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Support : <https://thegoodlifeFrance.com> - nearly 3 million per issue

*If you are running late, please inform the contact person indicated in the program below.*

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**October, Monday 2**

11h50 Take off from London Gatwick on EasyJet flight EZY6505

14h40 Arrival in Toulouse-Blagnac airport

- Welcome by Lauriane Donzelli
- Transfert to Montauban

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Check-in Hotel du Commerce

- 9 Place Franklin Roosevelt - 82000 Montauban - [www.hotel-commerce-montauban.fr/](http://www.hotel-commerce-montauban.fr/)

Dinner with Lauriane in the Place Nationale, Chez Olympe.

- **Chez Olympe**, 4 Place Nationale, 82000 Montauban - 05 63 20 20 90

### October, Tuesday 3

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09h Leaving with Lauriane for Ginals, discover the new **Beaulieu Abbey**

Geneviève Bonnefoi and Pierre Brache saved it from ruin in the 1950s. The Cistercian Beaulieu-en-Rouergue Abbey is now run by the Monuments Nationaux and houses the couple's incredible contemporary art collection (1363 pieces, 350 of which are displayed since 2022). It is the second biggest contemporary art collection from the Paris school after the Pompidou's in Paris. Aside from the permanent collection, the major contemporary art Centre in the middle of nowhere will host temporary exhibitions.

13h Lunch in Bruniquel, Chez Pigassou  
• 8 rue de l'hôpital - 82800 Bruniquel - [www.chezpigassou.com/](http://www.chezpigassou.com/)

Bruniquel is a medieval enchanting village, surrounded by forest, caves and nature, the beauty of Bruniquel lies in the magnificent facades of its medieval houses. Not one but two castles stand side by side and dominate the river Aveyron. The castles gardens are not to be missed.

15h "Pente d'eau de Montech" with Lauriane

This tourist site is opened in **Montech** since 2020. Colorful and unexpected, it is part of a project to upgrade the town's water slope. It showcases a unique heritage focused on river tourism and its industrial treasures along the Canal des Deux Mers. The water slope has been painted with colors that remind the sailing codes, inspired by the Italian art movement, Memphis. The Altair barge complete the visitor tour and also hosts exhibitions.

The courtyard of the former paper mill accommodates the tourist office of Grand Sud Tarn-et-Garonne. It has been transformed with a landscaped car park and an open-air theatre to provide a dynamic platform for this contemporary and modern space. [www.pentedeaudemontech.fr/](http://www.pentedeaudemontech.fr/)

20h Dinner in Segment, same owner as restaurant chez antoine (5-minute walk)  
• **Antoine**, 10 rue d'Auriol - 82000 Montauban - <https://antoine-omnivore.fr>

Night in Hotel du Commerce.

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## October, Wednesday 4

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10h Meeting at the tourist office, guided visit of the Ingres Bourdelle museum.

**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 see:** the Church of Saint- Jacques, the Ingres Gallery, 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](http://www.montauban-tourisme.com)

Lunch in the Place Nationale, at the restaurant **Les 5 bouchons**

• **Les 5 bouchons**, 24 place Nationale – 82000 Montauban - [05 63 93 65 64](tel:0563936564)

14h Guided visit of Montauban and the new squares, meeting at the tourist office.

15h Go to the hotel to take your luggage and rest before going to the station (15-minute walk).

Transfert by train from Montauban to Cahors

→ *The ticket was sent to you with the program on Wednesday 27 September*

17h05 **Départ** de Montauban

17h43 **Arrivée** à Cahors

### Occitanie Rail Tour - [www.visit-occitanie.com/en/](http://www.visit-occitanie.com/en/)

The English version of the Occitanie Rail Tour mini website is online since Spring this year :

- On the home page is situated below the header photo :
- In “Discovering” / Fabulous trip” / “Occitanie Rail Tour, The fabulous trips by train” : [www.visit-occitanie.com/en/discovering/wonderful-journeys/occitanie-rail-tour-the-fabulous-voyage-by-train/](http://www.visit-occitanie.com/en/discovering/wonderful-journeys/occitanie-rail-tour-the-fabulous-voyage-by-train/)
- Information about the specific Aubrac line from Beziers to St-Chély-d’Apcher : [www.visit-occitanie.com/en/rail-tour/aubrac-line-beziers-vers-clermont-ferrand/](http://www.visit-occitanie.com/en/rail-tour/aubrac-line-beziers-vers-clermont-ferrand/)
- Information about the Occitanie Rail pass, sold by the SNCF (the French railways): [www.ter.sncf.com/occitanie/decouvrir/rail-tour](http://www.ter.sncf.com/occitanie/decouvrir/rail-tour)

Check-in at the **Hotel Terminus** (situated in front of the railway station)

A family hotel established for more than 100 years in the city center of Cahors. In this magnificent residence in Cahors, the Marre family welcomes their guests with the greatest care.

