

**Press Trip
Littlewanderingwren
Jenny Littlewood
From June 17th to June 26th**

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<https://www.instagram.com/voyageoccitanie/>
<https://www.facebook.com/VoyageOccitanie>
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Monday, June 17th

Arrivée Tarn

@TourismeTarn #TourismeTarn

@boutet.valerie

Passerelle de Mazamet, Tarn

<https://www.tourisme-tarn.com/passerelle-de-mazamet/>

Self-guided tour of the Mazamet footbridge.

With free parking on site, set off for a 1-hour stroll through the undergrowth and a short climb to the Mazamet footbridge, one of 3 Himalayan footbridges in France. The footbridge rises to a height of 70 metres and is 130 metres long, for guaranteed thrills!

After the crossing, discover the medieval village of Hautpoul.

Free lunch

Suggestion for lunch:

- La Taverne d'Hautpoul, aux tables d'hautpoul
https://www.tripadvisor.fr/Restaurant_Review-g196626-d2310456-Reviews-LaTable_d_Hautpoul-Mazamet_Tarn_Occitanie.html
- Les Terrasses d'Hautpoul https://www.tripadvisor.fr/Restaurant_Review-g196626-d17755511-Reviews-Aux_Terrasses_d_Hautpoul-Mazamet_Tarn_Occitanie.html

Self-guided tour of Castres and the Goya Museum

30 minutes from Mazamet, discover Castres, a town of art and history, with its typical colourful houses on the River Agout.

<https://www.tourisme-tarn.com/decouvrir/incontournables/castres/>

In the former episcopal palace, take a free tour of the Goya Museum and Hispanic art. With its collection dating from antiquity to the present day, the Musée Goya is the most important museum of Hispanic art in France after the Louvre. <https://www.museegoya.fr/fr/>

A free press pass for 1 person will be waiting for you at the Museum reception desk.

Departure for Albi (Castres> Albi: 45 min.)

Dinner and night at Hôtel Mercure Albi****

41 bis rue Porta, 81000 ALBI +33 (0)5 63 47 66 66

<https://all.accor.com/hotel/1211/index.fr.shtml>

The room is for 2 people, dinner is for 1 person, depending on the menu. Additional costs and dinner for the accompanying person are at your own expense.

Tuesday, June 18th

Departure for Cordes sur Ciel (Albi> Cordes sur ciel: 30 min.)

Self-guided tour of Cordes sur Ciel

The medieval city of Cordes sur Ciel was one of the first bastides, created after the crusade against the Albigensians. Nicknamed the 'city of a hundred arches', Cordes sur Ciel has been designated one of France's most beautiful villages, and was voted France's Favourite Village in 2014. Discover its fortified gates, medieval streets and typical craft shops.

<https://www.tourisme-tarn.com/decouvrir/incontournables/cordes-sur-ciel/>

Free lunch

Suggestions for lunch:

- La Table de Bacchus (wine bar) https://www.tripadvisor.fr/Restaurant_Review-g187170-d23440903-Reviews-La_Planche_De_Bacchus-Cordes_sur_Ciel_Tarn_Occitanie.html
- Les enfants de Germaine <https://www.lesenfantsdegermaine.com/>

Local tastings and hiking

We have not made any reservations for these visits, which you can do on your own.

Depending on your schedule and your tastes, we recommend stopping off at one of the local producers:

- La Brasserie Auros, to taste local beer and visit the brewery. <https://brasserieauros.com/>
- Distillerie Castan, Villanova whisky from Tarn <https://distillerie-castan.com/>
- The Domaine Gayrard, a winegrowing stop-off where you can enjoy a 2 hour walk (oenorando) 'From the vine to the olive tree', which will give you superb views over the vineyards, meet the winegrower and visit the Domaine Oleicole Rigaud.
<https://www.maison-gayrard.com/>
<https://randopleinenature.tarn.fr/trek/1825-Oenorando%C2%AE-De-la-vigne-a-l-olivier>

Dinner and night at Hôtel Mercure Albi****

41 bis rue Porta, 81000 ALBI +33 (0)5 63 47 66 66

<https://all.accor.com/hotel/1211/index.fr.shtml>

The room is for 2 people, dinner is for 1 person, depending on the menu. Additional costs and dinner for the accompanying person are at your own expense.

