



> Contacts:

Occitanie
Toulouse
Tarn

Birgitte Reimers – birgitte.reimers@crtoccitanie.fr - Mobile : +33 6 10 30 86 52
Eleonora Alzetta eleonora.alzetta@toulouse-team.com - Mobile : +33 6 24 49 33 56
Valérie Boutet valerie.boutet@tourisme-tarn.com - Mobile : +33 6 83 15 97 74

> Journalist:

Kita Van Slooten

- Jan Magazine (Monthly - 800.000 readers - 9250€/page)
- Flair (Weekly, 258.000 ex. – 462.000 readers - 5389€/page)

Press Trip

Kita Van SLOOTEN

5 to 10 September



City trip, 48h in Toulouse

Autumn Notes from the Gaillac Vineyards

Share your stay in Occitanie with #VoyageOccitanie - #TourismeTarn - #VisitezToulouse - and follow us on:

@VisitezToulouse - <https://www.instagram.com/visitezoulouse/>

@TarnTourisme - <https://www.instagram.com/tourismetarn/>

@VoyageOccitanie - <https://www.instagram.com/voyageoccitanie/>

Friday 5 September

09.05 Take off from Amsterdam on KLM flight KL 1449

10.55 Arrival in Toulouse. Welcome by Birgitte

- Transfer to the city-center

tourisme-occitanie.com

Installation at the hotel **The Social Hub**

- 1 Rue de Sebastopol, Toulouse / +33 58 288 1060 - thesocialhub.co/fr/



Roadmap (11h59-12h26 / 27 minutes) :

- 11h59 Metro B-line from Compans Caffarelli -> Palais de Justice
- 12h06 Palais de Justice
- 12h10 Tramway T1 from Palais de Justice -> Cartoucherie
- 12h26 Cartoucherie

13.00 Lunch with Birgitte in **La Halle de la Cartoucherie**. Originally built in the late 19th century, the Cartoucherie was a strategic military site with workshops for producing ammunition and armaments. It remained in use until the mid-20th century before being gradually abandoned. After several years of disuse, the Halle was transformed into a cultural, social, and economic third place, promoting ecology, culture, solidarity and the circular economy.

You have a €25 voucher. You can choose your favourite dishes from each stand, by scanning the QR code on the voucher.

- 10 Place de la Charte des Libertés Communales, 31300 Toulouse
<https://halles-cartoucherie.fr/english/>



Road map (15h36 – 15h50 / 14 minutes)

- 15h36 Tramway T1 from Cartoucherie -> Arènes
- 15h42 Arènes
- 15h45 Metro A-line from Arènes -> Capitole
- 15h50 Capitole

16.00 Guided tour: Hidden courtyards + Couvent des Jacobins (1.5 hours)

Meeting point: Toulouse Tourist Office (Square Charles de Gaulle).

Visit of the city with the guide: Sarah CHAC

17.30 Free time

Join the rooftop bar *Ma Biche sur le Toit* to see one of the most beautiful views of Toulouse - www.mabichesurletoit.com/fr/

Take a walk along the banks of the Garonne to experience the atmosphere of the city at sunset.

20h15 Dinner at Molette

- 9 rue des Blanchers 31000 Toulouse - T. +33 5 61 21 88 94 - <https://www.molette-restaurant.fr/>
- Menu: Starter+ main dish+ Dessert + 1 glass of wine + 1 coffee

Saturday 6 September

Free visit of the food markets: Victor Hugo market (place Victor Hugo), open from 7.00

11h00 Visit of the 4-starred luxury boutique hotel Maison Soclo Toulouse

Ask for Carole & Laura at the reception.

- 34B, rue Valade, 31000 Toulouse - +33 (0)5 36 09 99 99 - <https://www.soclo.fr/en/>

12h00 Brunch at Maison Soclo Toulouse

(menu: brunch + 2 drinks)

16h00 Visit libre to Les Abattoirs Museum (1 hour) - www.lesabattoirs.org/en/homepage/

Show your Tourism Pass for a free entry

([here](#) you can find all the advantages)

In 1823, the city of Toulouse decided to bring together its various slaughterhouses (abattoirs in French) on a single site. The building was designed in 1825 by the architect Urbain Vitry, drawing on the basilica plan and neoclassical style. The slaughterhouses remained in operation until 1988, and the site was listed as a historic monument on 13 March 1991.

