



## **Press trip**

**Farzana Contractor and Selma D'Silva for Upper Crust**  
**23 to 28 September**

### **Discovery of Lourdes, Carcassonne and Nîmes**

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**> Journalists:**

Farzana Contractor  
Selma D'Silva

**Support:**

Upper Crust – trimestriel - 98.500 ex. – CVP/page 2500€  
<https://uppercrustindia.com/v3/index.php>

*If you are running late, please notify the contact person listed in the programme below.*

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### Tuesday 23 September - LOURDES

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17h30 Départ en TER de la gare Matabiau de Toulouse

19h37 Arrival in Lourdes from Clermont-Ferrand, by the journalist's own means.

- Welcome at the railway station by **Cédric Arnault** from Lourdes Tourist office, who will accompany you to your hotel.

Diner at the hotel and overnight stay in Lourdes

Accommodation at the **Hotel Eliseo** for two nights

- 4 Rue Reine Astrid, 65100 Lourdes - [www.hoteleliseolourdes.fr/fr/hotel-restaurant-lourdes](http://www.hoteleliseolourdes.fr/fr/hotel-restaurant-lourdes)

### Wednesday 24 September - LOURDES

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10h00 Meet in the hotel lobby with **Eugénie Dussarps** (press officier, Lourdes Tourist office)  
Discover the historic centre of Lourdes and guided tour of the Castel - walk of about 3 km – passing through the places where Bernadette lived

Lunch Lunch at **Restaurant Alexandra by le Bon Sens** in the town center to discover Pyrenean specialities (the trout is famous!)  
• 3 Rue du Fort, 65100 Lourdes - [www.lourdes-infotourisme.com/offres/alexandra-by-le-bon-sens-lourdes-fr-3152403/](http://www.lourdes-infotourisme.com/offres/alexandra-by-le-bon-sens-lourdes-fr-3152403/)

14h30 Guided tour of the **Sanctuary** with Sister Anne Brito

18h00 Local wine and cheese tasting with Claire, oenologist, at the bar of the **Grand Hotel Gallia & Londres \*\*\*\***  
• 26 Avenue Bernadette Soubirous, 65100 Lourdes  
[www.hotelgallialondres.com/en/hotel-spa-lourdes](http://www.hotelgallialondres.com/en/hotel-spa-lourdes)

19h30 Dinner at Gallia & Londres Restaurant

21h00 Torchlight procession

Night at **Hotel Eliseo**

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**Thursday 25 September – LOURDES / CARCASSONNE**

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- 10h00 Let the bags at the reception – Meet Eugénie at the hotel reception.  
Climb to the peak of Jer by the cable-car
- 12h00 Lunch at **Le Majorelle – Grand Hotel Moderne \*\*\*\***  
• 21, avenue Bernadette Soubirous - 65100 Lourdes - [www.grandhotelmoderne.com/en/](http://www.grandhotelmoderne.com/en/)
- 14h30 Pick up your luggage from the hotel and transfer with Eugénie to the train station to reach the AVIS car hire agency:  
- Don't forget the AVIS voucher, otherwise you will have to advance the hire costs yourself.  
- Don't hesitate to add a second driver to the contract.  
- You do not need to refuel the car at the end of the rental period, as this will be covered by the Occitanie Regional Tourism and Leisure Board.  
*You are responsible for:* tolls, parking fees, fines (speeding, parking, etc.).
- 15h Drive to Carcassonne
- *Lourdes-Carcassonne: 268 km - 2h50*



- 18h00 Arrival in Carcassonne.  
**ATTENTION !** Your car is to be parked at the Hotel de la Cité carpark, address: **32 Chemin des Ourtets**. Contact the hotel at your arrival: **0033 (0) 4 68 71 98 71** for the shuttle



## Destination



Check-in at the **Hotel de la Cité \*\*\*\*\*** inside the ramparts

- Carcassonne Medieval City – 11000 Carcassonne - [www.hoteldelacite.com/en/](http://www.hoteldelacite.com/en/)

In the heart of the ramparts of the medieval city, this historic hotel, formerly a bishop's palace, will take you on a timeless journey through its wood panelling, coats of arms and lush gardens, with its breathtaking view overlooking the lower town of Carcassonne, its gardens, walls and stones that have survived the centuries.

The Hôtel de la Cité & Spa Mgallery is an integral part of the heritage of Carcassonne, a UNESCO World Heritage Site. Right in the heart of the medieval city, built on the site of the former episcopal palace, our 5-star hotel adjoins the Saint-Nazaire Basilica. The reception area and lounges are a blend of neo-Gothic décor and the Art Deco spirit of the 1920s.



- 20h00 Diner at the Barbacane gourmet restaurant (the hotel restaurant) with the Director of the Hotel Mr. Xavier Lablaude. Visit and diner.