Wednesday, June 19th

Self-guided tour of the Episcopal City of ALBI

On the morning, meeting to the Tourist Office at 42 rue Mariès, where you will be given a map of the town and your Albi City Pass (

Listed as a UNESCO World Heritage Site in 2010, Albi the Red will dazzle you! Visit Sainte-Cécile Cathedral, the largest brick religious building in the world and the largest painted cathedral in Europe. The Palais de la Berbie and its garden, listed as a remarkable garden, is home to the Musée Toulouse Lautrec, a native of Albi.

Visit the old centre of the episcopal city: the Place Savène and the Place du Château with its #Albi for a great souvenir photo; the St-Salvy cloister, the streets of old Albi (rue Toulouse Lautrec, rue des Prêtres).

From 7am to 2pm, enjoy a gourmet discovery at the covered market.

<https://www.tourisme-tarn.com/decouvrir/incontournables/albi-cite-episcopale/>

Free lunch

Suggestions for lunch:

- Au Hibou <https://www.facebook.com/AUHIBOU/>
- Le Cascarbar <https://cascarbar.fr/>

- Le Clos <https://www.facebook.com/pages/Restaurant-Le-Clos-Sainte-Cecile/105300466242438>

In the afternoon, make the most of the many boutiques in the shopping streets and take a break on the banks of the Tarn along the 'échappée verte'.

Dinner and night at Hôtel Mercure Albi****

41 bis rue Porta, 81000 ALBI +33 (0)5 63 47 66 66

<https://all.accor.com/hotel/1211/index.fr.shtml>

The room is for 2 people, dinner is for 1 person, depending on the menu. Additional costs and dinner for the accompanying person are at your own expense.

Thursday, June 20th

Departure for Puycelsi (Albi > Puycelsi : 50 min)

Free visit of Puycelsi, the woodland fortress

Discover Puycelsi, a village perched high above the Grésigne forest, one of the largest oak forests in Europe. Puycelsi is a charming village with narrow streets, a covered walkway and flower-filled houses.

<https://www.tourisme-tarn.com/decouvrir/incontournables/bastides-villages/villages/puycelsi/>

Free lunch

Suggestions for lunch

- Le Jardin des Lys <https://www.lejardindeslys-puycelci.fr/>
- Le Puycelsi Roc Café <http://www.puycelsi-roc-cafe.fr/>

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.

www.bruniquel.fr

Dinner and night in L'Etape du Château

8 promenade du Ravelin – 82800 Bruniquel

<https://etape-du-chateau.com/>

Friday, June 21st

10 am: meeting at **Caussade** tourist office (30 minutes drive), free visit of the amazing "Epopée chapelière" and visit the hat factories in the town: Willy's Paris and Hats Block Laforest:

Caussade is known worldwide for its hat factories and the truffle market. In the XIX century, Caussade made straw hats for French actors, such as Maurice Chevalier, and rich ladies of Paris. Today, the hat festival in July invites artists and designers of hats from the all world to present their best creations at the art show. Since 2015, Caussade has also its kind of Hat Museum, "L'Epopée chapelière". This original space, dedicated to the hat history of Caussade, allow visitors to discover the creation and history of hat factories in Caussade, wearing a real canotier.

Epopée chapelière, inside Caussade Tourist Office: Carré des chapeliers – Les Récollets - 82300 Caussade. <https://www.tourisme-quercy-caussadais.fr/>

Free lunch. Suggestion: La Table d'Alice in Caussade: <https://www.latabledalice.com/>

Drive to **Lauzerte** (35 minutes), free visit of the village

The village of Lauzerte overlooks the valleys and hills of Quercy Blanc. This medieval "bastide" has an incredible rectangular square surrounded by timber-framed houses, restaurants and you can see in front of the church the surprising turned corner. A farmers' market is held every Saturday morning all year long, and a "marché gourmand" every Thursdays evening in July and August. The village is famous for its arts and crafts workshops.

www.quercy-sud-ouest.com

Drive to **La Ferme de Lacontal** (15 minutes), enjoy the lavender blossom.

Formerly, the lavender of Quercy was recognized of specific quality. Hélène Lafon and Xavier Leplaideur continue the culture practice by their grandparents in Touffailles. They cultivate the officinal lavender in organic farming. They distil on site and apply the polyculture farming with their herd of flock of sheep of Lacaune. Come in June or July to see the flowering.

www.lavande-quercy.fr

Dinner with Lauriane in Le Manoir Saint-Jean (15 minutes drive), and night in this charming hotel. Lieu-dit "Derrua" 3619 route de St Jean - 82400 Saint Paul d'espis

<https://www.manoirsaintjean.com/>

Saturday, June 22nd

Morning: discover the weekly market of Moissac (10 minutes drive), see the cherries and apricots, season must!

