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> Journalist

Brian Schæfer Dreyer
Support/s:
• Jysk Fynske Medier (346.000 ex – CVP/page 6700€)
• Rejser le supplément voyage du quotidien Politiken (143 000 ex. - 552 000 readers)

> Accompanied by

Noemi Otero ALVAREZ

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

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@plaisirdherault - <https://www.instagram.com/plaisirdherault/?hl=fr>

@PyreneesOrientales_Tourisme https://www.instagram.com/pyreneesorientales_tourisme/

@ExploreFrance - <https://www.instagram.com/explorefrance>

- I highly recommend that you pack your luggage in rucksacs.
- Please remember that your Rail Pass is valid on TER regional trains only and not on Intercités trains or TGV fast trains

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Monday 10 June

13h25 Departure from Madrid (durée 4h31)
17h56 Train de Madrid à Perpignan (soirée en ville)

Installation à l'**Hôtel de la Loge**
11 Rue Fabriqués d'en Nabot, 66000 Perpignan
T.+33 468 34 41 02 -

<http://www.hoteldelaloge.com/index.php>

20h00 Dîner Restaurant Casa Sansa (**meals offered**)
3 Rue des Fabriqués Couvertes, 66000
Perpignan - T. +33 468 50 48 01



Tuesday 11 June

09h30 Guided tour of Perpignan
Rendez-vous à 9h30 à l'hôtel, avec Cécile Ferrer, guide conférencière pour une visite en anglais

12h30 Lunch Restaurant Café Vienne with Catherine Gillot (**meals offered**)
3 Pl. François Arago, 66000 Perpignan

→ Please remember that your Rail Pass is valid on TER regional trains only and not on Intercités trains or TGV fast trains

After lunch...

Either continue the discovery of [Perpignan](#) on your own. Please note that the absolute latest train from Perpignan to Villefrance - Vernet-Les-Bains is leaving at **15h10** (arrival in Villefrance - Vernet-Les-Bains at **15h56**).

Or make your own program and get on-and-off the TER trains between Perpignan and Villefrance - Vernet-Les-Bains.

• **What to see & do** on the Pays Catalan Line (Perpignan->Villefrance) : www.visit-occitanie.com/en/rail-tour/train/pays-catalan-line-perpignan-villefranche-de-conflent

NB ! Before boarding the yellow train, you must collect seat tickets from the ticket office. The seat ticket is free of charge, you simply present your Rail Pass and identification.

17h40 Departure of the YELLOW TRAIN from Villefrance - Vernet-Les-Bains to Latour-de-Carol (TER n° 17319). **Do not** miss this train or get off the Yellow Train before Latour-de-Carol, since this is the last train of the day! We are still out of the season and only few trains are scheduled.

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- **What to see & do** on the Yellow Train Line : www.visit-occitanie.com/en/rail-tour/train/yellow-train-line-villefranche-de-conflent-latour-de-carol

20h48 Arrival in Latour-de-Carol

Go directly to the Bistrot de la Gare to buy your pizzas 🍕😋 (at your charge)

NB! The bistro, which is facing the railway station, closes at 20h30 ... the kind owner will be waiting for you and drive you to your hotel if the weather is bad.

Bistrot de la Gare

Avenue du Puymorens - 66760 Enveitg - phone +33 781 83 90 55

Overnight stay and diner (pizzas) in your room at the Auberge Catalane

Auberge Catalane

Fonda Catalana - 10 Av. du Puymorens, 66760 Latour-de-Carol - T. + 33 468 04 41 63

Wednesday 12 June

10h32 Train from Latour-de-Carol to Toulouse. Please note, that with this time schedule you mustn't get off the train before Toulouse, if you wish so, there is a train leaving at **07h29**.

