

Site de Toulouse
15 rue Rivals • CS 78543 • F • 31685 Toulouse Cedex 6
Tél : +33 (0)4 30 63 84 20 • contact@crtoccitanie.fr

Press trip

Diana Ballon & Richard Eckley

14-19 June

Saturday 14 June

08h25 Arrival in **Toulouse**

- Transfer to the hotel in the city-center (15-20 minutes)
- Airportshuttle (9€ per person / one way)
https://www.toulouse.aeroport.fr/en/transport/public-transport?tabs4633=tab_4631
- Taxi (+/- 30€) <https://www.toulouse.aeroport.fr/en/transport/taxis>

Installation at your hotel in [Toulouse](#)

10h15 Head to the tourist office to pick-up your press pack by giving your name at the desk.

- Office de Tourisme - Donjon du Capitole - Square Charles de Gaulle: [maps](#)

Inside:

- 2 Pass tourisme (also sent to you by mail) <https://www.toulouse-tourisme.com/en/what-to-see-and-do/pass-tourisme/>
- 2 tickets offered to you for an English guided tour "Great Monuments of Toulouse" by the tourist office (also sent to you by mail) <https://www.toulouse-tourisme.com/agenda/great-monuments-of-toulouse/>

- 10h30 Public guided tour "Great monuments of Toulouse" departing from the tourist office
Along this walk (scheduled in English each Saturday at 10.30 am during the summer season), you'll get to learn the history behind the main landmarks of the city, such as the Capitole Square and its majestic Town Hall, get to stroll along the Garonne River, stop by the Gothic « Couvent des Jacobins », mother church of the Dominican order... And finally, end the tour in the gorgeous courtyard of one of the richest private mansions in Toulouse, l'Hôtel d'Assézat
NB ! If you need to cancel due to a delay, please text Marine and she will let the Tourist Office know.

12h30 End of the tour

Lunch suggestion : **La Gourmandine** restaurant - côté cathédrale

- 62 rue de Metz, 31000 Toulouse <https://lagourmandinecotecathedrale.fr/>

Free time to visit a museum with your tourism pass (museums closing time 18.00)

www.toulouse-tourisme.com/en/what-to-see-and-do/pass-tourisme/

For €26, valid for 3 days, you'll get a free entry to the public museums and monuments, a variety of activities at discount prices and a free guided tour of your choice from the Tourist Office.

tourisme-occitanie.com

Our top tips:

- **The Bemberg foundation:** a foundation housed in the magnificent Hôtel d'Assézat Renaissance building and created by Argentinian collector Georges Bemberg, 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.
- **The Jacobins convent:** The former convent of the Dominican friars is a typical example of 13th-century Southern Gothic architecture and a must-see in Toulouse, currently housing an exhibition dedicated to the Cathars.
- **The Musée Saint-Raymond:** The Archaeology Museum of Toulouse invites you to dive back in time to take you back to the ancient Tolosa.

18h Taste of Toulouse – 2 tickets for the Wine Bar Tour offered to you (duration: 2h30/3h)
Meeting in Place Salengro with Julie from Taste of Toulouse (contact: +33 6 37 15 71 06)
www.tasteoftoulouse.com/toulouse-wine-bar-tour/

20h End of the tour

Night in Toulouse

Sunday 15 June

Morning

Visit the Victor Hugo Market (7h30-13h30, except on Monday), France's oldest covered market in France or the authentic Saint-Aubin market <https://www.toulouse-tourisme.com/en/commerce/saint-aubin-market/>

Noon Lunch suggestion at the Bibent restaurant

- 5, place du Capitole - + 33 (0)6 48 71 73 65 - <https://bibent.fr/>

On the Place du Capitole, enjoy a unique experience and creative cuisine in a Napoleon III setting. An iconic and historic restaurant, Le Bibent has been inspiring the city and embodying its spirit since 1861. From our rich heritage comes the soul of today's brasserie. Come in, discover and enjoy... whatever delights you, we'll be delighted to provide it.

