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> **Journalistes :**

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Henriette Rydberg
La France : <https://lafrance.nu>
Guide de voyage-culinaire : <https://online.fliphtml5.com/vofzm/swjc/#p=6>

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

Share your stay in Occitanie with **#VisitezToulouse #TourismeGers #LotTourisme #VoyageOccitanie #AudeTourisme** and follow us on Instagram:

@VoyageOccitanie - <https://www.instagram.com/voyageoccitanie/>
@VisitezToulouse - <https://www.instagram.com/visitezoulouse/>
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Press trip

Finn Rasten & Henriette Rydberg
24 - 29 March, 2025
Local produce and excellent know-how

Monday 24 mars - Gers

06h55 Take off from Copenhagen to Toulouse on Brussels Airlines flight via Brussels

11h25 Arrival in Toulouse

12h30 Pick up rental car at the AVIS desk at the airport

- *Do not forget the AVIS rental voucher sent by e-mail otherwise you will have to advance the rental fee yourself.*

- *You do not need to refuel at the end of the rental period, which is taken care of by the Occitanie Regional Tourism and Leisure Board.*

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

Drive to Lupiac: **115 km - 1h30**

14h **Visit of Lupiac** with Alina Goebel, guide of the Tourist Office Armagnac d'Artagnan and Musée d'Artagnan, and Jacques Lapart, historian and President of the Gers archaeological society (he also presented a conference on the Arts de la Table in Gascony at the time of d'Artagnan).

Meeting in front of the statue of d'Artagnan / www.armagnac-dartagnan.com

17 km – 20 min

Discovery of Bassoues, a typical bastide village and its medieval keep, with Alina and Jacques Lapart, to evoke the history of medieval villages.

23 km – 25 min

17h Meeting with the **chief Thomas Grateloup**, in the restaurant “**Le XX - Bar à manger**” and discovery of traditional Gers recipes (garbure and millas). Diner.

7 Rue Henri Roujeon, 32190 Vic-Fezensac - <https://lexxbaramanger.fr>

7km – 10 min

Overnight in the **Lassenat Eco-maison d'hôtes** (B&B)

Lieu-dit Lassenat, D35, 32190 Justian - www.lassenat-ecomaisondhotes.fr

Mardi 25 mars - Cahors

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07h30 Départ pour Cahors – 145 km - 2h20
Departure for the Lot (2h30 drive from Lupiac)

Arrival in Cahors and check-in at the guesthouse La Bellours (*they have a parking space for the car*)

A charming guesthouse dating back to 1886, fully renovated in 2023, La Bellours welcomes you in the heart of Cahors. A rare find in the city center, it offers an outdoor pool, private parking, and air-conditioned rooms. On sunny days, enjoy your breakfast on the balcony terrace.

Grégory and Eve extend a warm welcome to you. Eve also invites you to relax at her beauty institute.

La Bellours

63 Rue Hautesperre - 46000 Cahors - <https://labellours.fr>

Lunch at Chez Bonnie

A beautiful adventure led by Marc and Amandine, both passionate about the restaurant industry. Charlotte and Rodolphe offer you a warm setting, fine wines, and instinctive cuisine. Every dish is **100% homemade**—slow-cooked, gratinated, sizzling—savor the moment!

Contact: 27 Place Chapou – <https://www.bonnierestaurant.fr/>

14h Meeting at the Cahors Tourist Office with Léa Tournier for a guided tour of Cahors

Amidst the majestic landscape of the Lot Valley, where the river traces one of its most beautiful meanders, **Cahors is truly a City of Art and History!** From the **Pont Valentré** to **Saint-Étienne Cathedral**, passing by the market square and the terraces of **Boulevard Gambetta**, the first city of the Lot combines a **southern ambiance, historical wealth, and gourmet delights.**

Contact: Cahors / Vallée du Lot Tourist Office – www.cahorsvalleedulot.com

17h Meeting with Julien Poisot from the restaurant Chez Suzanne in Cahors Discover a traditional recipe from Cahors or the Lot region.

Facing the majestic Pont Valentré, Chez Suzanne is an invitation to an authentic and warm culinary experience. Created by the passionate duo Julien Poisot and Justine Basin, former chefs of the prestigious Château de Mercuès, this restaurant offers generous, heartfelt cuisine that celebrates local products from the Lot region. Their culinary approach, known as "cuisine from the heart," evolves with the seasons and fresh produce, guaranteeing authentic and flavorful dishes.

