

PRESS PACK
New for 2025



[visit-occitanie.com](https://www.visit-occitanie.com)

 **occitanie**
Sud de France



KEY FIGURES

4th biggest tourist region in France



with **15,9 billion euros** in financial returns in 2018



and **125 000 tourism jobs** on average in 2019 (employed and self-employed)



accounting for **7%** of the regional business sector

Number 1 spa destination in France



with **144 000** insured spa guests in 2023 (5% more than in 2022)



accounting for almost **1/3** of the French hydrotherapy market (30%)

Biggest tourist accommodation capacity in France



28,7 million room nights at campsites in 2023 (the most in France)



15,6 million room nights at hotels



10,9 million room nights in collective tourist accommodation (AHCT*)



11,3 million nights** in rentals from online platforms (Airbnb)

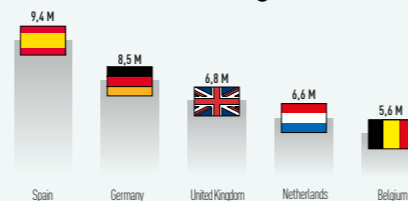
*AHCT is the French term for «collective tourist accommodation»: tourist residences, holiday resorts, «maisons familiales», youth hostels, «centres internationaux de séjour» and sports facilities.
**NB: data for the online rental platform refers to nights and not room nights. Information about the number of guests per night is not available.

French and overseas visitors



233 million room nights in 2023 (2% more than 2022)
French visitors accounted for 65% of overnight stays

Top 5 international markets in terms of room nights in 2023:



Flux Vision Tourisme, Orange Business / Insee (tourism satellite accounts, monthly occupancy in collective accommodation surveys & employment survey) / CNETH / Lighthouse.

28 Thermal Spa Centres



2nd France's Biggest Region,

13 'departments' in an area bigger than Ireland



IDENTITY

41 Top Occitanie Sites

Agde-Pézenas, Aigues Mortes - Camargue Gardoise, Albi, Vallée du Tarn, Armagnac Abbaye et Cités, Auch, Aux sources du Canal du Midi, Bastides et Gorges de l'Aveyron, Cahors - Vallée du Lot, Canal du midi - Béziers, Carcassonne et les Citadelles du Vertige, Cévennes, Cirque de Navacelles - Lodève - Pays Viganais, Collioure en Côte Vermeille, Conques, Cordes sur Ciel et les Cités Médiévales, Figeac, Vallées du Lot et du Célé, Foix Montségur, Cités médiévales, Gavarnie - Cauterets Pont d'Espagne, Gorges de l'Hérault, Gorges du Tarn, La Grande Motte, Lourdes, Luchon, Marciac, Massif du Canigó - Pays Catalan, Mende Cœur de Lozère, Millau-Roquefort - Sylvanès, Moissac Lauzerte Auvillar, Montauban, Montpellier, Narbonne Méditerranée, Niaux - Mas d'Azil, Pyrénées Préhistoriques, Nîmes - Pont du Gard - Uzès, Perpignan Méditerranée, Pic du Midi, Pyrénées Aure Louron, Rocamadour - Vallée de la Dordogne, Rodez, Saint-Bertrand-de-Comminges Valcabrière, Sète, Toulouse.

10 Sites Inscribed on Unesco's World Heritage List

the Canal du Midi, Gavarnie - Mont Perdu, Way of St James, the Episcopal City of Albi, the Causses and the Cévennes, the Pont du Gard, the Historic Fortified City of Carcassonne, the Fortifications of Vauban (Villefranche-de-Conflent and Mont-Louis), The forest of Massane (Pyrénées-Orientales) and the 'Maison Carrée' (Nîmes)

2 National Parks



44 Winter Sports Resorts



8 Regional Nature Parks



More than 50 Marinas

1 Marine Nature Park



220 Kilometres of Mediterranean Coastline



2025 in brief

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It's all happening in Toulouse and Montpellier Day trips from Toulouse or Montpellier

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Our exhibition picks

January 25-May 18, 2025
GENEVIÈVE ASSE. BLUE CAPTURES EVERYTHING THAT HAPPENS
Soulages Museum (Rodez)

April 19 - August 31, 2025
«ART DOES NOT REPRODUCE THE VISIBLE; RATHER, IT MAKES IT VISIBLE», PAUL KLEE
Lodève Museum

February 1 October 5, 2025
THE LOUVRE MAKES A GUEST APPEARANCE AT THE MUSÉE GOYA
Castres

April 29 - August 31, 2025
TOULOUSE-LAUTREC, A BILLBOARD PIONEER
Toulouse-Lautrec Museum (Albi)

Until June 29
«GIANTS»
Museum (Toulouse)

May 29 - January 4, 2026
GAUL YET ROMAN! MASTERPIECES FROM THE NATIONAL ARCHAEOLOGY MUSEUM
musée de la Romanité (Nîmes)

June 17-January 2026
PIERRE SOULAGES, THE ENCOUNTER
Fabre Museum (Montpellier)

June 19-December 31
GUSTAVE FAYET AND JAPAN
musée Fayet (Béziers)

December 2025-April 2026
ROY LICHTENSTEIN AND POP ART
musée des Abattoirs (Toulouse)

From June 2025
«D'ARTAGNAN, GASCONY HERO: FACT AND FICTION»
château de Lavardens

Until November 25
HEROES & HEROINES PAST AND PRESENT
château de Foix

The Occitanie Rail Tour is branching out

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Nature and culture along the Occitanie coast

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Lourdes: more than just a pilgrimage site!!

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Go with the flow on the Canal du Midi

2025 IN BRIEF

Anniversaries to put in your diary

10th ANNIVERSARY OF THE MUSÉE DOM ROBERT AND 20TH CENTURY TAPESTRY (SORÈZE)

30th ANNIVERSARY OF THE PARC DE LA PRÉHISTOIRE (TARASCON-SUR-ARIÈGE)

40th THE PONT DU GARD CELEBRATES ITS 40TH ANNIVERSARY AS A UNESCO SITE

40th THE MONTPELLIER RADIO FRANCE FESTIVAL (JULY 6 TO 18, 2025)

100th THE CENTENARY OF AOP ROQUEFORT

150th ANNIVERSARY OF THE GORGES DU TARN BOATMEN (LA MALÈNE)

Unmissable sporting events in 2025

February 15 & 16, 2025
THE 10TH ANNIVERSARY OF THE NÎMES URBAN TRAIL

June 27 - July 1, 2025
THE 1ST EVER GRANDE TRAVERSÉE DE HAUTE-GARONNE

July 5 to 12, 2025
EUROPEAN CYCLOTOURISM WEEK (PRAYSSAC)

July 15-22, 2025
THE TOUR DE FRANCE: Six stages put Occitanie in the spotlight, including the return of the Superbagnères climb (Haute-Garonne) after a 36 year absence.

August 2025
50 YEARS OF EQUESTRIAN RACING "160 KM FROM FLORAC"



The Pyrenees in all their glory

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Aubrac, Gorges du Tarn, Cévennes & Margeride: unspoilt destinations with strong personality



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A countryside with more than meets the eye

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Slow tourism and lifestyle in Occitanie: what sets the South-West apart