Free visit of **Moissac** cloister and abbey:

This city is indeed the home of the famous AOC Chasselas grape, the first fresh fruit to benefit from AOC, and listed as French Cultural and Immaterial Heritage. Moissac, charming city, is well-known worldwide for its abbey church and its cloister, listed as World Heritage Site by UNESCO. Founded in the seventh century, the abbey of Moissac was for centuries one of the most important in France. It was and still is a

major stop on the Compostella walking path. The tympanum of the abbey is also among the masterpieces of Romanesque sculpture. With a pretty marina, Moissac is ideal for people wanted to walk along the Canal of the two seas. Don't miss the impressive Cacor bridge.

<https://tourisme-moissac-terresdesconfluentes.fr/fr>

Free lunch. Suggestion: Le Florentin in Moissac: <http://leflorentin-bistrotgourmand.fr/>

Drive to Montauban (30 minutes)

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 on the former Bishop's Palace from the Pont-Vieux (old bridge). The town has managed to keep its identity whilst renovating its architectural heritage, witness of a rich and eventful history. Must to see : the Church of Saint-Jacques, the Ingres Bourdelle museum, 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

Free visit of the town and the Ingres Bourdelle museum

Night in the Hotel du Commerce

9 Place Franklin Roosevelt - 82000 Montauban <https://www.hotel-commerce-montauban.fr/>

8pm: Diner in Les Terrasses de l'Empereur (3 minutes walk): <https://www.les-terrasses-de-lempereur.fr/>

Sunday, June 23th

-> Departure to Launac 45 minutes driving

Arrivée en Haute-Garonne

Sur vos publications (articles, posts et stories), merci d'identifier les comptes suivants :

Site Internet : Office de Tourisme des Hauts Tolosans, à Grenade-sur-Garonne

Instagram : @tourismehautstolosans #tourismehautstolosans

Facebook : Office de Tourisme des Hauts Tolosans

@tourismehg #tourismehg

Matin :

Découverte du village de Launac :

Son petit [marché](#) dominical, sous la halle centrale, son château et son église, sa mairie et son parc.

Découverte du **territoire** des Hauts Tolosans :

[Circuit de Découverte "Pigeonniers & Pépites"](#) : Circuit Vert "Echappée Verte"

Au départ du village de Launac, découvrez - depuis la route - ce territoire rural, parfois arboré parfois vallonné, ponctué de parcs et bois, de halles et églises, de pigeonniers et châteaux, mais également, de magnifiques points de vue.

Midi :

Déjeuner libre, aux alentours de Launac.

Suggestions de tables, pour lesquelles il est conseillé de réserver :

- [La Table de Launac](#) ;
- [Le Verdurier](#), à Drudas ;
- [La Villa Pampa](#), au Castéra ;
- [Le Râtelier](#), à Montaigut ;

Début d'après-midi :

Découverte du **patrimoine** des Hauts Tolosans :

[Circuit de Découverte "Pigeonniers & Pépites"](#) : Circuit Rose "Route des Coteaux"

Une balade à faire depuis la route, mais n'oubliez pas de faire escale à :

- Château & Parc de Laréole ;
- Halle de Cadours ;
- Château de Drudas ;
- Moulin de Brignemont ;

Milieu d'après-midi :

A l'occasion de la Fête de la Musique, de nombreuses animations sont justement proposées au pied du Moulin de Brignemont (*L'Office de Tourisme y sera présent, sur un stand, pour présenter le territoire des Hauts Tolosans.*) :

- Concerts : Des artistes locaux se produiront en plein air.
- Spectacles : Le meunier vous fera découvrir son art ancestral.
- Marché Fermier : Divers producteurs régionaux seront présents.

Fin d'après-midi :

6 PM : découverte du vignoble de Fronton avec une dégustation au Domaine Bois Devès chez Nicholas Smith, d'origine anglaise !

2255 Rte de Fronton, 31620 Castelnau-d'Estrétefonds Téléphone : 06 80 54 85 10

<https://domaineboisdedeves.com/domaine>

7.45 PM : installation à la maison d'hôtes au Domaine Codeval, Chemin des Acacias, 31620 Fronton

Téléphone : + 33 6 58 98 04 36 Nuit et petits déjeuners sur place.

