

## Suisse / Blick

Toulouse cœur du sud-ouest

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Name of the journalist : Christiane Neubauer (+ her husband – Costs covered by the journalist)

Double Room

Languages : german, english

Theme of her article: Toulouse, heart of the South-West

Media : Blick – Print run 69.414 copies - CVP: 19.300 CHF/ page - distributed in German speaking Switzerland

ORT passes will be given to the journalist and her husband for the train

<b>Saturday, 10th of May</b>
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9 am : Homs, Le Boat base, return of the boat (first research of the journalist in the region)

Heading towards Carcassonne and visit the charming medieval village of Caunes-Minervois on the way and its romanesque abbey.

Caunes-Minervois is on the road to Carcassonne and a 20-minute drive from Homs.

Start at the tourist information center to have all the details.

**10:00** Guided tour in english of the abbey

Transfer to Carcassonne by car (max. around 30 minutes drive).

You can park in one of the parking places in front of the Cité de Carcassonne (P0 or P1 Porte Narbonnaise).

Carcassonne is a fairly safe town, but it's best not to leave anything lying around in the car. Put your belongings in the boot and take anything of value with you.

**11:30 Lunch at restaurant Le comte Roger (Cité de Carcassonne)**, 14 Rue Saint-Louis, 11000 Carcassonne, <https://www.comteroger.com/>

Then, exploration of the medieval Cité

**15: 00** Free visit of the castle and panoramic tour on the remparts (UNESCO World Heritage site) with your tickets enclosed

Late afternoon - departure for Toulouse with your car (about 1h15 to the hotel), car park at the hotel

Check-in at the **hôtel Clément Ader\*\*\*\*** - 23, rue Bayard, 31000 Toulouse  
<https://www.apparthotel-clementader.fr/> 5 minutes' walk to the train station  
> press kit including your city pass waiting for you at the hotel

**19:30 Diner offered for 2 at the restaurant Ma Biche sur le toit** - Galeries Lafayette, 4-8 Rue du Lieutenant Colonel Pélissier 6e étage, 31000 Toulouse  
<https://www.mabichesurletoit.com/fr/>

Ma biche sur le toit is the Galeries Lafayette restaurant. It is located on the top floor with a breathtaking view over the rooftops of Toulouse.

Access to the restaurant via the Galeries Lafayette shop and in the evening at 4 Rue du Lieutenant Colonel Pelissier from 8 p.m (just in case you are late).

> 3-course meal "à la carte" for 2, one glass of wine included per person

<b>Sunday, 11th of May</b>
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Breakfast at the hotel (included for Christiane)

**09:50** Meeting in front of the Bemberg Foundation for a **Toulouse Gourmet Tour in English** - Place d'Assezat, 31000 Toulouse  
*Bemberg Foundation is 20 minutes walk from your hotel.*

**10:00** Toulouse Gourmet Tours offered for 2

Dive into the heart of Toulouse with Chef Alejandro, who will take you on a culinary journey through the city's historic center. This intimate 4-hour food tour, in a small group and available in English (or Spanish), includes 7 stops, 7 stories, and 7 food samples. Discover the stories behind the city's most iconic landmarks, and at each stop, savor a traditional recipe, ingredient, or product that embodies the essence of Southwestern French cuisine.

<https://www.toulousegourmettours.com/toulouse-traditional-food-tour>

**14:00** End of the visit, take advantage of your tourism pass to explore the city's museums for free (QR codes included in your press pack at the hotel)

Our tips:

- [The Bemberg Foundation](#), this museum displays **paintings and decorative arts from the XVI to XIX Century** at the most beautiful mansion house in Toulouse
- The “[Musée des Arts Précieux](#)” [Paul-Dupuy](#) , this museum of precious arts and curiosities displays works from the Middle Ages to the late 1930s.