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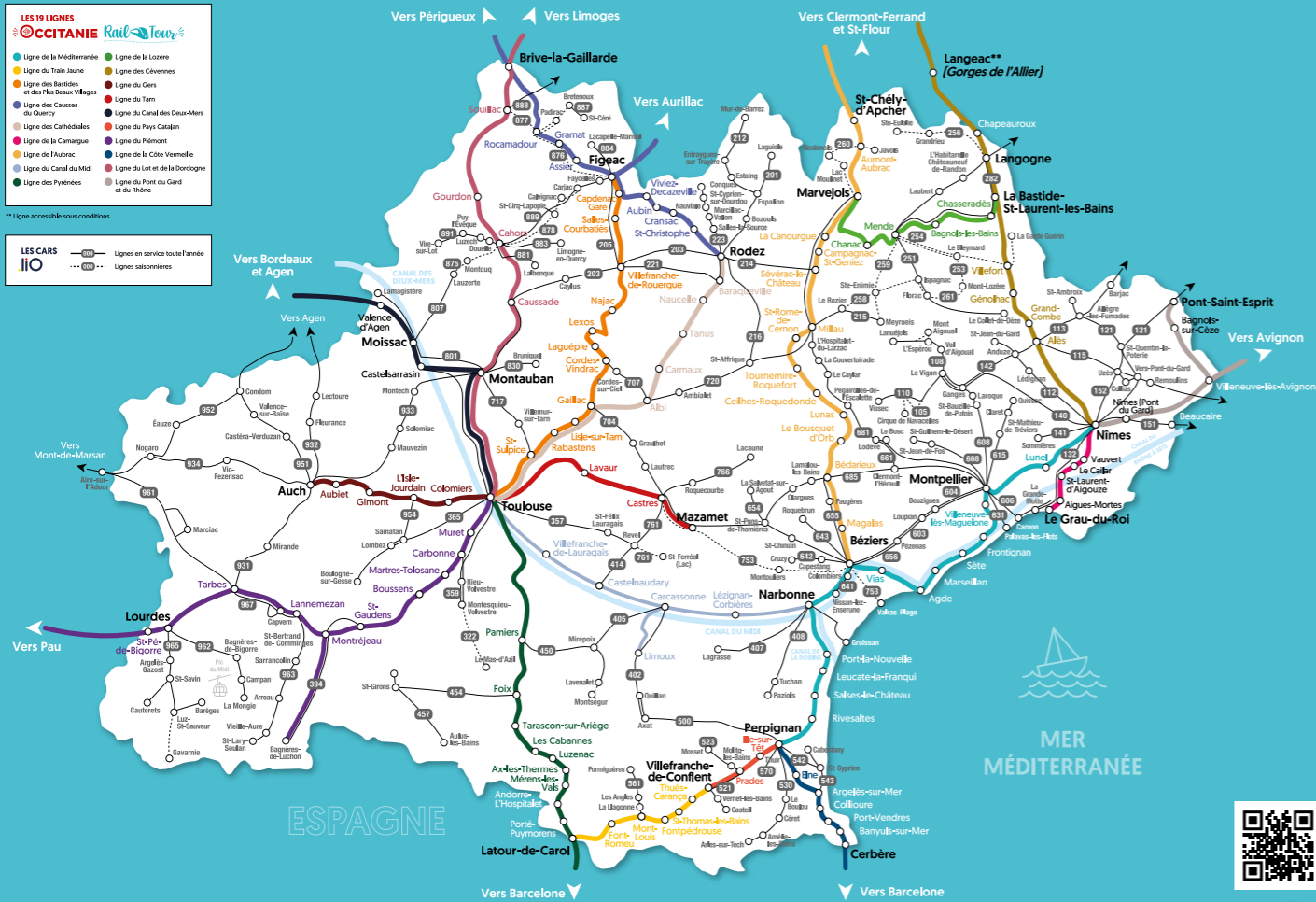
The Dordogne Valley: the River Espérance's gems



- LES 19 LIGNES**
Occitanie Rail Tour
- Ligne de la Méditerranée
 - Ligne de la Lozère
 - Ligne du Train Jaune
 - Ligne des Cévennes
 - Ligne des Bastides et des Plus Beaux Villages
 - Ligne du Gers
 - Ligne des Causses du Quercy
 - Ligne du Canal des Deux-Mers
 - Ligne des Catharales
 - Ligne du Pays Catholain
 - Ligne de la Camargue
 - Ligne de la Côte Vermeille
 - Ligne de l'Aubrac
 - Ligne de la Côte d'Azur
 - Ligne du Lot et de la Dordogne
 - Ligne du Canal du Midi
 - Ligne du Pont du Gard et du Rhône
 - Ligne des Pyrénées

LES CARS
 IIO

— lignes en service toute l'année
 - - - - - lignes saisonnières



The Occitanie Rail Tour is branching out

The Occitanie Rail Tour (ORT), the backbone of the Comité Régional du Tourisme Occitanie's tourism strategy, is branching out to include all the region's bus services (IIO network). Alongside the 19 TER (regional trains) services the ORT already covers, you can now get almost everywhere in Occitanie by public transport at discounted rates. With this in mind, all the activity ideas and trip suggestions in this press pack are doable «car-free» because here, in Occitanie, we want to give you a sustainable experience with low-carbon holidays and eco-friendly services.

Just to remind you, the ORT is a digital pass for unlimited year-round travel on any Occitanie regional train for 10€/day/person with no age restrictions... Top up the pass with just 2€ and you can add the entire regional bus network www.tourisme-occitanie.com/rail-tour



It's all happening in Toulouse and Montpellier

The two biggest cities in Occitanie are pulling out all the stops to create a magnetic hotbed of activity...

Toulouse

LONELY PLANET HAS NAMED TOULOUSE THE BEST CITY DESTINATION TO VISIT IN 2025.

For the first time ever, the Lonely Planet guide has ranked Toulouse as the top city to visit in 2025 in its «Best in Travel» list. According to the travel bible's experts, Toulouse and its art galleries, regenerated industrial sites, countless buzzing cafés, exciting dining scene and boho vibe whether you're on the sun-drenched Garonne riverbanks or strolling along the Canal du Midi, make this «miniature Paris» the place to be! www.toulouse-tourisme.com

THE PINK CITY'S LANDMARK EXHIBITION

December 2025-April 2026

ROY LICHTENSTEIN AND POP ART HEADLINE THE SHOW AT MUSÉE DES ABATTOIRS

In the wake of previous successful exhibitions (Picasso, Nikki de Saint-Phalle, Giacometti), Toulouse's contemporary art museum is putting the spotlight on pop culture in 2025 with a new retrospective celebrating the American artist Roy Lichtenstein, one of the biggest names in pop art alongside Andy Warhol. It's rare to see his work exhibited in France. It's actually only been on show at the Pompidou Centre in 2013 and the Musée Maillol in Paris in 2017. www.lesabattoirs.org

ENJOY MORE, SPEND LESS

THE PASS EXPLORATEURS: AN ADVENTURE FOR SCIENTISTS AND SUPER SAVERS

The budget-friendly «Explorers' Pass» gives the whole family discounted entry to five major science attractions in Toulouse for 5 consecutive days (48€/adult and 35€/child). The pass includes admission to Aeroscopia, Cité de l'Espace, L'Envol des Pionniers, Museum de Toulouse and Quai des Savoires. www.toulouse-tourisme.com



Temporary exhibitions:

AT MUSEUM DE TOULOUSE UNTIL JUNE 29, 2025

»GIANTS«, THE EXHIBITION THAT WILL MAKE YOU FEEL SMALL!

Toulouse's natural history museum takes you on a trip back in time to see another side to our world at this temporary exhibition. Experience a mysterious and fascinating time in the history of our planet as you explore never-before-seen fossils and life-size replicas of gigantic extinct animals.
museum.toulouse-metropole.fr

A L'ENVOI DES PIONNIERS FROM FEBRUARY 15, 2025

«AIR FRANCE, A HIGH-FLYING HISTORY»

to learn all about the history of the airline from 1933 to today.

www.lenvol-des-pionniers.com

Montpellier

A CITY DEVOTED TO SUSTAINABLE TRANSPORT

Montpellier already has four (soon to be five) tram lines and has now set its sights on cycling with a sprawling network of express «véloignes» (235km of cycle lanes). The tram line 1 extension in the 1st trimester of 2025 to Montpellier Sud de France TGV station secures the city's position among the top cities to visit «car-free».

www.montpellier-tourisme.fr



THE LANDMARK EXHIBITION AT THE FABRE MUSEUM

June 27, 2025-January 2026

PIERRE SOULAGES, THE ENCOUNTER

A major Pierre Soulages retrospective is coming to the Fabre Museum in the second half of 2025 to celebrate the incredible donation of twenty pieces by the Aveyron artist who passed away in 2022. It will be the first major exhibition devoted to the «master of outrenoir» in Montpellier. The exhibition covers over 1000m² and will tie into the other temporary and permanent Soulages exhibitions at the Fabre Museum

www.museefabre.fr



Further info

You can also see Pierre Soulages's work at the museum in his hometown, Rodez, and the incredible stained-glass windows he designed at Sainte-Foy Abbey in Conques (Aveyron).