- **What to see & do** on the Pyrenees Line (Latour-de-Carol->Toulouse): www.visit-occitanie.com/en/rail-tour/train/pyrenees-line-toulouse-latour-de-carol/

NB ! Please bring your own lunch in the train (your charge)

13h14 Arrival in [Toulouse](#) central station at the latest

Walk to the Clément Ader Appart-hôtel **** and check-in (if the room aren't ready yet, luggage can be stored at the reception)

23 rue Bayard, 31000 Toulouse – T. +33 5 62 73 28 28 - <https://www.apparthotel-clementader.fr>

Appart-Hôtel Clément Ader welcomes you to a 4-star establishment with swimming pool, between Toulouse Matabiau central station and Capitole square. *The name Clément Ader stands as a node to the French engineer, pioneer of modern aviation who died in 1925 at the age of 84 in Toulouse, leaving behind him an important legacy in the field of aviation for which the city today shines thanks to the presence of Airbus and the aviation and space companies.*

14h00 Meeting with Marine Esch, from Toulouse tourist office (+33 6 28 10 84 91) in the hotel lobby and walk to the old town of Toulouse to discover the other side of the city: medieval and Renaissance buildings

15h30 Free time to use your tourism pass and visit a museum ... our top tips:

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- **The Bemberg foundation:** a foundation housed in the magnificent Hôtel d'Assézat Renaissance building, that reopened last February to bring together numerous works of western art from the Renaissance to the early 20th Century. www.toulouse-tourisme.com/en/activite/bemberg-foundation/
- **The "Musée des Arts Précieux" Paul-Dupuy:** in the heart of Toulouse old town, this original museum presents itself as a Cabinets of curiosities, with works from the Middle Ages to the late 1930s. You can admire a fine collection of clocks and watches, a reconstruction of a 17th-century pharmacy and a collection of medieval religious treasures. <https://museepauldupuy.toulouse.fr/>

18h45 Meeting in Port Viguerie for a one-hour cruise aboard Les Caboteurs license-free electric boat
Quai de l'Exil Républicain Espagnol, Pl. Bernard Lange,
31000 Toulouse – +33 9 77 25 03 49

<https://lescaboteurs.com/>

NB: ticket in your press pack, booking reference: RRMHZF

Departing from Port Viguerie (Saint Cyprien), enjoy the unique view from the Garonne through a one-hour route (re)discovering the city and its monuments, the Hôtel Dieu, the Dôme de la Grave...

Option "Gourmet basket" offered by the company for an aperitif in the boat: 2 tapenades (pepper, olive or eggplant) + pork pâté + a Catalan fuet + bread sheets + cantal aperitif cakes. The recipe for a good, friendly time (FYI vegetarian formula is also available online)

19h45 End of the tour, free time



Thursday 13 June

Breakfast at the hotel

09h17 TER train from Toulouse to Carcassonne.

The journey from Toulouse to Carcassonne is part of the Canal du Midi Line (Toulouse->Narbonne)

• **What to see & do** on the Canal du Midi Line : <https://www.visit-occitanie.com/en/rail-tour/train/canal-du-midi-line-toulouse-narbonne/>

10h19 Arrival in Carcassonne where you will be welcomed by Sarah Séguy, press officer in Carcassonne

11h30 Discover the new « Maison de la laine et du drap » (Wool and Cloth House)

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12h15 Lunch with Sarah at Restaurant Le St Jean (**offered**)

Contact : **Le St Jean** - Place St Jean, 11000 Carcassonne, +33 4 68 47 42 43 - www.le-saint-jean.eu

14h30 Virtual reality Carcassonne, what a history

Guided tour of the Cité Médiévale, a World Heritage site with over 2,500 years of history, discover the narrow streets, château comtal, Saint Nazaire Basilica.



16h30 Free time

Walk back to the hotel du Pont Vieux

Contact : **Hôtel du Pont Vieux** - 32 Rue Trivalle –
11000 Carcassonne - www.hotelpontvieux.com

Dinner at the restaurant **Le 37**, located in Rue Trivalle, Carcassonne's emblematic district.
<https://www.le37carcassonne.fr/>

NB! Diner offered for one person only, the companion must pay her share directly at the restaurant.

