



Arenes_Nimes©Olivier_MAYNARD_CRTLOccitanie

Treasures of Occitanie

A Journey through Nîmes, Uzès, & Carcassonne

Nestled in the heart of South Western France, the Occitanie region is a confluence of history, culture, and natural beauty. From the Roman grandeur of Nîmes to the medieval charm of Carcassonne, this region offers a wealth of experiences for travellers.

Its key highlights include the Musée de la Romanité, the Nîmes

Arena, the Maison Carrée, the picturesque town of Uzès, and the breath-taking medieval citadel of Carcassonne.

Nîmes

Often referred to as the 'Rome of France,' Nîmes is a repository of Roman architecture. With a history dating back to 2,000 years, its Roman heritage is beautifully preserved. A must-visit is the Musée de la Romanité, a modern museum that offers a deep dive into the city's rich Roman past. The museum's innovative design and interactive exhibits provide an engaging experience, showcasing artefacts of the Roman Empire.

The Nîmes Arena is an ancient Roman amphitheatre, built around 70 AD. It is well preserved even today. It once hosted gladiatorial contests and other public spectacles. Today, it continues to be a vibrant cultural venue, hosting concerts, and historical events transporting visitors back in time.

Uzès

A short drive from Nîmes, the town of Uzès offers a charming contrast to the grandeur of Roman architecture. Known for its medieval streets, elegant townhouses, and vibrant markets, Uzès is a delightful place to explore on foot. The town is particularly famous for the Duchy of Uzès,



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Uzes©City of Uzes



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a well-preserved castle that has been the seat of the Dukes of Uzès for centuries.

Uzès is also notable for its connection to the Pont du Gard, a UNESCO World Heritage site, notable for the Roman hydraulic engineering. The nearby Musée de l'Eau showcases the aqueduct's history and construction, offering insight into the ingenuity of Roman engineers.

Carcassonne

The city of Carcassonne, a UNESCO World Heritage site is renowned for its medieval citadel. The Cité de Carcassonne is one of the largest and best-preserved walled cities in Europe, with its double walls and 53 towers creating a striking silhouette against the sky. Walking through its narrow, cobbled streets, visitors can explore the Château Comtal, the Basilica of Saints Nazarius and Celsus, and numerous quaint shops and restaurants that bring the medieval atmosphere to life.

Carcassonne's rich history, dating back to Roman times and flourishing in the medieval period, is palpable in every corner of the city.

F&B Options

Beyond its historical treasures, Occitanie is also known for its rich culinary traditions. The region's cuisine is a delightful mix of flavours, influenced by both Mediterranean and French. Visitors can savour local delicacies and some classic wines.

Whether exploring the ancient Roman sites of Nimes, strolling through Uzès, or basking in the glory of Carcassonne, Occitanie offers a diverse and enriching travel experience. Its blend of historical landmarks, cultural depth, and culinary delights make it a delightful visit to the South Western France. ♦



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It was indeed a wonderful exceptional experience in the Occitanie region! The areas explored - Nimes, Uzès, Montpellier, and Carcassonne, are indeed known for their beauty, history, and the warmth of the local people. The French cuisine and wines were a highlight, and to add, the region caters well to vegetarians too.

It's a place where travellers can immerse themselves in the rich culture, enjoy the scenic landscapes, and indulge in the culinary delights.

Occitanie has left a lasting impression on me, and I would recommend every traveller to come and experience the region's allure, seeking authentic and enriching experiences.

I would like to thank the Air France Team and Atout France India team, specially Sheetal Munshaw for giving me to opportunity to be a part of this fantastic familiarisation tour that was filled with loads of learning, knowledge and tons of fun. It was indeed a perfect Rendezvous.



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Maison de la violette©Maison de la violette_DR