

#VoyageOccitanie



> **Contacts**

Occitanie
Montpellier
Hérault
Sète
La Grande Motte

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> **Journalist**

Niels-Henrik Jensen - Freelance for:

- Kristelig Dagblad - 210000 lecteurs/semaine – cvp/page 6000€
- Jysk Fynske Medier - cvp/page: 7500€
- Ritzau - 376000 – cvp/page 10000€

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

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Press Trip

Niels-Henrik Jensen

27-31 May 2024

The Mediterranean Sea in Occitanie

Monday 27 May

10h20 Take off from Copenhagen airport to Montpellier on Norwegian flight D83628 – VOL RESERVES

12h50 Arrival in Montpellier airport

- Pick up rental car at the AVIS desk at the airport – Réf. dossier: 46138369FR4
 - Do not forget the AVIS rental voucher sent by e-mail (22 May) otherwise you will have to advance the rental fee yourself.
 - You don't need to refuel at the end of the rental period, which is taken care of by the Regional Tourism Board of Occitanie Tourisme.

At your expense: Toll Road charges, parking, fines (such as speeding, parking...).

Drive to La Grande Motte

- *Aéroport de Montpellier – La Grande Motte : 16 km – 18 minutes*

La Grande Motte, the sun city risen from the sand

<https://www.tourisme-occitanie.com/destinations/incontournables/grande-motte/>

La Grande Motte is famous for its unique and bold pyramid architecture, 7km of fine sand beaches, water sports and especially for its lush plantlife. 70% of La Grande Motte is made up of leafy and natural areas making it the greenest city in Europe. The perfect place to stroll in the shade of the foliage and get about with green transport on the many bike paths that never cross the roads. Cycling is an original, eco-friendly and safe form of transport that fits into this leafy oasis to perfection. Soak up the real Mediterranean lifestyle in the peace of a green city. The sun city is bathed in light at nightfall with its many bars, restaurants and private beaches for a party atmosphere on the seafront.

15h/15h30

Arrival at the **hotel Saint-Clair** in La Grande Motte - Please note that a parking is reserved at the hotel. Installation and meeting with **Isabelle Zanzi** from the tourist office at 15h30.

- **Hôtel Saint-Clair**

Place des Cosmonautes – Avenue de l'Europe - 34280 La Grande Motte

+33 (0)4 67 56 57 77 - www.hotelsaintclair.com/

A little time to change and put things down

16h

Visit of La Grande Motte (either we go by car or by the tuk-tuk because it's far away) and the region from point zero, go to the Couchant district, to see: the POSEIDON viewpoint (awaiting confirmation from the roof), Cosmos Square, Sunset Beach. Then head for the city-centre and the

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congress-center (we'll leave the car there) and walk to the port (I'll indicate to Niels-Henrik where to meet the boat), back to point zero.

17h30-18h Ferris wheel (I leave NH there)

18h20-19h Free time

The quiet walk from the hotel to the boat takes around 15 to 20 minutes.

19h15 Meet at the port for a sunset aperitif + meal on the catamaran Le Lucille 3

Night in **hotel Saint-Clair**

Tuesday 28 May

Departure for Sète after breakfast

- *La Grande Motte – Sète : 78 km – 1h05*

09h30/10h00 check-in at [Grand Hôtel](#) in Sète

- **Grand Hotel**

17 quai Maréchal de Lattre de Tassigny – 34200 Sète - Phone: +33 (0)4 67 74 71 77 - [Web](#)

A parking place in the garage is reserved at the hotel

10h00 Meet [Emilie Malbezin-Lepot](#) (press officer for the Department of Archipel) in the lobby of your hotel and departure for the [Abbaye of Valmagne](#). **You will be accompanied and driven all day long by Emilie.**

Discovery of this cistercian abbaye with [Clémence](#), and wine-tasting of the biological wines produced there.

Thau Lake (Etang de Thau), a feast for the senses

<https://www.visit-occitanie.com/en/discovering/major-sites/sete-port-city-character/>

A fabulous lake, the biggest in Occitania (7500 hectares)! Thau Lake is packed with biodiversity and famous for its oyster farming. Shellfish producers serve their produce in lovely open-air cafés: try a few Bouzigues oysters washed down with some local wine (Muscats, Picpoul, Noilly-Prat etc.). Visit the Thau Lake Museum, nearby villages with character (Balaruc-le-Vieux, Poussan, Gigian etc.), the Loupian Gallo-Roman villa and beautiful Valmagne Abbey.