Temporary exhibitions in 2025 at the Soulages Museum in Rodez

<https://musee-soulages-rodez.fr>

Where to stay in Montpellier:

QUIET AND GREEN OPTION

HORIZON RESORT MASSANE, A LUXURIOUS HOTEL RESORT WITH VIEWS OF THE GOLF OF MASSANEE

The Horizon Resort Massane recently opened its eco-friendly establishment in Baillargues outside Montpellier. The 9000m² resort is home to 84 rooms and 39 apartments with unobstructed views of the golf course plus a 700m² spa. The golf course is sustainably managed with measures such as responsible use of water resources and eco-friendly products. Likewise, the spa puts natural products centre stage. Horizon Resort Massane sets a benchmark for ecodesign in the hospitality industry. It provides a premium service and displays a real commitment to sustainability and the environment to inspire visitors and protect natural heritage for future generations

www.horizon-resort.com

www.horizon-resort.com/fr/vision-philosophie.html

A COOL AND LAIDBACK VIBE

CO-LIVING, A FRESH SPIN ON REGULAR HOSPITALITY (HÉRAULT)

Bikube is a new co-living residence opening in spring 2025. Its exciting and inspiring living space reinvents the residential experience and focuses on a sense of community and services. Bikube gives you your own private apartment (1-28 nights) with communal areas and services to share with your floor-mates in a space that has everything you could need: a restaurant, co-working area and a little haven of nature with a fabulous garden and green rooftop in the midst of the urban jungle.

www.bikube.co



Day trips from Toulouse or Montpellier

MONTAUBAN (36 MINUTES FROM TOULOUSE BY TRAIN)

HÔTEL MERCURE HAS REOPENED AFTER A SPECTACULAR RENOVATION (TARN-ET-GARONNE)

A historical monument has been given a new lease of life in Montauban. The former Hôtel du Midi became the Hôtel Mercure a few years ago and reopened in December 2024 after a painstaking 5-year renovation. The iconic 18th century building stands proud in the town centre near the cathedral. One of the new look hotel's highlights is La Brasserie Bourdelle serving seasonal and traditional home cooking beneath a beautiful glass roof.

https://all.accor.com/hotel/2183/index.fr.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps



Further info

Both Ingres the painter and Bourdelle the sculptor were born in Montauban, so it's worth visiting the museum celebrating the two artists whilst you're in town.
<https://museeingresbourdelle.com>.

The streets are bursting with artwork and street art paying tribute to the people behind French masters who continue to influence the new generations making their mark on the town.





ALBI (1 HR 5 MIN FROM TOULOUSE BY TRAIN)

TOULOUSE-LAUTREC, A BILLBOARD PIONEER (TARN)

Musée Toulouse-Lautrec is diving into the fascinating history behind Toulouse-Lautrec's posters from April 29 to August 31, 2025. Henri de Toulouse-Lautrec was praised for his game-changing and striking posters during his lifetime. The pioneer for the modern billboard poster also proved himself to

be a fantastic lithographer. This exhibition puts the spotlight on the specially restored museum's poster collection alongside pieces by other famous poster artists (Jules Chéret, Alfons Mucha etc.).

musee-toulouse-lautrec.com

February 1 - October 5, 2025:

THE LOUVRE MAKES A GUEST APPEARANCE AT THE MUSÉE GOYA IN CASTRES (TARN)

The Louvre is renovating its great Spanish art gallery. During site work in Paris, the Louvre is sending the Castres museum four masterpieces from the Spanish Golden Age that capture the 17th century, including a painting by El Greco and still lifes by Gomes Figueira from Portugal and Melendez and Espinosa from Spain. The four pieces will be unveiled in a new display within the museum's permanent exhibition..

www.museegoya.fr



AUCH (1.5 HR FROM TOULOUSE BY TRAIN)

GRAND TOUR DE L'ASTARAC CYCLING ROUTE (GERS)

A 154km loop to soak up the fabulous heritage in the Pays d'Auch and L'Astarac in 2-5 days. The Grand Tour de l'Astarac cycling route introduces families and keen cyclists alike to a little-known area bursting with incredible natural history and heritage. As you ride along quiet country roads past hillside vineyards and valleys, you'll fall in love with the Impressionist mosaic of local landscapes, little villages and rustic personality. This leisurely route is suitable for road bikes, mountain bikes, gravel bikes and e-MTBs. www.pays-auch.fr/grand-tour-de-lastarac-a-velo/

NÎMES (32 MINUTES FROM MONTPELLIER BY TRAIN)

May 29, 2025 - January 4, 2026

MUSÉE DE LA ROMANITÉ «GAUL YET ROMAN! MASTERPIECES FROM THE NATIONAL ARCHAEOLOGY MUSEUM» (GARD)

Experience the «Gallo-Roman lifestyle» in a land stretching beyond the Narbonnaise, from the Battle of Alesia in 52 BC to 300 AD, a time when Gallo-Roman culture was in full swing. The National Archaeological Museum has loaned its fantastic collections to the exhibition to introduce visitors to Gallo-Romans and their way of life.

<https://museedelaromanite.fr>



THE SOWELL GROUP IS COMING TO NÎMES WITH TWO NEW LUXURY HOTELS (GARD)

The 5* SOWELL COLLECTION establishment welcomes guests to the former Hôtel Dieu. The impressive building in Nîmes was built in 1313 within 500m of the arenas and was previously home to the city's Chamber of Commerce and Industry. It has 66 spacious rooms and suites plus a 150m² spa. The group has also opened a contemporary 4* hotel with a green wall next to the Musée de la Romanité's archaeological grounds. It has an extra 89 rooms and suites.

www.sowell.fr/hotel/grand-hotel-dieu

Further info

Vintage 2CV tour of the episcopal city by night. Jump in La Griotte, a cute 2CV fuelled by Occitanie, on a guided open-top tour through the streets of the UNESCO-listed episcopal city: monuments and historical sites, Sainte Cécile Cathedral, medieval lanes. <https://letacotcathare.fr>



Further info

Touch the skies and wander up the little lanes in the pretty medieval village of Hautpoul where the Cathar spirit lives on. But first, you'll have to cross the dizzying «Passerelle de Mazamet» bridge hanging 70m over the Arnette Valley.



CASTRES (1 HR 15 FROM TOULOUSE BY TRAIN)

SAIL DOWN THE «LITTLE VENICE OF THE TARN»

The Août's wild water drops straight from the Anglès plateau into the episcopal «country town» of Castres, where half-timbered 13th century houses stand on the river's edge. Hop into a kayak or canoe and paddle deep into the «Little Venice of the Tarn» within touching distance of the colourful buildings where tanners once lived. Before you set sail, we should warn you that you're in for a bumpy ride over the old mill's embankment. Hold on tight!

canoe-kayak-castres.fr



WITHIN TOUCHING DISTANCE (ON A LIO BUS FROM NÎMES)

THE PONT DU GARD CELEBRATES ITS 40TH ANNIVERSARY AS A UNESCO SITE

The Pont du Gard is an outstanding ancient landmark that was listed as a UNESCO World Heritage site in 1985 «as a testament to human creative genius». The Pont du Gard, Occitanie's most popular attraction in terms of visitor numbers, will celebrate its 40th anniversary as a UNESCO site in 2025 with a thrilling line-up of events throughout the year.

<https://pontdugard.fr>



BÉZIERS (40 MINUTES FROM MONTPELLIER BY TRAIN)

2025: THE YEAR OF GUSTAVE FAYET IN BÉZIERS (HÉRAULT)

2025 marks 100 years since the death of the Béziers artist and collector Gustave Fayet (1865-1925). His hometown is paying tribute to the little-known figure in the history of modern art with an exciting line-up of cultural events (exhibitions, concerts, conferences) to introduce visitors to the fascinating entrepreneur, winemaker and artist from Béziers.

www.beziers-mediterranee.com



Article suggestion

The Occitanie coast, a new Eldorado for street art



Nature and culture along the Occitanie coast

Occitanie is home to 220 km of sun-drenched coast where pebble or sand beaches are lapped by the Mediterranean with fabulous inland areas to boot! Let's take a look at what's new on the coast, from the Catalan shores to the Camargue Gardoise...

COLLIOURE ELECTED «LE VILLAGE PRÉFÉRÉ DES FRANÇAIS» (PYRÉNÉES-ORIENTALES)

The famous Catalan town of Collioure is known as the Pearl of the Côte Vermeille and has just won the 12th series of «Le village préféré des français», a TV show celebrating France's favourite village. Collioure represented Occitanie and beat 13 other French villages to win the accolade, making it the third in Occitanie to earn the title of «France's favourite village» after Saint-Cirq-Lapopie (Lot) in 2012 and Cordes-sur-Ciel (Tarn) in 2014. It's a great excuse to revisit this chocolate box fishing village that so many Fauvism artists fell in love with in the early 20th century.

www.tourisme-collioure.com

Note on your calendars

«Collioure Capitale» until May 17, 2025 at the Art Museum Modern of Collioure

STREET ART ON THE OCCITANIE COAST : CERBÈRE AN ARTISTIC ADVENTURE TO SEE ANOTHER SIDE TO FRANCE'S SOUTHERNMOST VILLAGE (PYRÉNÉES-ORIENTALES)

Cerbère is the last resort before Spain and the perfect place to enjoy a stroll with outstanding guided tours that blend history and street art. Wander the streets and peruse the modern murals and pop art pieces that have turned this traditional Catalan town into an open-air art gallery. La Distillerie 66 in Torreilles is hosting a digital graffiti workshop on April 23, 2025 as part of the Spring Mar i Munt festival.

www.tourisme-pyrenees-mediterranee.com



ARGELÈS-SUR-MER

May 23 to June 1, 2025

STREET ART HITS THE BEACH WITH THE URB'ART FESTIVAL (PYRÉNÉES-ORIENTALES)

The seafront, old village and port in the famous Catalan seaside town set the scene for street art from May 23 to June 1, 2025. Forty artists will exhibit thought-provoking pieces inspired by the festival's «Mother Earth» theme, exploring the threats to our

ecosystems, biodiversity and ways to protect our environment. Hip hop and breakdancing contests bring a party vibe to the festival line-up.

www.argeles-sur-mer.com

2025 CELEBRATES ART ON THE THAU ARCHIPELAGO (HÉRAULT)

The Thau area puts contemporary art in the spotlight everywhere from Poussan, where the artist André Cervera has designed a heritage trail entitled «Que la fête commence» («Let the Festivities Begin» with 20 steel art installations in public areas), Frontignan where Alain Welter from Luxembourg, João Ribeiro from Portugal and Diavù from Italy have united their epic masterpieces, to Sète, a town that's a street art gallery in itself.