Contact : *Chez Suzanne - 32 avenue André Breton*

Dinner at the restaurant Chez Suzanne

Overnight stay at the guesthouse La Bellours in Cahors

Mercredi 26 mars - Toulouse

08h Drive from Cahors to Toulouse – 112 km – 1h25

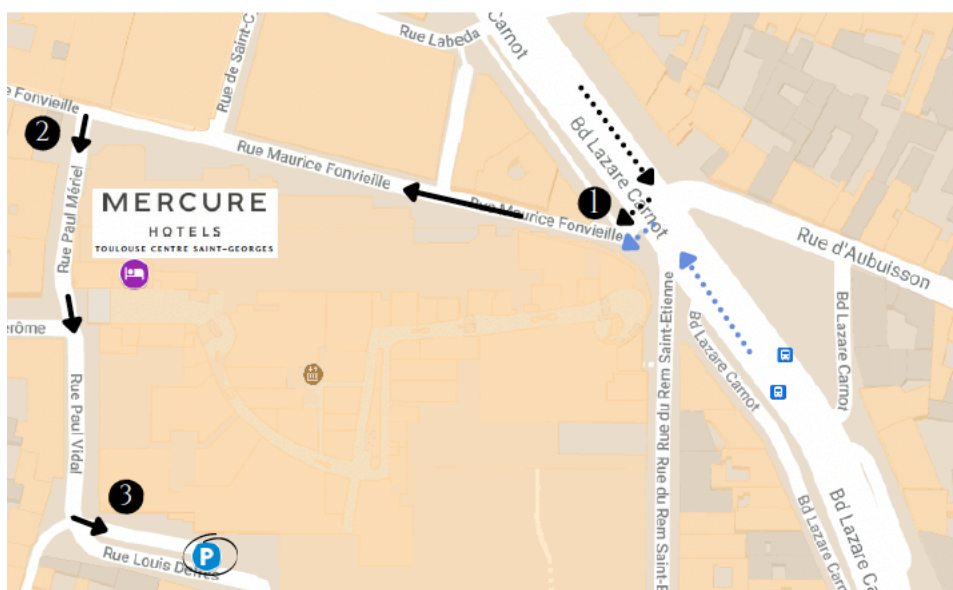
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09h30 Drop of the car and luggage at the hotel Mercure Saint-Georges****

GPS to access the car park: 1 rue Paul Mériel 31000 Toulouse

Take the street on to Paul Meriel, continue straight to the end of the street then turn left to enter the Saint-Georges parking lot, before heading to the parking lot you can stop in front of the hotel to leave your luggage. At the entrance of the parking, take the left path (red arrow) and follow the signs Mercure hotel, after the entrance, go straight and at the sign turn left and go down to level 3. Follow the Mercure hotel signs to rows D and E for parking. Do not park in private spaces. Once parked, follow the exit sight to Mercure hotel/ Centre ville. You will arrive in front of this entrance, open the door. Take the elevator and press the floor number 2. Turn right and you will find the second entrance of the hotel.

NB ! t check-out, ask for the parking ticket to leave it free of charge



10h Meeting in Place Wilson, 5 minutes away from the hotel. Find the girl with the basket for a Victor Hugo Market Food tour by **Taste of Toulouse** www.tasteoftoulouse.com/
Tour + lunch at the end included for 2, you will be integrated in a small group, so please don't be late

This Victor Hugo Market food tour is an experience not to be missed, blending a hands-on lesson in French market shopping with a chance to sample the exquisite tastes of one of France's great food regions! Victor Hugo market is no less than France's eldest covered market.

13h30 End of the tour, free time

15h Meeting in front of Toulouse tourist office, Square de Gaulle, with your guide Elena for an English-guided tour around Toulouse main monuments (a Spanish-journalist will join you as well).

17h End of the tour, free time

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Free dinner - Tips: head to the busy rue des Blanchers with loads of restaurants or to the Saint-Georges square (restaurant Emile, the best cassoulet in town), next to the hotel.

Night in Toulouse

Jeudi 27 mars - Castelnaudary

Departure for Castelnaudary: **60 km - 50 minutes**

10h30 Meeting with Anca (Castelnaudary Tourism Board of Castelnaudary) for à discovery of the **Not Frères pottery** - 1851 Route de Labastide, 11400 Mas-Saintes-Puelles - <https://lapoterienot.fr>

12h30 Lunch at Restaurant du Centre

14h00 after lunch: meeting with chef Laurent Creus Mutal who proposes the authentic Cassoulet of Castelnaudary
31 cours de la République - 11400 CASTELNAUDARY

After meeting with the chief
Meeting at Castelnaudary Office for Discovery of Castelnaudary with Olivier

Overnight and dinner at **Hôtel de France**
2 Av. Frédéric Mistral, 11400 CASTELNAUDARY

Vendredi 28 mars - Carcassonne

09h Departure for Carcassonne - **43 km - 40 minutes**

10h Installation à l'**Hôtel du Pont Vieux**
32 rue Trivalle, 11000 CARCASSONNE - www.hotelpontvieux.com/

10h30 Meeting with Sarah from the tourism Board of Carcassonne
Porte Narbonnaise, Cité de Carcassonne 11000 CARCASSONNE
Visit of the medieval castle

Lunch at **Comte Roger Restaurant** with Sarah
14 Rue Saint-Louis, 11000 Carcassonne

Free time

19h30-45
Dîner Restaurant **Adélaïde**
Cité de Carcassonne

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Samedi 29 mars

Morning

Free time

Drive to the airport Toulouse Blagnac: **104 KM – 1h10**

Leave the car at the AVIS desk at the airport

Check in for Copenhagen on Lufthansa flight LH1095

13h25 Take off from Toulouse to Copenhagen on Lufthansa flight LH1095 via Frankfurt

We hope you enjoyed your stay!

This press trip was organised by the Occitanie Regional Tourism Board and its partners. Please mention our websites in your future articles:

Destination Occitanie : www.voyage-occitanie.com

Gers Tourisme : www.tourisme-gers.com

Lot Tourisme : www.tourisme-lot.com

Toulouse Tourisme : www.toulouse-visit.com

Aude Tourisme : www.audetourisme.com/fr

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