Free diner and overnight stay in Toulouse

<b>Monday, 12th of May</b>
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Breakfast at the hotel (included for Christiane)

**08h59:** Train departing from Toulouse Matabiau station with your pass ORT

**09h47:** Arrival in Montauban at Montauban Villebourbon train station

**10h30 :** Self-guided city tour with the brochure “The Montauban trail” : [https://www.montauban-tourisme.com/app/uploads/grand-montauban/2025/04/parcoursMTB\\_Anglais\\_diffusion.pdf](https://www.montauban-tourisme.com/app/uploads/grand-montauban/2025/04/parcoursMTB_Anglais_diffusion.pdf)

*I invite you to pick it up at the Tourist Office - 4 rue du Collège*

Walk through the city founded in 1144 by the Count of Toulouse, along the Tarn river. From the vibrant *Place Nationale*, the historic heart of the merchant city, discover the *Pont Vieux*, *Saint-Jacques Church*, the *Cathedral*, and more — all witnesses to Montauban’s rich past.

**12h15:** Lunch at Bistro Bourdelle – *Locate inside the Hotel Mercure – 12 rue Notre Dame*

**14h00 :** Self-guided exploration : **Street Art & Urban Sculptures**. Follow the booklet for a suggested route. *Although the museum is closed on Mondays, Montauban becomes an open-air museum — a true gallery in the streets* <https://www.montauban-tourisme.com/app/uploads/grand-montauban/2024/06/FOCUS-Mtb-street-art.pdf> and <https://www.montauban-tourisme.com/app/uploads/grand-montauban/2024/08/Focus-Bourdelle-pour-diffusion.pdf>

Other tips : **Jardin des Plantes** - Enter through the gate beneath the wisteria, behind the sculpture *Héraclès Archer* (in tribute to Bourdelle, by Corinne Chauvet), at the intersection of *Allées Mortarieu* and *Allées du Consul Dupuy*. **Boutique Les Délices G.Pécou** - *10 rue de la République* - A true institution in Montauban! Originally famous for its *dragées* (sugar-coated almonds), it now offers a variety of delightful sweets and chocolates, including the iconic “**Boulets de Montauban**”, inspired by the local legend of “*les 400 coups*” (in 1621, Montauban resisted the siege by Louis XIII’s troops. In celebration, the people — city was Protestant — “made the 400 coups,” giving birth to the famous expression.)

Return to Toulouse in the evening, train at 17h14 or 18h11

Arrival in Toulouse at 18h03 or 19h02

**20:00** Dinner at the **restaurant Monsieur Georges** (for 2) - 20 Pl. Saint-Georges, 31000 Toulouse  
> 3-course meal "à la carte" or "tapas à la carte" for 2, one glass of wine included per person

Overnight stay in Toulouse

<b>Tuesday, 13th of May</b>
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Breakfast at the hotel (included for Christiane)

**09h17** : Train departing to Albi with your pass ORT

**10h24** : arrival at Albi Ville rail station. Welcome in Albi !

The historic center is nearby the rail station, 15mn walking.

Free tour in the town, through the pedestrian center and the covered market the city's gourmet market.

**12h30** Lunch is scheduled at **l'Alchimy restaurant brasserie**, 10-12 place du Palais, 81000 Albi

<https://www.alchimyalbi.fr/restaurant-gastronomique-centre-albi-tarn-occitanie>

**14h30** Meet your German-speaking guide **Julien** at the restaurant.

Discover the **Episcopal City of Albi**, a UNESCO World Heritage Site since 2010: **the historic center, Sainte Cécile Cathedral**, the largest brick cathedral in the world, and the **Toulouse-Lautrec Museum**, housed in **the Palais de la Berbie**.

Don't miss the remarkable **temporary exhibition "Toulouse-Lautrec et l'Art de l'Affiche"** (Toulouse-Lautrec and the Art of the Poster), on view from April 29 to August 31. - free tour

**17h30 Walk back to the station**, 15 minutes from the old town center.

**17h54** : return train to Toulouse

**18h52** : Arrival in Toulouse, free dinner

<b>Wednesday, 14th of May</b>
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Return to Germany