<https://www.archipel-thau.com>



Must-do

JUNE 19 - DECEMBER 31, 2025 AT THE FAYET MUSEUM

Gustave Fayet and Japan is the first ever exhibition exploring Gustave Fayet's love for Far Eastern art and how it affected his life as a collector and artist. The Béziers entrepreneur built an impressive collection of prints, laquerware, textiles and Buddha sculptures between the late 19th and early 20th century that fuelled his passion and art. The exhibition will be held in the manor Gustave Fayet was born in before it was turned into a museum in 1990 and earned the «Maison des Illustres» label in 2019 (the French equivalent of the Blue Plaque in the UK).

www.ville-beziers.fr/culture/musee-fayet
<https://gustavefayet.fr/gustave-fayet/>

Cultivate yourself along the coast

SAINT-GÉNIS-DES-FONTAINES

A VIRTUAL REALITY (VR) EXPERIENCE AT SAINT-GÉNIS-DES-FONTAINES CLOISTER (PYRÉNÉES-ORIENTALES)

Saint-Génis-des-Fontaines Cloister is listed as a Monument Historique and is a must-visit for anyone who loves Romanesque art. Its famous lintel is a medieval sculptural masterpiece that attracts thousands of visitors every year. The cloister is taking visitors on a deeper dive into the landmark with a brand new VR experience in 2025: grab your smartphone and climb to the top of the bell tower to see another side to the cloister and watch the Pyrenees plunge into the Mediterranean for a swim.

www.tourisme-pyrenees-mediterranee.com



family-friendly resource to welcome and inform visitors, as well as promote the outstanding heritage of an ever-changing historical town centre built entirely in black volcanic stone that was once a Greek trading post.

www.capdagde.com

A FRESH SPIN ON THE MEDITERRANEAN COAST IN OCCITANIE

A VINTAGE ADVENTURE EXPLORING ALL THE ROUSSILLON HAS TO OFFER (PYRÉNÉES-ORIENTALES)

Join Sylvain, the founder of Virées d'Albert, and turn back the clock on a legendary Solex (60s moped) to explore the hidden gems in Argelès-sur-Mer and the Roussillon orchards. Make your outing unique and take your pick from the 8 customised Solex bikes. Hop on and let's go!

<https://lesvireesdalbert.com>



surprising natural sparkling lemon drink (lemon wine with 3% alcohol), pomegranate vinegar and Cala de la Mer Blanche (a low-alcohol sparkling drink made by infusing lemon and orange zest).

<https://la-mer-blanche.fr>

UPCYCLING: CAPTAIN'NEO GOES ECO! (PYRÉNÉES-ORIENTALES)

Captain'Neo crafts unique, stylish and functional items such as bags, cases and flasks from second-hand neoprene wetsuits.

<https://captain-neo.com>



AIGUES-MORTES

PREMIUM ORGANIC SPIRITS MADE USING CAMARGUE RICE (GARD)

Maison Fluide has reinvented the family-run distillery with its blend of long-standing expertise and vision to create unique, bold and authentic products. From picking the ingredients to distilling them, every stage locks in the unique aromas of local produce. You can sample the likes of dry gin, vodka and spiced rum from the Oruza range of organic spirits made using Camargue rice

www.maisonfluide.fr

PERPIGNAN

MAKE YOUR OWN PAIR OF PAYOTE ESPADRILLES (PYRÉNÉES-ORIENTALES)

Join an exclusive and intensive 4-hour course run by the famous Payote brand and make your very own Catalan espadrilles. Make memories and take home summer's staple rope and canvas shoes made by your own fair hand. If you're pushed for time, you can buy a kit to make your own espadrilles once you get home.

<https://payote.fr>



Occitanie leads the way in water sports

SAINT-CYPRIEN

SAINT-CYPRIEN, PROUD TO HOST THE 1ST HYDROFOILER CENTRE IN FRANCE (PYRÉNÉES-ORIENTALES)

The hydrofoiler, the world's first hydrofoil bike, replicates the feeling of cycling and surfing on the water. Now you can ride the waves on Saint-Cyprien's home-grown innovation. Join a qualified coach, experience



something new and explore uncharted waters on the world's first bike path at sea!

www.tourisme-saint-cyprien.com

PICK UP KAYAKS AND SUPS 24/7 WITH THE SELF-SERVICE KAYAKOMAT (PYRÉNÉES-ORIENTALES)

Sailing has never been so simple! Kayakomat is revolutionising kayak and SUP hire with its 24/7 self-service terminals. Book online, get your code and head off on an adventure from Plage des Fakirs! The seafront pick-up point is near the Tourist Information and a large car park with 4 SUPs, 4 single seat kayaks and 4 tandem kayaks.

www.kayakomat.com



Holiday souvenir ideas

ARGELÈS-SUR-MER

LIMONCELLO WORTHY OF ITALY AT DOMAINE DE LA MER BLANCHE (PYRÉNÉES-ORIENTALES)

Domaine de la Mer Blanche is a garden of plenty nestled between the sea and Albères mountains, growing all sorts of fruit trees that go into making delicious and original takes on limoncello (citrus peel to make yuzucello, madacello and arancello). It also makes a



AGDE

LA GALERIE DU PATRIMOINE: UNLOCKING GREEK HERITAGE IN AGDE (HÉRAULT)

Agde is famous for its sea resort and heritage, but you may not know that it's 2600 years old. La Galerie du Patrimoine is a new visitor centre that's part of central Agde's Tourist Information. It's an exciting



Gaze at sea creatures on or under the water

ARGELÈS-SUR-MER

MEET THE DOLPHINS ON LE COLIBR'E, A HYBRID ELECTRIC MONOHULL (PYRÉNÉES-ORIENTALES)

What could be more magical than seeing bottle-nose dolphins in their natural habitat? See them without scaring them on an electric boat in the Gulf of Lion Marine Park, a haven for countless dolphins and sea creatures. Le Colibr-e is designed to take care of both visitors and the environment (solar panels, eco-friendly paint, acoustic rubber, soundproofing)

www.kapmer.fr/bateaux/colibr-e



LE GRAU-DU-ROI

DOLPHIN WATCHING OFF THE GARD COAST : A BOOMING ACTIVITY (GARD)

Environmental measures are making a big difference and you're more and more likely to see dolphins and other cetaceans off the coast of Occitanie. Le Providence is a catamaran that's riding the wave of growing demand with dolphin watching boat trips from Le Grau-du-Roi port. Le Providence is in the process of being certified by High Quality Whale Watching and is committed to a sustainability policy to respect sealife.

www.leprovidence.fr

FOR FOODIES

THE CONCHYLITOUR DE L'HÉRAULT, YOUR TICKET TO EXPLORE THE SHELLFISH FARMS ON THE COASTAL LAGOONS

Take the Conchylitour from Marseillan to Bouzigues meet local shellfish producers (oysters, mussels etc.) along the Etang de Thau. 21 shellfish farms (or «mas» as we call them here) are involved in an eco-friendly visitor campaign (e.g. accessible by bike) just like the CEnotour de l'Hérault for wine tourism. Meet the producers then feast on their sumptuous seafood.

www.herault-tourisme.com/fr/leconchyli-tour-de-lherault

The Pyrenees in all their glory

The Pyrenees may be the natural border between France and Spain, but that doesn't stop the area from reinventing itself everywhere from its valleys to its best-known peaks.