Afternoon Free time to discover the city. Tour of [Toulouse](#), the pink city.

Suggestions for restaurants and « guinguettes »

- The Guinguettes : <https://www.toulouse-tourisme.com/en/eat-and-drink/the-guinguettes/>
- Restaurants : <https://www.toulouse-tourisme.com/en/eat-and-drink/>

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Night in Toulouse

Monday 16 June

- 09h Pick up a rental car at the **AVIS** office at the Toulouse Matabiau railway station – Car hire for five and a half days.
- *Don't forget the AVIS rental voucher sent by e-mail the 10 June, otherwise you will have to advance the rental costs yourself.*
 - *At your expense:* fuel, tolls, parking charges, fines (speeding, parking, etc.).

Free visit of the picturesque villages (all labelled “most beautiful villages of France”):

Suggestion for an itinerary from :

- **Toulouse** 80KM/1h10 -> [Bruniquel](#) 23KM/24min -> [Saint-Antonin-Noble-Val](#) 29KM/32 min -> [Najac](#) 26KM/32min -> [Cordes-sur-Ciel](#) -> **Albi** 25KM/30 min

NB! Please note that most shops and museums are closed on Monday.

Diner and night in **Albi**

[Hôtel Mercure Bastides****](#)

Housed in the former mill of Albi, the Hôtel Mercure offers the best view of the Episcopal City. Work has been undertaken this year to create a lounge bar area and new rooms, including luxury suites.

Tuesday 17 June

- 10h Meeting with Emma at the Tourist office (42 rue Mariès, Albi) for a **guided tour of [Albi](#)** - Classified by UNESCO in 2010, the city centre, the old bridge, etc.
- Visit the **Cathédrale Ste-Cécile**, the largest brick-built religious edifice in the world and the largest painted cathedral in Europe.
 - Visit to the **Episcopal City**: Gardens of the Palais de la Berbie, St-Salvy Cloister, Old Alby.

Before lunch, you can stop off at [Albi's covered market](#). Housed in a Baltard-style pavilion, you can discover local specialties such as Lacaune cured meats at the Millas delicatessen, Gaillac wines and traditional cakes such as croquants de Cordes sur Ciel.

Noon Free lunch

Suggestions : [Au Hibou](#), [Mira Rooftop](#), [Les Arcades](#)

After lunch

Visit the [Toulouse-Lautrec Museum](#) with audio-guide. Go to the museum reception desk to collect your ticket and audio-guide. Housed in the Palais de la Berbie, in the Episcopal complex, the Musée Toulouse-Lautrec is home to the world's largest public collection of works by the Albi-born artist.

Free time in Albi...

Other **sites to visit**:

tourisme-occitanie.com

- [Reynès town house](#): one of the most beautiful town houses in Albi, it was the residence of a wealthy pastry merchant, Roger Reynès. The courtyard is in the Italian Renaissance style and the hotel houses Tarn Attractivite's public reception and discovery area. 14, rue Timbal.
- Opposite the Hotel Reynès: tasting of Tarn whiskies at the [Distillerie Albigeoise](#) / [Distillerie Castan](#), 3 rue Timbal.
- Tea at the [Pâtisserie Cédric Millet](#), near the Hôtel Mercure. A pastry chef in Michelin-starred restaurants, Cédric Millet offers creative, low-sugar patisserie, combining sweet flavours with vegetables and black garlic.

17h Departure for Montauban

Diner and night in **Montauban**

Park the car in Place Franklin Roosevelt.

Mercure Hotel, diner at Le Bistrot Bourdelle : <https://mercuremontauban.fr/>

Wednesday 18 June

10h30 Guided visit of **Musée Ingres Bourdelle**, meeting at the museum (2 min walk from the hotel).

- 19 rue de l'hôtel de ville – 82000 Montauban <https://museeingresbourdelle.com>

Lauriane will join you at the museum at the end of the visit.

12h00 Lunch with Lauriane at the restaurant **Les 5 bouchons**.

- 24 place Nationale – 82000 Montauban – [Web](#)

14h00 Guided visit of Montauban city-center, your guide Corinne will pick you up at the restaurant and leave you in front of the hotel.