### Friday 26 September - CARCASSONNE

- 10h00 Meeting at the hotel reception with your guide booked by the Tourist board.  
Visit of the medieval city of Carcassonne, UNESCO site, visit of the castle, the basilica, the ramparts
- 11h 30 Free time  
Walk until the "Oenologue fromager" boutique located in **3 Av. Arthur Mullot**, you'll cross the old bridge to arrive there and is located next to the new bridge "Pont Neuf", about 20 min walking distance.



## Destination

# Occitanie

Comité Régional du Tourisme et des Loisirs

12h30 Meeting with **M. Stephen DESMAZIERES** for a lunch cocktail in his wine and cheese boutique. You'll discover a thousand and one secrets of the regional wines and cheeses as well as local produce.

In a gourmet and original shop founded by Stéphen, a simple but authentic cold lunch will be served with local products (tapenade, olives, etc.) and raw milk cheeses from the region, all accompanied by wines selected by the Oenologist Cheesemaker.

14h30 Meeting with **Philippe MIRO**, promotion manager at the Carcassonne Tourist Board, at the same place. **He'll pick you up and take you to the Château de Pennautier**. Visit of the Château, the wine cellar and wine tasting. The Château de Pennautier is also distinguished by its history and majestic architecture, which earned it the nickname "Versailles of Languedoc". Built in 1620 under Louis XIII, and then witnessing the great moments of history, the château has today become a mecca for wine tourism. The richness of its heritage,

its refinement and its tradition of hospitality, perpetuated with passion and optimism by Nicolas and Miren de Lorgeril, make it an emblem of the art of living in Languedoc.

Return to Carcassonne

Free time

20h00 Diner in the medieval city in the **Comte Roger** restaurant, a gourmet restaurant. Pierre Mesa is one of the best chefs of the region. Most of his dishes are made with local produce and beautifully presented as gourmet jewels. Regional cuisine reimagined in an elegant contemporary restaurant with natural tones and a tree-lined terrace, where you can enjoy gourmet dishes carefully prepared by Chef Pierre Mesa

• **14 Rue Saint-Louis**, inside the medieval city, just some steps from your hotel. Diner with Philippe from the Tourist Board.

## Saturday 27 September - NÎMES



08h00 Drive to Nîmes

• Carcassonne – Nîmes : 197 km – 2h

10h00 Arrival in Nîmes

Restitution of the car at the AVIS office at Nîmes Center rail way station

A taxi will be waiting for you near the train station, in front of the hotel Albalone to take you to your hotel: 23 avenue Feuchères Nîmes

We will provide the driver with your contact details so that he can reach you – transfer covered by the Nîmes Tourist Office.

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Arrival at your hotel, Maison Albar Hôtel Imperator\*\*\*\*\*, and drop-off of your luggage. Twin room with breakfast included. Please give your name at the hotel reception.

15 Rue Gaston Boissier, 30900 Nîmes - [www.maison-albar-hotels-l-imperator.com/en/](http://www.maison-albar-hotels-l-imperator.com/en/)

Discovery of Nîmes

12h00 Meeting with **Morgane** your guide of the day, **at the Maison Carrée (UNESCO site), in front of the Maison Fragonard** – 20 avenue Général Perrier.

12h30 Lunch with your guide at **GAMEL Restaurant** – covered by the Nîmes Tourist office

Afternoon

Guided visit in english with Morgane : Discover the history of the city and its main monuments, including a hidden visit to the courtyard of a private mansion and a stop at the Les Ateliers de Nîmes boutique.

20h00 Diner in the restaurant **La Table du 2**

• 2 bis Rue de la République, 30000 Nîmes

Please give your name at the entrance and mention the Tourist Office. Your meal is covered by the Tourist Office

Night Maison **Albar Hôtel Imperator\*\*\*\*\*,**

## Sunday 28 September

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Meet your taxi at 8:40 am in front of your hotel to go to the train station. Your phone numbers will be given to the taxi company so the driver can call you.

09h19 Depart de Nîmes Centre - TGV INOUI

12h19 Arrive in Paris Gare de Lyon

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**We hope you enjoyed your stay!**

This press trip was organised by the Occitanie Regional Tourism Board and its partners. We would be grateful if you could mention our websites in your future articles:

Destination Occitanie: [www.voyage-occitanie.com](http://www.voyage-occitanie.com)

Lourdes, Heart of the Pyrenees: <https://en.lourdes-infotourisme.com>

Carcassonne : [www.tourisme-carcaassonne.fr/en/](http://www.tourisme-carcaassonne.fr/en/)

Nîmes Tourisme : <https://nimes-tourisme.com/en/>

Explore France: [www.france.fr/en/](http://www.france.fr/en/)