TARASCON-SUR-ARIÈGE

PARC DE LA PRÉHISTOIRE'S 30TH ANNIVERSARY (ARIÈGE)

Parc de la Préhistoire is both a visitor attraction and cultural site capturing the prehistoric heritage of the Pyrénées Ariégeoises. It's celebrating its 30th anniversary with special events throughout 2025: treasure hunt, games, retrospective exhibition of the site's history and more to get everybody in the party mood. The highlight is a special edition of Nuit de la Préhistoire on Saturday June 28. The unmissable annual prehistory evening has a whole host of surprises in store!

www.sites-touristiques-ariège.fr

CHÂTEAU DE FOIX

Temporary exhibition

Until November 25, 2025

HEROES & HEROINES PAST AND PRESENT (ARIÈGE)

This landmark exhibition explores how the notion of heroism has change from Antiquity to today. One question comes to mind as visitors learn the daring tales of Hercules, Phoebus, knights and mythological females: what makes a hero or heroine? Alongside a tour of the iconic medieval Château de Foix, a trip to this exhibition is an eye-opening experience for history buffs and pop culture vultures.

www.sites-touristiques-ariège.fr



Article suggestions

Cave art, museums and fossil sites, Occitanie's outstanding prehistoric heritage such as Niaux, Gargas, Lombrives and Mas d'Azil caves.

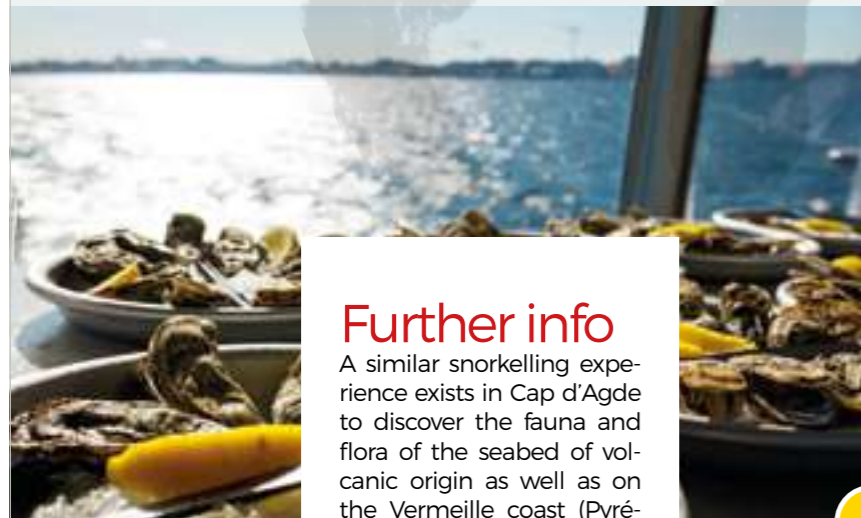
Further info

Château de Foix is always working on improving site access to make it more inclusive. So, from April 2025, a new lift will take visitors to the top of the rock to experience the château «by night», soak up an even more magical atmosphere, enjoy a drink and join an evening tour!

www.sites-touristiques-ariège.fr

New places to stay on or near the water

- **Le Mas du Chemin de la mer** by Roussil'hotels (Elne)
- **La Féérique fairy house at Mas del Flor** (Villemontgoux)
- **Sentinelle du Cap Béar** (Port-Vendres)
- **4* Villa Camille Hôtel & Spa**(Banyuls-sur-Mer)
- **5* Maison Nova boutique hotel** (Collioure)
- **La Maison Gaïa** (Torreilles)



Further info

A similar snorkelling experience exists in Cap d'Agde to discover the fauna and flora of the seabed of volcanic origin as well as on the Vermeille coast (Pyrénées-Orientales), between Cerbère and Banyuls.



LUCHON

YOU CAN NOW TAKE THE TRAIN TO THE «QUEEN OF THE PYRENEES» (HAUTE-GARONNE)

Eleven years after being decommissioned, the railway line between Montréjeau and Luchon is reopening in late spring 2025 to take visitors to the Pyrénées Centrales and village of Bagnères-de-Luchon. A hydrogen train will run five round trips per day by the end of 2025. The idea is to boost spa tourism and open up the mountain to nature lovers (hiking in summer and skiing in winter).

www.pyrenees31.com/en/



Col des Géants. It features anecdotes from top Tour de France cyclists, from the 1st ride on La Grande Boucle in 1910 to the last stage in 2024.

<https://picdumidi.com/fr/billetterie/maison-tourmalet>

STARS IN THEIR EYES!

AN EVENING HIKE UP PIC DU MIDI (HAUTES-PYRÉNÉES)

What could be more magical than visiting the aptly named «vaisseau des étoiles» or «starship» at night-fall? Set off from Col du Tourmalet in the late afternoon to watch the sun set over the peaks. Once you get past the road to Hôtellerie des Laquets, the slope gets steeper, but the summit is still within easy reach. You'll be blown away when you reach the top: it's time to get your picnic out and feast your eyes on the stars. Once you've sated your appetite, take a leisurely walk back in the light of your headlamp or, even better, the light of the moon.

<https://acumpanyat.com>



EVENING ADVENTURES

TOM RAFTING: MOONLIGHT SESSION ON GAVE DE PAU (HAUTES-PYRÉNÉES)

When, and only when, it's a full moon, Tom gets his paddles out and takes budding rafters on a ride down Gave de Pau. Fuel up with regional produce before you set sail at sunset. The magic happens as you glide down the peaceful and quiet river in the light of the moon. Take a short break on the riverbanks to soak up the soothing atmosphere before your outing comes to a happy end.

<https://tomrafting.com/rafting/soiree-pleine-lune-en-rafting>

EVENING HIKES WITH CAMINANDO IN CAUTERETS (HAUTES-PYRÉNÉES)

Join your mountain guide in the sprawling Pyrenees National Park for a hike deep into the night. The darkness brings your senses to life. Your sense of hearing, sight, smell and touch turn up to the max to squeeze every last drop out of the pitch-black setting.

Once you switch off your headlamp, you realise you don't need them. The moonlight is enough. Soak it all up in silence and recharge your inner batteries. This isn't your average outdoor pursuit; it's your chance to really experience the night

www.caminando-pyrenees.com

A buzzing atmosphere

CAUTERETS

A NAP WITH THE BEES (HAUTES-PYRÉNÉES)

The organic apitherapy Ballot-Flurin brand brings guests the chance to sleep with the bees at Le Pavillon des Abeilles. Lie down in rooms above three hives as thousands of bees release their comforting energy. Unwind for almost an hour as you listen to the soothing sounds of busy bees getting on with their work. A unique experience as sweet as honey.

www.ballot-flurin.com/page/nos-chambres



LA MONGIE / COL DU TOURMALET / PIC DU MIDI

AN IMMERSIVE NEW EXPERIENCE AT MAISON DU TOURMALET-PIC DU MIDI (HAUTES-PYRÉNÉES)

Col du Tourmalet is an iconic mountain pass on the Tour de France and its Nox, le voyage dans la nuit film introduces visitors to the Pic du Midi; a 360° immersive journey into the Dark Sky Reserve that conjures up the magic of the night. Alongside the pioneering first film, this year sees Maison du Tourmalet launch a new 30-minute programme called Le



R&R in the Pyreneese

BAGNÈRES-DE-LUCHON

THE PYRENEAN THERMAL SPA COLLECTION IS GETTING BIGGER (HAUTE-GARONNE)

The Pyrenean Mountain range may have a whole host of thermal spas (twenty odd), but there's always room for one more in Bagnères-de-Luchon. The 900m² thermal spa and wellness centre has just opened next to the current steam bath (the only natural hammam in Europe). The cherry on the cake is an outdoor rooftop pool with views of the majestic border peaks. Aaaaand relax!

www.thermes-luchon.fr/ressources-vous





SAINT-LARY - LOUDENVIELLE

SPA NUXE TREATMENTS AREN'T JUST FOR ADULTS, THEY'RE FOR KIDS TOO! (HAUTES-PYRÉNÉES)

Spa Nuxe has launched two treatments so kids can unwind like their grown-ups at both Sensoria and Balnéa in collaboration with Toofruit (a skincare brand for children and teenagers). «Ma douce frimousse» is a skin-quenching facial that locks in vitality. «Mon soin relax» or «mon premier massage» is all about relaxing and building self-esteem through wellness.

www.pyrenees2vallees.com
www.balnea.fr

The Pyrenean hospitality sector continues its upgrade

AX-LES-THERMES

A NEW LEASE OF LIFE FOR CHÂTEAU VILLEMUR (ARIÈGE)

With a new luxury hotel due to open in spring 2025 as part of the Cité Hôtel Group (Hôtel de la Cité in Carcassonne, La Cour des Consuls in Toulouse, Le Viguier du Roy in Figeac etc.), Ax-les-Thermes has a premium establishment that's restored Château Villemur to its former glory as an iconic manor in the quiet high valley town in Ariège. The historical build-



ding is home to four suites and a fine dining restaurant whilst the new eco-friendly building in the château grounds houses 51 rooms.

www.cite-hotels.com/hotels-de-luxe-occitanie

FONT-ROMEU

THE GRAND HÔTEL L'ERMITAGE HAS BEEN RESTORED TO ITS FORMER GLORY (PYRÉNÉES-ORIENTALES)

With its understated yet impressive, subtle yet chic stone walls, slate roof, red shutters and history as a hermitage, you can feel the soul of the 1733 building as soon as you step in. A luxurious vibe, notes of leather and hide, glints of metal, brown, cream and red tones, parquet flooring, soft lighting, cool design and traditional features... The Grand Hôtel l'Ermitage beautifully blends materials and colours to create an exclusive, ultra cosy and wonderfully chic world. The 4* hotel has 44 rooms.