Lunch at [Les Jardins d'Oc](#) in Bouzigues, an oysterfarm on the Thau Lagoon

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Visit of the [Musée de l'Etang de Thau](#), to know much more about the history of oyster farming and traditional fishing in the Thau lagoon.

Visit of the [Noilly Prat cellar](#) with [Lisa](#) and tasting of this ancestral and unique vermouth. Also used in recipes, cocktails or simply as it is for an aperitif.

Emilie drives you back and leaves you in Sète for free time before dinner.

Dinner in the restaurant [Monté Christo](#) in Sète

Night in **Grand Hôtel de Sète**

17 quai de Tassigny – 34200 Sète - +33 4 67 74 71 77 - [Web](#)

Parking reserved at the hotel.

Wednesday 29 May

09h30 Meet [Emilie](#) at your hotel to discover Sète and its unmissable places.

Sète, the town on the water

<https://www.tourisme-occitanie.com/destinations/incontournables/sete/>

Sète is a little gem nestled in the Mediterranean where the passion for the sea brings the town to life. From Thau Lake to the Big Blue, fishermen, sailors and oyster farmers share the same rich briny world and Southern French lifestyle. Its colourful docks, pretty neighbourhoods and exciting culture and museums make it a slice of Southern France in itself.

11h30 Discovery of Sète by boat from the canals.

Lunch in **Coquillages et Crustacés**

- 13 Quai Maximin Licciardi, 34200 Sète – 04 67 43 65 50

Departure for Montpellier

à Sète – Montpellier : 37 km – 42 minutes

Arrival in Montpellier

15h Restitution of the hire car at the AVIS agency at the railway station “Gare St Roch” in Montpellier Meeting with **Valérie**, Gare car park on the 1st floor +33 6 20 47 28 88 (if time change please tell me)

Transfert to your hotel

Montpellier, 100% pleasure destination!

<https://www.tourisme-occitanie.com/destinations/incontournables/montpellier/>

Montpellier is the perfect place for history buffs and lies only 11km from the Mediterranean beaches by bike. Here you'll find beauty in the past, present and future tense! The oldest

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university in the western world, mansions, cool trams and contemporary architectural feats make Montpellier a benchmark city. Art is everywhere. It lies in wait to grab you! Don't miss the Musée

Fabre, the contemporary art center (MOCO), the many world-famous festivals and countless buzzing terraces, food markets and natural gems a stone's throw away. See it all and live it up here!

- 16h Check-in at the Mercure hotel – 7 rue de la spirale
- 19h Dinner with Valérie at Arbre Blanc - Pl. Christophe Colomb -

Thursday 30 May

- 9h30 Guided tour of Montpellier historic center with faculty of medicine – Meet in front of the Place de la Comédie tourist Office with **Bruno Martinez**
- 12h30 Lunch in the **Canourgue bistro** – Place de la Canourgue in the bistronomic restaurant of the Pourcel chefs, we will also visit the 5* Relais Château. Lunch with the press officer of the Pourcel chefs
- 15h Self-guided visit to the Fabre Museum
- 17h Discovery of Montpellier independently
- 19h30 Diner with Ange at **Restaurant les Bains - 6 rue Richelieu**

Friday 31 May

- 9h30 Short trip visit Contemporary neighborhood with Nathalie in taxi bike
- 11h30 Return to the hotel
Lunch at the Mercure hotel with **Ange**
- 12h45 Taxi transfer to the airport
- 13h00 Check-in for Copenhagen
- 14h10 Take off from Montpellier to Copenhagen on Norwegian flight D83629
- 16h25 Arrival in Copenhagen airport

We hope you enjoyed your stay!

This press trip was organised in partnership with the Occitanie Regional Tourism Board and its partners.
We thank you for mentioning our sites in your future articles:

Destination Occitanie : www.voyage-occitanie.com
Montpellier Tourisme : www.montpellier-tourisme.fr
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