkable civil engineering achievement. This is why it has been listed as a UNESCO World Heritage Site since 1996. A genuine link between the lands it passes through, the canal bears witness to successive eras and leaves an astonishingly diverse legacy of intangible heritage. Discover the history of the canal du Midi through anecdotes and by visiting and experiencing the must-see sites along the waterside!

History Designed in the 17th century by the engineer Pierre-Paul Riquet at Louis XIV's request and inaugurated in 1681, the canal du Midi runs for 240 kilometres and connects Toulouse to Sète, on the shores of the Mediterranean. An exceptional work of art, considered to be the largest construction site at the time (thousands of workers at work for 14 years), the canal du Midi opened a prosperous page in the history of river trade in the south of France by allowing goods, wheat, to pass from the Mediterranean to the Atlantic without going around the Iberian Peninsula since the Garonne was then navigable downstream from Toulouse to Bordeaux. Nowadays, with the canal de Garonne, cruise ships no longer sail on the river to Langon (on the outskirts of Bordeaux).

April, Sunday 16th

17:15 Amsterdam Centraal
20:35 Paris Gare du Nord
Transfert in metro or RER (1,90 € - at your charge)
22:12 Paris Austerlitz to Toulouse in night train

April, Monday 17th

07:07 Arrival in Toulouse and welcoming by Birgitte Reimers (+33 6 10 30 86 52) from Occitanie Regional Tourism & Lesieure Board.

07:30 Transfer to Carcassonne (93 km – 1h15 via A 61)
08:10 Breakfast and possibilities for a shower at l’Aire de Port Lauragais in Avignonet Lauragais (43km - 36 minutes)
09:10 Depart for Carcassonne (50 km – 37 min)
09:45 Arrival in Carcassonne

10:00 Discovery of the majestic Cité of Carcassonne and its ramparts, but also "La Bastide Saint-Louis", founded in 1260, which is also called the “lower town”.
Meeting Porte Narbonnaise with Sarah Séguy from Carcassonne Tourism Board

12:30 Lunch in Carcassonne
Le Saint Jean, 11000 Carcassonne
--> After lunch Birgitte leaves the journalists

tourisme-occitanie.com

13.30 Transfer to Marseillette

Meeting Porte Narbonnaise with the Taxi Company: Allo Taxi +33(4)68 71 50 50

14.00 Marseillette -puichéric: 10 km (2.30 walking)

16.30 Taxi Transfer from Puichéric to Homps

Meeting with taxi at Eurizon Base Nautique, parc Carmin Péany, 11800 Puichéric

Taxi Company : AM Taxi: +33(0)6 15 81 71 69

16.30 Transfer to Homps

Before starting walking Winetasting at the Maison de Vins du Minervois in HOMPS.

35, quai des Tonneliers, 11200 Homps

Hiking along the Canal du Midi: Walk from Homps to Roubia along the Canal du Midi : 9.3 km

See the route on [My Maps](#).

Once in Roubia, you can also settle into your rooms, leave the luggage and discover the nearby village Paraza (2.8 km - <https://www.tourisme-corbieres-minervois.com/paraza-village-dartistes/>), either on foot or by bicycles lent by Mr Longin (the B&B)

Dinner at the Guinguette in Argens (In the evening, the terrace will be heated)

Rue de la Font Fraîche, 11200 Argens-Minervois

Overnight stay at the B&B l'Oiseau bleu in Roubia

L'Oiseau bleu

10 Avenue de l'hotel de ville - 11200 Roubia - Contact: M. Longin

Phone: +33 6 72 69 69 08 - www.oiseaubleu-roubia.fr

April, Tuesday 18th

08.00 Hiking Minervois Roubia – Le Somail (11 kms soit 2h15)

10.30-45

Meeting with Marga Serrano (in Nederlands) at Office du Tourisme Côte du Midi-Le Somail - 168 All. de la Glacière, LE SOMAIL, 11120 Saint-Nazaire-d'Aude

Visit of the village

Despite its apparent calm, Le Somail is a very lively place. Tourists and locals rub shoulders. During the holiday season, the port lives to the rhythm of the comings and goings of boaters: 80% of these

tourisme-occitanie.com

tourists come from abroad to discover the Canal du Midi, which has been world famous since its inclusion in the UNESCO World Heritage List in 1996.

The village also lives thanks to the dynamism of the local traders: there are several restaurants and accommodation.

A must : the Antik Bookshop, Le Trouve Tout du Livre (closed between 12.00 and 14.30)

12.15/30

Lunch at the Restaurant L'Escale du Somail, 65 All. de la Glacière, 11120 Saint-Nazaire-d'Aude

14.00 Le Somail-Argeliers (7 kms)

Hiking to **Argeliers** : on the way to be observed : Epanchoir des Patiasses, Pont Canal de la Cesse, Port la Robine and arrival in Argeliers.