<https://font-romeu.fr>

... and if you like something a bit different:

- L'Insolite des Pyrénées, two domes in the great outdoors in Barrancoueu,
- La Belle Ronde, an ecolodge with views of the Pyrenees in Sénac,
- La cabane de la Courade in Germ-sur-l'Oussouet

Lourdes: more than just a pilgrimage site!

Millions of pilgrims descend on the holy city and gateway to the Pyrenean Mountain valleys.
www.lourdes-infotourisme.com

THE WHOLE WORLD COMES TO LOURDES (HAUTES-PYRÉNÉES)

Lourdes is a real cosmopolitan town with millions of visitors from all over the world coming here every year. It works its magic on the lanes that ooze its unique, kindly and soft atmosphere conjured by the town's history as a «Cité de la Fraternité» (town of brotherhood) welcoming the entire world. Proud pilgrims flock to the town's major events such as the International Military Pilgrimage (May 16-18, 2025), Motorcyclist Pilgrimage (June 14-15 2025) with riders showing off their motorbikes, plus the Gardian Pilgrimage with local cowboys on horseback in traditional outfits (October 24-26, 2025)



INTRODUCING «PYRÉNÉISME» (HAUTES-PYRÉNÉES)

The Alps have «Alpinisme» and the Pyrenees have «Pyrénéisme», a mountaineering and literary movement capturing a mountain philosophy made famous by 19th century romantic authors. The Grand Site d'Occitanie that is Lourdes is a gateway to the magnificent Pyrenees: from Pic du Midi and Cirque de Gavarnie to the legendary Col du Tourmalet. There are countless vistas on-site such as Pic du Jer and the fortress home to the Pyrenean Museum which sheds light on the mountains' history, culture and what inspired the mountaineers who explored them.



Our favourite things to do in Lourdes:

- join a torchlight procession to the sanctuary
- scale Pic du Jer on board one of the oldest cable cars in France
- learn about local traditions at the incredible Château de Lourdes
- sample regional delicacies (Noir de Bigorre ham, Madiran wine, sheep's milk cheese, spit cake etc.) every day at the market hall
- cycle through a stunning valley dotted with traditional mountain villages on the Voie Verte des Gaves greenway





Where to stay in Lourdes

Lourdes has the 2nd biggest hotel capacity in France (after Paris) with a whole host of accommodation options to suit every budget, from no-frills to 5* luxury, such as the premium Hôtel Belfry & Spa by Ligne Saint Barth).

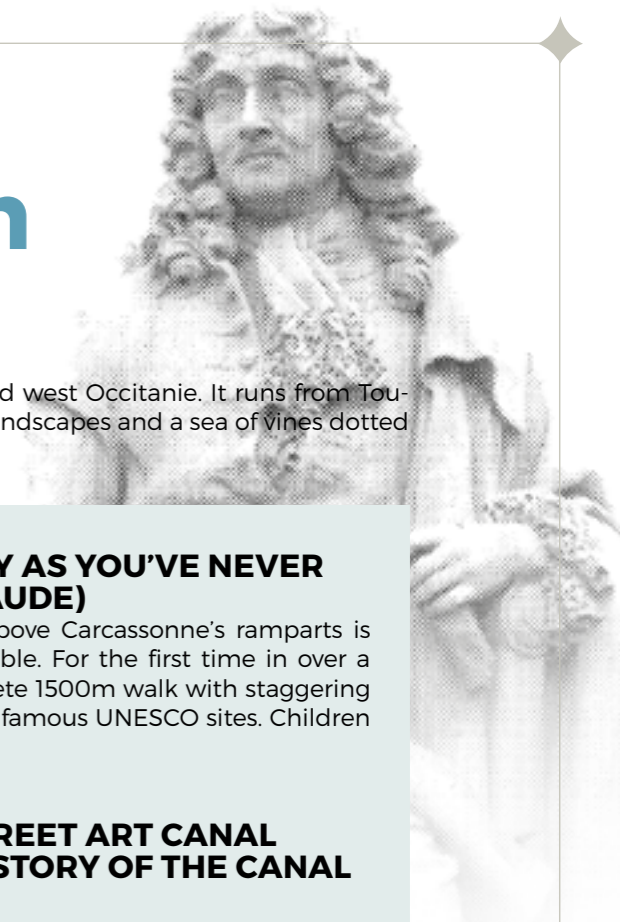
IF YOU'RE LOOKING FOR SOMETHING DIFFERENT, HEAD TO: LES SEPT MONTAGNES, CABANES ET SPAS: YOUR TICKET FOR A WORLD TOUR (HAUTES-PYRÉNÉES)

Les Sept Montagnes takes you away from it all in the great outdoors with its treehouses and hot tubs sitting on stilts. Every hut is themed around a different continent with its own hot tub and large terrace. The Japanese «Le Mont Fuji», Scandi «Le Cap Nord», Native American «Le McKinley» and up close to the stars, «Le Mont Perdu», a lodge with a Pyrenean soul. www.cabanes-pyrenees.fr



Go with the flow on the Canal du Midi

The Canal du Midi's long green channel bridges the gap between east and west Occitanie. It runs from Toulouse to the Mediterranean through lovely and unspoilt towns, protected landscapes and a sea of vines dotted with olive groves.



THE FORTIFIED CITY AS YOU'VE NEVER SEEN IT BEFORE! (AUDE)

The medieval city's wall walk above Carcassonne's ramparts is now entirely secure and accessible. For the first time in over a century, you can go on a complete 1500m walk with staggering views of one of Occitanie's most famous UNESCO sites. Children and grown-ups will love it!

www.remparts-carcassonne.fr

EUROP'ODYSSÉE, A STREET ART CANAL BOAT SHARING THE HISTORY OF THE CANAL DU MIDI (AUDE)

Europ'Odyssee is moored at Carcassonne river-port and its eye-catching hull, customised by French street art pioneer Speedy Graphito in 1992, brightens up the banks of the Canal du Midi. The barge was built in 1931 and has been on countless adventures, sailing as far as Russia and through 9 European countries. It's now an interactive museum taking visitors on a deep sensory dive into the Canal du Midi... without leaving the port. Visitors can uncover the fabulous story behind the Canal du Midi and how it's changed over the centuries.

www.tourisme-carcassonne.fr/activite-loisir/peniche-europodyssee



Did you know?
Carcassonne appears twice on the UNESCO World Heritage list for its fortified medieval city and Canal du Midi.

**LES CAMMAZES
E-SCOOTER RIDES ALONG THE RIQUET**

Hop on your e-scooter for a leisurely ride along the stream that runs into the Canal du Midi under the Voûte Vauban (also known as Tunnel des Cammazes), then the picture-perfect Lac de Saint-Ferréol and its romantic English garden full of century-old Douglas firs. Join your guide on a breathtaking outing soaking up history and nature deep in the Montagne Noire as you get to know Pierre-Paul Riquet, the ingenious engineer behind the Canal du Midi. basedeloisirs-revel.com



Perfect places to stay near the Canal du Midi

LA VILLA REY IN BÉZIERS (HÉRAULT)

Natacha and Olivier Marguerat took on a real challenge in February 2022 when they began renovating La Villa Rey, an outstanding heritage site in Béziers. Fast forward two and a half years and they're about to open Arlett, a vintage bike café with three guest rooms approved as bike-friendly by Accueil Vélo. A lovely new address for anyone cycling on the Canal du Midi!

www.agence-vga.com/projet/arlett

**Not forgetting:
LE DOMAINE DE CAMBOYER**
in Montferrand

LE DOMAINE DE LANIS
in Castelnaudary

Aubrac, Gorges du Tarn, Cévennes & Margeride: unspoilt destinations with strong personality

Their names spark your imagination and give you a slice of the real France in unspoilt landscapes.