• Hôtel Terminus - 5 Avenue Charles de Freycinet - 05 65 53 32 00 - [www.balandre.com](http://www.balandre.com)

18h30 **Meeting with Guilhem** at the **Cahors Malbec Loung** for a Cahors wine tasting.

A space for the promotion and tasting of Cahors wine, managed by the “Union Interprofessionnelle

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des Vins de Cahors". It will give you the keys to understanding the Cahors vineyard and the desire to meet the passionate winegrowers who are waiting for you.

- Cahors - Place François Mitterrand - 05 65 23 82 35 - [www.vindecahors.fr](http://www.vindecahors.fr)

Dinner at the hotel in "Bistrot 1911"

## October, Thursday 5

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09h30 **Meet Virginie** (presse officer of Cahors Vallée du Lot tourist office - Mobile : 06 14 40 26 03) at the Cahors Vallée du Lot tourist office for a **2-hour guided tour of the city** (please ask for her at the tourist office counter).

In the majestic setting of the Lot valley, where the river traces one of its most beautiful loops, Cahors is truly a City of Art and History! From the Valentré bridge to the Saint-Etienne cathedral, via the market square and the terraces of the Gambetta boulevard, the first city of the Lot combines a southern atmosphere, historical riches and gourmet pleasures.

12h Lunch at the **Marie Colline restaurant with Aude Leconte** from Lot Tourisme  
You feel so good here that you don't want to leave. It has to be said that Mireille takes great care of you.

There's no menu in this 100% vegetarian restaurant. The daily produce and the inspiration of the hostess dictate the menu. There's a choice of 2 different dishes and 2 different desserts, in whole or half portions to suit your appetite.

A variety of savoury tarts, small vegetable pâtés with purée, contemporary or traditional vegetable gratins with cheese or fresh fish.

- Restaurant Marie Colline - 05 65 35 59 96

14h30 Visit the **Henri Martin Museum** with a Museum guide.

Created in 1833, the Henri Martin Museum brings together the collections acquired by the City of Cahors. They range from the Neolithic period to the 21st century, and include major archaeological finds, numerous paintings by artists from the Quercy region, and a unique collection based around the figure of Léon Gambetta, a native of the town. The museum also boasts the largest public collection of works by the post artist Henri Martin (1860-1943). The new design of the museum's spaces means that its major décors - the Fenaison and the Monument aux morts - can be displayed in optimum conditions.

- Musée Henri Martin Cahors - 05 65 20 88 88 - [www.museehenrimartin.fr](http://www.museehenrimartin.fr)

**Virginie** will be waiting for you at the end of your visit to drive to Saint Cirq Lapopie along the Lot valley.

**On the way you will stop at Bouziès to discover the towpath from Ganil to Bouziès.**

Short free walk from Bouziès to discover the Ganil towpath (3 kms way/return), a path carved in the rock. It is at the point where the cliff falls steeply to the level of the water that the rock was dug out over 300 m and 2 m high. A pure marvel created by man!

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Check-in at the **Maison Lapopie bed and breakfast** in the heart of Saint-Cirq-Lapopie Charlotte and Fabian welcome you to this medieval residence in the heart of Saint-Cirq-Lapopie, a stone's throw from the home of surrealist poet André Breton. The four bedrooms invite you to relax and unwind in an intimate atmosphere. With private terraces or patios, views over the village rooftops or the valley, they all have their own special charm. When the weather's fine, breakfast on the terrace, with its spectacular views over the Lot valley, is a pure delight!

- Maison Lapopie Saint-Cirq-Lapopie -06 65 30 68 83 - [www.maison-lapopie.com](http://www.maison-lapopie.com)

19h Dinner at the **Gourmet Quercynois restaurant**

In the heart of the village of Saint-Cirq Lapopie, Arnaud and the whole team offer you traditional cuisine with a pinch of modern cooking for a delicious moment of conviviality and sincerity. Depending on the season, you can enjoy your meal by the open fire or on the courtyard terrace overlooking the Lapopie rock.