16.30 Transfer from Argeliers to Capestang by taxi : Meeting with taxi at (see map) :

<https://www.google.com/maps/search/43.302079,+2.926657?shorturl=1>

17:00 Check-in at guesthouse La Pause sous le Pin in Capestang. Here you will meet Alejandra Costa from the Tourist Office.

La Pause sous le Pin

17 bis Bd la Fayette

34310 Capestang – +33 (0)6 15 45 89 43) – [Web](#)

17:30 Meeting with **Dominique Saillard** for a visit of [the Collegiate of Capestang](#). You will climb up to the bell tower to have a beautiful panorama on the canal, the village, the Pyrenees...

20:00 Dinner in restaurant [Le Vauban](#) (15 rue du Château, Capestang 04 99 43 85 76). (max 40€/pers. Extras will be at your expense)

April, Wednesday 19th

Capestang market in the morning

Hike along the Canal from Capestang to the Tunnel de Malpas (about 10 km)

When arriving at [Tunnel de Malpas](#), present yourself at **Maison du Malpas** and ask for [Ingrid](#) and [Isabelle](#)

You will have lunch prepared by a caterer outside the Maison du Malpas.

tourisme-occitanie.com

- 14:00 Meeting with [Lionel Isard](#) at [Enserune Museum](#) for a guided tour – You'll also have a beautiful 360° panorama at the top of the hill.
- 16:00 Meeting with [Monique Boulze Pillevesse](#) at the exit of the museum
- 16:30 Arrival on the Canal du Midi, at the **9 Locks of Fonseranes** : stroll around the site, immersive cinema...
- 18:00 Back to Béziers towncentre, check in at the [Hotel XIX](#) (19 boulevard Jean Jaurès - 34500 Béziers - Tél. +33 (0)4 67 48 04 00)
- 18:30 Short walk in downtown Béziers
- 19:30 Dinner at [Pica Pica](#) (20 boulevard Jean Jaurès - 34500 Béziers), our best restaurant for tapas, neighbouring your hotel

April, Thursday 20th

09:00 A walk on the brand new path that links de 9 locks to the town and its cathedral. Visit of the cathedral, a few informations about the changes in the town : for example, the former jail transformed in hotel-restaurant (next to the cathedral...).

Then, a stroll in Béziers antique and mediaeval centre, with its “trompe l'oeil frescoes” and main monuments, shops...

12:30 Lunch in the covered market of Béziers, “[la gargote des halles](#)” (place Pierre Sépard)

14:00 **Transfer by taxi (Radio-Taxi Béziers, 04 67 35 00 85)** from the restaurant in Béziers to the round lock of Agde

A hike form Agde to **Phare des Onglous** along eastern part of the Canal and return (about 3 hours hike round trip)

Chek-in in Agde at **Yséria Hotel** (2 place Jean Jaurès - 34300 Agde – Tel : +33 (0)4 67 11 40 90 – www.yseria.fr/)

19:30 Dinner in restaurant “[Mare Nostrum](#)”, next to your hotel (24 rue André Chassefières - Quai Commandant Mage - Tel : +33 (0)4 67 94 97 58)

April, Friday 21st

09:00 Meeting in your hotel with [Francine Morcillot](#) for a 2 hour guided tour of Agde

tourisme-occitanie.com

- 12:00 Lunch in restaurant **l'Amiral**, next to the hotel (2 rue André Chassefières - Quai Commandant Mage
Tel : +33 (0)4 04 67 94 95 64
- 14:12 Departure from Agde to Amsterdam
- 18:18 Paris Gare de Lyon
Transfert in metro or RER (1,90 € - at your charge)
- 19:25 Paris Gare du Nord
- 22:44 Arrival in Amsterdam

We hope you enjoyed your stay!

This press trip was organized with our help, and we would appreciate the mentioning of our websites in your future article(s):

Destination Occitanie : www.voyage-occitanie.com

Aude Pays Cathare : www.audetourisme.com/fr/

Tourisme Hérault : www.herault-tourisme.com/fr/

tourisme-occitanie.com



Site de Montpellier (siège)

64, rue Alcyone · CS 79507 · F · 34960 Montpellier Cedex 2
Tél : +33 (0)4 30 63 84 20 · contact@crtoccitanie.fr

N° SIRET 83203963000013 - APE 7990Z

Site de Toulouse

15 rue Rivals · CS 78543 · F · 31685 Toulouse Cedex 6
Tél : +33 (0)4 30 63 84 20 · contact@crtoccitanie.fr