The ultimate outdoor holiday destinations



EXCLUSIVE ACCESS TO THE CÉVENNES MOUNTAIN PASSES FOR CYCLISTS

(8 dates between May and August). Two mountain passes have joined Col de la Lusette and are closed to vehicular traffic on certain dates in the Sud Cévennes. Col du Lac runs along the top of Sumène to the Cézas priory with stunning views of the Rieutord and Recodier valleys; the ride up to Col du Minier from Le Vigan takes you to L'Espérou, then Col de la Serreyrède and the highest point in the Cévennes: Mont Aigoual (1567m).

www.sudcevennes.com

LE VIGAN

THE CEVEN'TRAIL IS PLAYING WITH THE BIG BOYS NOW IT HAS THE «1/2 KM VERTICAL DE LA TOUREILLE»! (GARD)

The Le Vigan Ceven'trail has just unveiled three new routes including the fearsome «1/2 km vertical de Toureilles» (vertical 1/2km) and a steep 2.2km trail almost to the top of Serre de la Toureille, one of the highest points in the Pays Viganais (1253m altitude).

www.ceventrail.org



A WOODLAND ADVENTURE WITH A BEAT (GARD)

Dive into woodland wellness and happiness as you soak up Mother Nature: a mindful walk to the beat of the drum, a sensory forest therapy session to connect with the trees and awaken your senses on a day that ends in a circle where you can all share your feelings. The vast Cévennes forest helps reduce your stress levels and improve your mood as you enjoy its peaceful setting away from the hustle and bustle, take a deep breath of fresh air, listen to the birds sing and use all five senses.

www.cevennes-tourisme.fr

CRAFTS & KNOW-HOW

LAGUIOLE KNIVES ARE FINALLY PROTECTED BY AN IG GEOGRAPHICAL INDICATION (AVEYRON)

The «Couteau de Laguiole» IG Geographical Indication has just come into force to the delight of knife makers in the Aveyron area. It covers the knives' homeland and name of the town, celebrating centuries of expertise and creativity. It's recognition of an iconic knife from the Aubrac area alongside another local star: AOP Laguiole cheese. It's the first industrial and artisan geographic indication in the Aveyron département. There are lots of knife workshops open to visitors in Laguiole.

www.tourisme-en-aubrac.com

AUBRAC, ITS HEATHS, ITS COWS... AND ITS VINEYARDS! (AVEYRON)

Domaine de Méjanessere stands on a hillside Gallo-Roman and Merovingian site overlooking the Lot Valley between Conques and Laguiole. Once upon a time in this magical place, Nina and Thibéry began expanding the family winery. They wanted to stay true to the surrounding nature and make a wine with personality in Aubrac Regional Nature Park.

www.domaine-de-mejanessere.fr

A night to remember:

Sleep in a vintage caravan at Camping du Vagabond (Florac)

Did you know?

Lozère is now a winemaking land with three new vineyards involved in wine tourism: Le Clos de la Rouvière in Molezon, Domaine des Audacieuses in Cévennes and Entre-Deux-Terres in Les Vignes in the Gorges du Tarn.

The Dordogne Valley: the River Espérance's gems

Espérance means «hope» and the Dordogne's nickname brings to mind peace, fantasy and wonder. It's also home to a whole host of villages listed among «Les Plus Beaux Villages de France», so it really does have everything you could wish for...

LACAVE

CHÂTEAU DE LA TREYNE, THE LOT'S 1ST 5* HOTEL: A UNIQUE VIEW OF THE DORDOGNE (LOT)

Lucky guests can feast their eyes on spectacular views of the Dordogne Valley from the stylish Château de la Treyne's round tower and pale walls. The Relais & Châteaux hotel was awarded its fifth star a few weeks ago. Château de la Treyne is a magical place where 800 years of history and age-old stone meet luxury hospitality and an eco-friendly vision.

www.chateaudelatreyne.com

GRAMAT

HORSE-DRAWN CARRIAGE RIDES IN THE CAUSSES DU QUERCY WITH NOMADES DES TERRES (LOT)

A horse-drawn carriage holiday is your ticket to adventure in the Lot region. Unleash your inner nomad in a small group (up to 10 ppl) on a leisurely horse ride in the sunshine. Slow down, savour the moment, reconnect with nature and build new bonds. Just picture yourself riding in a carriage, camping under the stars, listening to soul-stirring tales by the fire and soaking up the nomadic lifestyle in inspiring company. Are you ready to experience something unique?

<https://nomadesdesterres.org>





VAYRAC

A BANQUET WORTHY OF THE GAULS (LOT)

Step into a time machine with the Banquet Gaulois, an immersive and social evening that takes you back to the age of the Gauls. Craftsmen trained by archaeologists' stage authentic demonstrations of bygone trades from 18.30. Whilst the kids have fun playing giant games and meeting Gaul animals, you can mingle over drinks at 8pm and listen to the fascinating story behind the Battle of Uxellodunum. A classic Gaul banquet is served at 20.30 with show-stopping performances and epic battles. Your deep dive into Gaul culture ends at 23.30. An unforgettable experience to enjoy with family or friends!
www.saveursduxellodunum.fr



**THÉGRA (11KM FROM ROCAMADOUR STATION)
 RIDE THROUGH THE DORDOGNE VALLEY IN A VINTAGE PEUGEOT 203 FROM 1954! (LOT)**

Hop in Célestine, a vintage Peugeot 203 from 1954, for a drive around the Dordogne Valley. Join a private guided tour visiting unspoilt villages and fabulous châteaux. A unique experience to soak up the Lot landscapes and explore into the history of the region. They can even pick you up at Rocamadour train station, take you around the iconic sites then drop you off at your hotel in the Dordogne Valley. Join Mémé en Vadrouille on a trip back in time and give your holiday a retro vibe!
www.memeenvadrouille.com/promenades-insolites



CAMPAGNES & MOBYLETTES: THE PERFECT SLOW TOURISM COMBO FOR EXPLORING THE SOUTH-WEST (HAUTE-GARONNE)

Travel back to the 80s with Campagnes & Mobylettes on retro refurbished mopeds and prepare for a unique adventure through the pretty Gers countryside, Tarn vineyards and sunflower fields in the Garonne Valley. Every ride turns back the clock. There's something for everyone: nostalgia for the older generations and something new for the younger generations.
<https://campagnesetmobylettes.com>



Valley and gives walkers fabulous views of the medieval town. As you stroll past a former railway track, water mills and beautiful 19th century farms, you may bump into herons, foxes and squirrels if you're lucky... and quiet.
randopleinenature.tarn.fr

PUYLAUSIC

VAN LIFE IN GASCONY (GERS)

Van Life is a lifestyle that frees you from your usual routine as you travel your way. Forget about time constraints and bookings: it's just you and the road. Travel through the unspoilt Gers countryside, explore its pretty villages, camp in an untamed natural setting, try something new, embrace change and unleash your inner adventurer!
<https://peripleenvan.fr/>



... and also in the Albigensian Bastides with occitaniecombi (in a Volkswagen Combi)

LAUTREC

AN E-SOLEX RIDE THROUGH THE VINEYARDS OR PINK GARLIC PATH (TARN)

First came the Solex, then came the electric Solex! The French have a special place in their hearts for the iconic bike and it's been given an e-makeover to take riders on bigger adventures... without a sound or emissions. Flexible, original and nimble: the retro motor with modern technology is an easy and relaxing way to visit everything from the pretty bastides of Lisle-sur-Tarn or Rabastens, Gaillac vineyards, picture-perfect villages and heritage sites including Lautrec, famous for its pink garlic.
[@lmjconcept](http://roulerretroecolo.fr)



THE GR DE PAYS DE L'ARMAGNAC HIKING TRAIL COVERING THE ENTIRE AREA IS OPENING IN SPRING (GERS)

Take 346km of hiking through Gers, squeeze in some wine tourism sites, add a handful of unmissable heritage and what do you get? The GR de Pays d'Armagnac hiking trail! The GR de Pays d'Armagnac covers 346km with three themed loops (3-6 days) that you can put together your way. The GR trail is suitable for hikers, cyclists and horse riders.
www.armagnac-dartagnan.com

Our favourite hike

CORDES-SUR-CIEL

THE CHEMIN DU GRAIN DE SEL: THE CORDES-SUR-CIEL PATH THAT'S WORTH IT'S SALT! (TARN)

Cordes-sur-Ciel is a tourist hotspot in Occitanie and listed as one of the «Plus Beaux Villages de France». The Chemin du Grain de Sel or «salt path» is the best way to soak up its timeless beauty and nature away from the crowds: the path runs along the Cérou

Slow tourism and lifestyle in Occitanie: what sets the South-West apart

We love taking our time and living in the moment here among the plains, valleys and hills in the Garonne basin. Explore the countryside on foot, on a paddle board, in a van or a moped, mingle with the locals and soak up the local lifestyle.