- A Saint-Cirq Lapopie - 05 65 31 21 20 - [www.restaurant-legourmetquercynois.com](http://www.restaurant-legourmetquercynois.com)

### October, Friday 6

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09h Guided tour of the picturesque village **St Cirq-Lapopie (1h30)**. Appointment at the tourist office of St Cirq Lapopie with Virginie.

Perched on a cliff overlooking a meander of the Lot, Saint-Cirq Lapopie is a masterpiece of the medieval period. Dominated by the fortified church, the houses with their sloping roofs covered with brown tiles, reveal their harmonious volumes along the picturesque streets. A place that charmed artists and writers such as André Breton who made the village his summer residence. This village of 220 inhabitants - 35 in winter!

After the visit of Saint Cirq Virginie will drive you to the Pech Merle caves.

11h15 Visit of the **Pech Merle caves**, *meeting point 15 minutes before the start of the visit*.

The Lot has its own Lascaux: The Pech-Merle cave. Prehistoric paintings and engravings dating back more than 29,000 years follow one another on a rich and varied journey to discover the underground world. Mammoths, horses, bison, signs, footprints and human figures come to life in this breath-taking place!

**IMPORTANT:** no photographing in the cave is allowed as it is a protected site. We have images available on request in our online photo library piwigo : <https://tourismelot.piwigo.com>

- A Cabrerets – lieu dit « Pech Merle » - Phone : 05 65 31 27 05 - [www.pechmerle.com](http://www.pechmerle.com) - [bertrand.defois@pechmerle.com](mailto:bertrand.defois@pechmerle.com)

12h30 Lunch in the heart of the village at the **restaurant La Roue**.

In a green setting, you will have the pleasure of tasting a traditional and varied local cuisine with a view of the cliffs.

- La Roue à Cabrerets - 05 65 22 91 79 - 06 66 88 47 08 - [larouelot@yahoo.com](mailto:larouelot@yahoo.com)

14h Meeting with **Pierre Kovasic** from tourist Office of Figeac-Lot and Célé Valleys and departure for Figeac via free itinerary to discover the lovely scenic Célé Valley.

The Célé, a fresh and lively tributary of the Lot, undulates through a wild and poetic landscape. As

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you follow its course, the rock faces open up, revealing obscure caves decorated with prehistoric drawings, pretty villages and troglodyte houses.

Along the way, be sure to stop off at:

**Sauliac-sur-Célé : viewpoint of the « Chemin de la Viste »**

It is possible to go to the viewpoint from the road. Park on the side of the road and take the path to the viewpoint.

**Marcilhac sur Célé** : is on the route to Santiago de Compostela (variant 651 of the GR65). Organised around its abbey, whose Romanesque church has retained its austere beauty, this village exudes tranquillity and is bathed in the freshness of the banks of the Célé. It looks very tiny next to these majestic limestone cliffs!

**Espagnac Ste Eulalie** has preserved the tranquility of its ancient priory crowned by an exceptional bell tower. The imposing remains of the abbey, with its tormented history since the 13th century, make this village a privileged stop on the road to Compostela.

- Office de Tourisme de Figeac – Phone : 05 65 34 06 25 – [info@tourisme-figeac.com](mailto:info@tourisme-figeac.com) – [www.tourisme-figeac.com](http://www.tourisme-figeac.com)

Check in at the **hotel Le Viguiier du Roy**

Built in the heart of the medieval quarter of Figeac, this was the home of the Viguiers du Roy for four centuries. Heir to a memorable past, the Hôtel Mercure Figeac Viguiier du Roy invites you to discover a new form of heritage to be experienced. The rooms and living areas have all the features of a modern hotel, with plenty of space to work and relax.

- In Figeac - Hôtel Mercure Viguiier du Roy - 52 rue Emile Zola - 05 65 50 05 05

**19h** Dinner at **restaurant Le Safran**

Named after the famous spice that has been produced in Quercy since the Middle Ages, and after a piece of a ship's rudder, as this restaurant offers fish specialities.

Fish, shellfish and crustacean specialities. Depending on the season, you can try mussels with saffron or seafood platters. The chef concocts original dishes.

- A Figeac, 17 Rue de Clermont - 05 65 38 45 41 - <https://le-safran.wixsite.com/figeac>

## October, Saturday 7

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09h15 Meet Lydie in front of the hotel for a **guided tour** of the historic heart of Figeac.

Figeac is a Town of Art and History where the arcades and arches of the streets tell the story of the golden age of the Renaissance.