- 1 Place Pénélope - 82000 Montauban <https://www.montauban-tourisme.com/>

16h30 Departure for Carcassonne

19h00 Hotel Le Pont Levis in **Carcassonne**

- 40 Chemin des Anglais, 11000 Carcassonne - www.pontlevishotel.com

Free diner / suggestions :

Two starred Michelin restaurant

Le Parc Franck Putelat

He is the owner of the hotel where you will be staying and the restaurant is within walking distance of his hotel, at the foot of the Cité. Reservation is essential!

Gourmet restaurants in the Cité

La Barbacane <https://www.restaurant-labarbacane.com/>

Le Comte Roger <https://www.comteroger.com/>

Auberge des lices <https://www.aubergedeslices.com/>

La Marquière <https://www.lamarquiere.com/>

La Table d'Alaïs <https://table-alais.fr/fr/accueil-restaurant/>

tourisme-occitanie.com

More affordable local cuisine in the Cité:

Chez Christine <https://www.restaurant-chezchristine.com/>

Le Saint Jean <https://www.le-saint-jean.eu/>

Le Créneau <https://le-creneau-carcassonne.fr/fr>

Adelaïde <https://www.tourisme-carcassonne.fr/restaurant/adelaide/>

Au Jardin de la Tour <https://www.tourisme-carcassonne.fr/restaurant/au-jardin-de-la-tour/>

L'Escargot <https://restaurant-lescargot.com/>

Au Four Saint Louis <https://www.aufoursaintlouis.com/fr/restaurant-au-four-saint-louis/>

The list is not exhaustive

Thursday 19 June

09h00 Meeting with Sarahi Seguy (press officer in Carcassonne) at the tourist office in the medieval Cité for a **guided tour of Carcassonne**, the medieval cite, its towers and ramparts and eventually the underestimated down-town.

Carcassonne:

- www.visit-occitanie.com/en/discovering/major-sites/carcassonne/
- www.visit-occitanie.com/en/discovering/unesco-classified-sites/medieval-city-carcassonne/
- www.visit-occitanie.com/en/discovering/major-sites/carcassonne/carcassonne-a-walk-city/

Suggestion /offbeat proposal: the street art barge [Europ'Odyssée](#)

Noon Free lunch

14h Leave the rental car at the AVIS parking at Carcassonne railway station and the keys at the SNCF ticket office.

The easiest and cheapest way to travel around is by TER lio Train

- Discover Occitanie by train: <https://www.visit-occitanie.com/en/rail-tour/>
- Unlimited travel with the Occitanie Rail Pass! Depending on your programme I suggest you buy a rail pass (2 or 4 days), which costs €10 per day per person (from 2 consecutive days), and then you can travel as much as like in the Occitanie region.
- Where to buy the Rail Tour Pass? <https://www.ter.sncf.com/occitanie/decouvrir/rail-tour-traduction-anglaise>

Departure for Gruissan by train

Contact Gruissan Tourist Office : Nelly BOIS - n.bois@gruissan-mediterranee.com

Friday 20 June

Gruissan, Collioure, Narbonne – Personal travel

Contact Collioure Tourist Office : 04 68 82 15 47 - contact@collioure.com

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Saturday 21 June

Gruissan, Collioure, Narbonne – Personal travel

Sunday 22 June

Gruissan, Collioure, Narbonne – Personal travel

16h Cast off in Narbonne for your cruise on the Canal du Midi

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We hope you enjoyed your stay!

This press trip was organised by the Comité Régional du Tourisme d'Occitanie and its partners. We would be grateful if you would mention our sites in future articles:

Destination Occitanie : www.voyage-occitanie.com

Toulouse Tourisme : www.toulouse-visit.com

Tourisme Tarn : www.tourisme-tarn.com

Tourisme Tarn-et-Garonne : www.tourisme-tarnetgaronne.fr

Aude Tourisme : www.audetourisme.com/fr/

tourisme-occitanie.com