Night in Hôtel du Pont Vieux

Friday 14 June

Morning:

Free time to discover Carcassonne on your own

11h45 Transfer in Taxi from the Hotel

12h21 TER regional train from Carcassonne to Sète. The journey from Narbonne to Sète is part of the Mediterranean Line (Nîmes->Perpignan)

• **What to see & do** on the Mediterranean Line : <https://www.visit-occitanie.com/en/rail-tour/train/mediterranean-line-nimes-perpignan/>

12h52 Arrival in Sète – Meeting with Emilie Malbezin-Lepot at Sète seaside resort, direction Frontignan beach for a lunch with your feet in the sand.

Lunch in a straw hut, a beach restaurant in Frontignan to discover our local products (**offered**)
Contact: **Le Poisson Rouge** - 32 Rue Paul Riquet, 34110 Frontignan – 0033 4 99 04 05 53.

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Discovery with Emilie of the Aresquiers walk and the former Aresquiers saltworks, now classified as a protected natural area. This unique past gives the site a diversity of types of environments and consequently a rich and unique fauna and flora biodiversity.

Return to Sète to explore the picturesque Pointe-Courte district.

Emilie drops you off at your hotel for your installation and free time before dinner in the city alone.

20h00 Solo dinner in Sète at the Paris-Mediterranean restaurant (reservation made and paid by the Tourist Office) (offered)

Contact : **Paris-Mediterranean** - 47 Rue Pierre Semard - 34200 Sète

On the way to your restaurant, pass through rue de Tunis, and its street art works

Nuit au Grand Hôtel***

Contact : **Grand Hôtel** - 17 quai de Tassigny – 34200 Sète - +33 (0)4 67 74 71 77 - www.legrandhotelsete.com/



Saturday 15 June

09h00 Solo discovery of the must-see attractions of Sète, the market halls, the MaCO (Open Air Museum).

Emilie will show you her favorite locations on your map the day before.

10h45 Meet at **Canauxrama's desk** (blue boats), Quai Général Durand, Pont de la Savonnerie, for departure for a 1-hour boat trip on the canals with Sète Croisières.

Contact : **Sète Croisières** - Quai Général Durand, 34200 Sète - 04 67 46 00 46 - www.sete-croisieres.com

NB ! Your tickets are in your Press Kit. You must have them with you.

12h30 Lunch solo to discover our specialties, at Coquillages et Crustacés (reservation made and offered by the Tourist Office)

Contact : **Coquillages et Crustacés**, 13 Quai Maximin Licciardi, 34200 Sète - 04 67 43 65 50

Visit the Saint-Louis lighthouse (you will find an entry ticket for the lighthouse in your welcome kit, open from 14h to 17h).

15h45 Meet at **Subseaexplorer**, quai Général Durand (not the same place exactly than the morning's one) for a 1h30 boat trip on the pond (Etang de Thau) this time. Emilie organises that for you.

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Destination Occitanie

Comité Régional du Tourisme et des Loisirs

Contact : **Sète Croisières** - Quai Général Durand, 34200 Sète - 04 67 46 00 46 - www.sete-croisieres.com

NB ! Your tickets are in your Press Kit. You must have them with you.

18h36 Departure from Sète for Gerone (duration 2h07)

20h45 Arrival in Gerone (Espagne)

We hope you enjoyed your stay!

This press trip was organised by the Occitanie Regional Tourisme Board and its partners and we thank you for mentioning our sites in your future articles:

Destination Occitanie : www.voyage-occitanie.com

Tourisme Pyrénées-Orientales : www.tourisme-pyreneesorientales.com

Toulouse Tourisme : www.toulouse-visit.com

Aude Pays Cathares : www.audetourisme.com/fr

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

Explore France : <https://www.france.fr/da>

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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