10h45 Meet Laurie for a visit of the **Musée Champollion - les Écritures du Monde**.

Welcome to the birthplace of Jean-François Champollion, who is celebrating 200 years since deciphering hieroglyphics. Based on the work of the famous decipherer of hieroglyphics, the collections tell the fabulous story of writing and invite visitors to travel through cultures from all over the world. On your way out, don't miss the Place des Ecritures and its famous giant reconstruction of the Rosetta Stone.

- A Figeac - 05 65 50 31 08 - [www.musee-champollion.fr](http://www.musee-champollion.fr) - [musee@ville-figeac.fr](mailto:musee@ville-figeac.fr)

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12h Lunch at "**La Petite Différence**" with Pierre Kovasic  
A restaurant full of finesse, from the decor to the dishes on offer. Home-made, fresh and seasonal.  
Refined and inventive cuisine.

- A Figeac, 15 rue Gambetta - Tél 05 65 11 94 85

Transfert by train from Figeac to Toulouse

→ *The ticket was sent to you with the program on Wednesday 27 September*

14h05 **Depart** de Figeac en train TER (2h18)

16h23 **Arrival** at Toulouse Matabiau central station, meeting outside the building, in front of the clock, with Marine Esch from Toulouse tourist office

Walk to the hotel and check in at Citiz Hotel

- **Citiz Hotel** - 18 Allées Jean Jaurès, 31000 Toulouse - [05 61 11 18 18](tel:0561111818) - [www.citizhotel.com](http://www.citizhotel.com)

Walk along the city center with Marine and tram transfer for a discovery of Les Halles de la Cartoucherie. Toulouse recently opened (8 September) food-court and cultural center, in the eco-district la Cartoucherie. Tapas diner on site. <https://halles-cartoucherie.fr>

## October, Sunday 8

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Breakfast at the hotel

10h **Taste of Toulouse** Gourmet walking tour by Jessica Hammer  
Meeting in Place Wilson, find Jessica Hammer, the girl with the basket! (contact +33 7 66 10 08 70)  
[www.tasteoftoulouse.com](http://www.tasteoftoulouse.com) / @tasteoftoulouse

Taste of Toulouse offers award-winning food tours and other delicious experiences to explore French gastronomy and culture, experience a slice of local life in "La Ville Rose," and connect with passionate local artisans and businesses who make and sell some of the best products in southwest France.

13h30 End of the tour

Taxi transfer to La **Cité de l'espace**

**⚠ Since last Saturday the "Cité de l'Espace" has been experiencing electrical problems, and we don't know whether the problem will have been solved by Sunday 8 October. Marine Esch (Toulouse) will keep you informed.**

- Avenue Jean Gonord – 31500 Toulouse / [www.cite-espace.com](http://www.cite-espace.com)

Press contact: Florence Seroussi (+33 6 08 96 96 50)

Stepping into the daily life of an astronaut, contemplating the Ariane 5 rocket or a lunar rover, studying meteorites, boarding the Mir station... With 2,500 m2 of exhibitions, gardens, a cinema with a giant screen, a telescope and a planetarium, there is enough here for you to see stars! In September 2023, the Cité de l'Espace launches its new LuneXplorer flight simulator, to enable visitors to experience what astronauts physically feel during a take-off to the Moon.

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Return from the cite de l'espace ?  
Diner ???

### October, Monday 9

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Breakfast at the hotel

11h Transfert en taxi à Aeroscopia

Aeroscopia

13h30 Transfert by taxi from Aeroscopia to the airport (10 minutes). The taxi is reserved and prepaid (CRTLO) - Capitole Taxi 05 34 250 250)

13h50 Check in for London Gatwick on Easyjet flight EZY6506

15h40 Take off

16h35 Arrival in London Gatwick

### We hope you enjoyed your stay!

This press trip was organised in partnership with the Occitanie Regional Tourism and Leisure Board, Toulouse Tourisme Lot Tourism, Tourisme Tarn-et-Garonne, we thank you for mentioning our sites in your future articles:

Destination Occitanie : [www.visit-occitanie.com/en](http://www.visit-occitanie.com/en)

Toulouse Tourisme : [www.toulouse-visit.com](http://www.toulouse-visit.com)

Lot Tourisme : [www.tourisme-lot.com](http://www.tourisme-lot.com)

Tourisme Tarn-et-Garonne : [www.tourisme-tarnetgaronne.fr](http://www.tourisme-tarnetgaronne.fr)

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