From June 27 to July 1, 2025

1ST EVER GRANDE TRAVERSÉE DE HAUTE-GARONNE JUNE 27-JULY 1, 2025 (HAUTE-GARONNE)

The Haute-Garonne is pulling out all the stops when it comes to outdoor pursuits with a brand new route covering the entire département in 5 days and 10 sports: test out your calves (hiking, trail running or

MTB) or arms (canoeing, kayaking or SUP on the Garonne) underground (caving), on the cliffs (climbing), at a laser biathlon, archery contest or orienteering course! Prepare for an amazing team adventure exploring an unspoilt land full of surprises from the source of the Canal du Midi (Lac de Saint-Ferréol) to the all-season Mourtis resort.
www.hautegaronnetourisme.com/gthg





CULTURE IN THE COUNTRYSIDE
From June 2025

«D'ARTAGNAN, GASCONY HERO: FACT AND FICTION» EXHIBITION AT CHÂTEAU DE LAVARDENS (GERS)

The landmark exhibition at Château de Lavardens, an icon of medieval defensive architecture in Gascony, explores the life and career of one of the most famous musketeers: Charles de Batz de Castelmore aka D'Artagnan from the nearby Gers village of Lupiac. Whether you know him from literature, cinema or history, we can all agree that D'Artagnan is a French cultural icon. The major exhibition plays host to archives from the SHD (Defence Historical Service), cinema and popular culture gems with tributes and cartoons to name but a few.

<https://chateaulavardens.fr>

A slice of Provence in the South West

AUVILLAR ORGANIC OLIVE OIL AND WINE AT DOMAINE DE THERMES (TARN-ET-GARONNE)

The AOP Brulhois area is full of surprises, including the olive grove at Domaine de Thermes! Their new artisan olive oil, Arbolan, was first harvested in late summer 2023. It blends varieties from ancient olive trees (Arbequina, Olivière and Bouteillan) to make

exclusive, premium 100% Tarn-et-Garonne olive oil to buy on-site alongside the organic wine that's also made here.
domainedethermes.fr

GASQUES LES LAVANDES DE FLORENCE (TARN-ET-GARONNE)

Florence began renovating a small farm in Gasque in 2017 for her and her husband, Robert, to grow lavender in the Séoune Valley. Their farm has been officially organic since 2021. They make essential oils and hydrolates from their 7000 lavender, fine lavender and angustifolia plants.
leslavanDESdeflorence.fr

Make a holiday of it:

- our favourite traditional or unique places to stay in the countryside
- **Le Hameau de Pallanne** (luxury 5* cottages and villas) 5 minutes from Marciac.
- **Via Dôma's geodesic domes** in Albias.
- **L'Orée des Bois**, with views of Lauzerte, one of the «Plus Beaux Villages de France»
- **A taste of the exotic at Crépuscule** in Montpezat-de-Quercy.
- **Let the water rock you to sleep on the Gemjo barge** in Castelsarrasin

A countryside with more than meets the eye

The Occitanie countryside is heaven for outdoor pursuits and jam-packed with cultural events and crafts.



Welcome to thrill-seeking heaven!

BUNGEE JUMPING FROM A FORMER RAILWAY TRACK (AVEYRON)

Saut Élastique Rodez has just launched its thrilling activity on the Espalion-Bertholène railway track. Adrenaline junkies can take a leap of faith from one of the former railway bridges and dive 40m off Viaduc du Plô with the lush and leafy valley in the background. Thrills guaranteed. Available every Sunday in July and August (one Sunday a month outside summer). Booking required.
<https://sautalelastiquerodez.com>



LE VIALA-DU-TARN RIDE THE TARN VALLEY ON AN ELECTRIC SURFBOARD (AVEYRON)

Le Héron des Raspes rents out efoils (electric surfboards) to give you a unique experience in a secret spot in the Tarn Valley downstream from Millau: Les Raspes du Tarn. An efoil or electric surfboard ride gives you an amazing sense of freedom. It's like you are flying above the water.
www.herondesraspes.fr/fr-fr/location-efoil-sur-le-tarn
<https://www.herondesraspes.fr/en-gb/>



*MTB - mountain bike, VTAE - electrically assisted mountain bike

GRAVEL RIDERS CAN NOW HIT THE GRANDE TRAVERSÉE DU MASSIF CENTRAL (GTMC) (LOZÈRE, GARD, AVEYRON, HÉRAULT)

Lozère is home to as many as 230km of the GTMC, spanning a total of 1380km from Morvan to the Mediterranean. The route was originally designed for MTB (mountain bike) and e-MTB riders but now gravel riders can give it a go. Gravel bikes are suitable for both on and off-road. Keen cyclists can explore our fabulous bike paths and our great main roads!
www.la-gtmc.com

Culture, Food & Drink

ROQUEFORT-SUR-SOULZON

THE CENTENARY OF AOP ROQUEFORT, THE «KING OF CHEESE» (AVEYRON)

The most famous sheep milk cheese in France has been tickling people's tastebuds since time immemorial. 2025 celebrates 100 years of the cheese's AOP (Protected Designation of Origin) with events and festivals to put the spotlight on everyone involved in Roquefort. Just take the centenary celebrations in Roquefort-sur-Soulzon on June 7 and 8, 2025 for the third Roquefort-en-Fête: cookery activities and



shows, exhibitions, cellar tours, concerts, children's activities, themed walks and musical fireworks displays are all on the agenda.
<https://roquefort-en-fete.fr>

CRANSAC-LES-THERMES

LAND ART IN THE MIDDLE OF THE FOREST BY LPVDA, A RENOWNED SWISS ARTIST (AVEYRON)

Take a leisurely stroll from Cransac-les-Thermes train station to the spa, where your artistic walk takes you deep into the Forêt de la Vaysse on a 5km loop. 7 artworks are dotted around the forest to give you an insight into the unique world of LVPDA, the Swiss artist behind «street sanding»: using a sander to make art on wood (recycled shutters in this case).
www.tourisme-paysdecavezillois.fr



Meet the locals

MAS SAINT-CHÉLY

KNIVES OF STEEL: SOPHIE FAURÉ'S KNIFE STUDIO AND FORGE (LOT)

Sophie Fauré is a blacksmith and cutler who makes blades of such incredible finesse and quality that Michelin-starred chefs including Alain Ducasse can't go without them. Her journey led her to Causse Méjean where she set up her studio. Every knife is a work of art with handles made from antlers and blades in Damascus steel. The unique pieces she makes at her forge are a fusion between art, tradition and innovation.
www.latelierboisdesophie.wordpress.com

TOUR DE FAURE

TAKE CARE OF THE PLANET WITH POTTERY BELLA TERRA: AN OYAS POTTERY COLLECTIVE (LOT)

The pottery collective is based on the outskirts of Saint-Cirq Lapopie in the Lot Valley. They primarily craft oyas, porous ceramic pots that help water plants whether you bury in the ground or use them as planters. Given the importance of water management for the planet, this is an innovative and original gift idea that will make a real difference.
www.bellaterra.fr

FIGEAC

EXPLORE THE WORLD OF WOOL ON THE «CHEMIN DE LA DRAILLE» (LOT)

«La Draille» is the path flocks of sheep use to go up to pasture in season. It's also the name of a local collective of 16 sheep farmers who want to give wool the respect it deserves. It all began with a sad realisation: wool is usually a waste item for farmers and impossible to sell on. La Draille wants to revive the wool business. The collective's shop sells hats, jumpers, cool bags and balls of wool made from often local but always French wool. Workshops are next on the agenda. To be continued...
www.tourisme-figeac.com



Our favourite places to stay in Quercy

- Les lodges du Quercy : boho industrial lodges in Saint-Cerni,
- Unwind in the great outdoors at Domaine Quercus in Sénailiac Lauzès



With Toulouse and Montpellier as main cities, Occitanie occupies a large part of the southwest of France. It is very accessible by train, on the axis Paris, Bordeaux, Montpellier and Barcelona. Also accessible by numerous routes motorways and it benefits from air services national and international daily. More information on visit-occitanie.com



- UNESCO sites and buildings registered under the Way of St James of Compostela
- Way of St James of Compostela
- Great Sites of France
- Great Sites of Occitania
- Thermal Spas
- Ski resorts
- Sea resorts