8 PM : Diner prévu à la guinguette Conti dans le village de Campsas (-> 5 minutes en voiture) **50 euros pris en charge** https://www.facebook.com/groupeconti/?locale=fr_FR

Monday, June 24th

@tourismehg #tourismehg

Instagram : auxsourcesducanaldumidi

#auxsourcesducanaldumidi

<https://www.facebook.com/Tourisme.AuxsourcesduCanalduMidi>

@auxsourcesducanaldumidi

Journée découverte des Sources du canal du Midi

-> Departure to Revel, 1: 30 driving

Morning:

10.30 am: appointment at Saint-Ferréol lake at Espace Sport & Nature - **144 Rte de Carcassonne, 81540 Sorèze** Téléphone : 05 67 27 90 58 <https://www.facebook.com/espacesportetnature/>

Activities on offer: pedalos on the lake, rollerskiing or paddleboarding
Walk around the lake and photos on Saint-Ferréol lake dam – Discovery of Saint-Ferréol landscaped garden its waterfalls and marvelous spray

Lunch on your own: Bstronome at Revel : 5 Bd de la République, 31250 Revel

<https://www.facebook.com/profile.php?id=100066714431868>

05 62 80 75 53

Afternoon:

2.30 pm: visit of Revel Belfry by Jérôme, tour guide at the tourist office - **Beffroi Place Philippe VI de Valois, 31250 Revel** Téléphone : 05 34 66 67 68

<https://www.auxsourcesducanaldumidi.com/>

3.30 pm: visit of Saint-Félix-Lauragais castle by Jessica, tour guide at the tourist office -

5.00 pm: Discovery of velorail (rail bike) at Lenclas lake

- Night and breakfast:

Auberge du poids public - 26 Rte de Toulouse, 31540 Saint-Félix-Lauragais- 05 62 18 85 00

<https://auberge-du-poids-public.fr/>

Diner : Le Billot de Marius - Rte de Castelnaudary, 31250 Revel - 05 62 52 18 37
<https://www.restaurantlebillot.fr/>

Tuesday, June 25th

-> Departure to Toulouse, 1:00 driving - stop at La Halle de La Machine

Arrival at La **Halle de La Machine** (parking on site) <https://www.halledelamachine.fr/>
3, Avenue de l'Aérodrome de Montaudran, 31400 Toulouse
www.halledelamachine.fr

Closer to a street performance than a permanent exhibition, a visit to La Halle de La Machine is an invitation to explore the stories and legends behind extra-ordinary mechanical entities. Let yourself be guided, transported and inspired by the team of Veritable Machinists, who spend each day manipulating the machines to bring them to life before your eyes, such as Asterion the Giant Minotaur.

Please note: Following a first event in 2018 that brought together nearly 900,000 spectators, Toulouse Métropole presents a new free show by the La Machine company, which will take place in the streets of the city during the Toussaint holidays, from Friday, October 25th to Sunday, October 27th, 2024

Specially designed for the Pink City, the "Guardian of the Temple," the Minotaur Asterion, is a giant machine weighing 47 tons that can reach 14 meters in height and will be joined for the first time by two other machines!

Free lunch

Suggestions for lunch

- La Cendrée <https://www.lacendree.com/>
- Au Père Louis

Check in at the **hotel Albert 1er***** (luggages can be stored at the reception)
8 Rue Rivals / Tel : +33 5 61 21 17 91 / <http://www.hotel-albert1.com>

Located in the heart of the historic centre, the family-owned Hôtel Toulouse Albert 1er is the ideal place to soak up the charm and vibrancy of the Pink City and enjoy a unique and memorable experience, while feeling right at home. The hotel is the first to have been awarded the European Ecolabel and offers bicycles for touring the city as well as a breakfast based on the short circuit.

2.30 pm Meeting with Marine from Toulouse tourist office and walk through the city main buildings (+33 6 28 10 84 91)

Toulouse, also known as the Pink City due to the color of its terracotta brick buildings, is a dynamic and cultural city, recently labeled UNESCO City of Music. With a rich historical heritage and a status of European Capitale of Space and Aeronautics, Toulouse is an ideal destination for foodies and discovery enthusiasts.

6pm: Meeting in Place Salengro for a **Taste of Toulouse Wine Bar Tour** by Jessica Hammer (contact +33 7 66 10 08 70)

<https://www.tasteoftoulouse.com>

Meet your guide Jessica Hammer for a walking tour that includes several intimate wine bars and taste your way through the lesser-known wines of southwest France. Learn wine tasting techniques and snack on local foods including charcuterie and cheeses during the tour. Explore new grape varieties and build confidence in how to order wine in France and beyond.

8pm End of the tour, free time

The room is for 2 people, breakfast included, and parking. Additional costs are at your own expense.

Wednesday, June 26th

Depart pour Londres