Free time

20h00 Dinner at Aux Pieds sous la table - <https://auxpiedssouslatable.fr>

(menu: starter/main dish/dessert/2 glasses of wine)

Sunday 7 September

tourisme-occitanie.com

- 08h00 Transfer by taxi to the airport to pick up the rental car at the AVIS office at the airport (contract ref.40599884FR3). Unfortunately, the AVIS office at the train station opens only at 12h.
- The taxi is reserved and please hand the driver the yellow taxi voucher, which serves as payment for the journey.
- 08h20 Don't forget the AVIS rental voucher sent by e-mail, otherwise you will have to pay the rental costs yourself.
- You don't need to fill up with petrol at the end of the rental period, as this is covered by the Comité régional du tourisme et des loisirs d'Occitanie.
- At your expense: tolls, parking charges, fines (speeding, parking, etc.).
- 08h30 Drive to the Gaillac wine district / TARN www.tourisme-tarn.com
Toulouse > Puycelsi: 1 hour 10 minutes

For all your visit in the Tarn:

- Websites: www.tourisme-tarn.com / www.la-toscane-occitane.com
@tourismetarn - @latoscaneoccitane @boutet.valerie
- For the Gaillac vineyard: www.vins-gaillac.com @vinsdegallac

10h00–10h15

Puycelsi

- Visit of the [Oppidum](#) Workshop. Christophe and Jean-Christophe changed their lives and developed a range of natural, plant-based, organic and water-free cosmetics.
- Address : Prat de La Borie 81140 Puycelsi <https://maps.app.goo.gl/B4xf2F6GCVgQjwLe8>
+33 (0)6 37 05 23 68 - +33(0)5 63 40 72 34
- **Before lunch : Free visit of Puycelsi**, 'Most Beautiful Village in France'. Stroll through the village's narrow streets and follow the ramparts. To learn more about the village, let yourself be guided by the EnQuête app, your interactive guide available for download. <https://www.la-toscane-occitane.com/visiter/enquetes/>

12h30 Lunch at the [Ancienne Auberge](#), Puycelsi. @ancienneauberagepuycelsi

- L'Ancienne Auberge, Hotel – Restaurant, Place de l'Église, 81140 PUYCELSI

Phone: +33(0)5 63 33 65 90 - <https://ancienne-auberge.fr> Phone: +33(0)5 63 33 65 90 - <https://ancienne-auberge.fr/?lang=en>

Drive to the "Chateau de Mayragues" Puycelsi > Chateau de Mayragues : 20 min

14h00 Meeting in the vineyard with Dankan at [Château de Mayragues](#) - Castelnau de Montmiral.

The Château de Mayragues (a listed historic monument) is a wine estate in the Gaillac appellation with 12 hectares of biodynamically cultivated vines surrounded by 70 hectares of fields, meadows, woods and copses. The wine cellar is open to visitors. Château de Mayragues, a former fortified house, was founded in the 12th century. Its architecture, with a corbelled rampart walk, is one of the few remaining examples of regional fortified architecture. There is also a magnificent dovecote, typical of the Tarn region.

tourisme-occitanie.com

Dankan will be able to tell you about the current harvest in the vineyard. Dankan :
@chateaudemayragues81 <https://maps.app.goo.gl/wSF8ew9FG9H1xd2b8> -

Drive to Chateau de Salettes : 10 min.

If you have time, you can stop off at [Castelnau de Montmiral](#), 'France's most beautiful village', and enjoy a virtual tour using the EnQuête app.

16h30 Relaxing break at the Chateau de Salettes spa - [Château de Salettes](#), Cahuzac-sur-Vère
The Château de Salette is a superb 13th and 15th century building, formerly the residence of the Toulouse Lautrec family, which now houses a charming 4-star hotel.
<https://maps.app.goo.gl/NbWrWS63NtenmXVGA> - @chateaudesalettes

Dinner and night at Chateau de Salettes****
Dinner featuring local flavours paired with the château's wines.
Overnight stay at Château de Salette****

Monday 8 September

09h00 Wine bike tour through the vineyards with Christophe [Station Bee's](#). Meet at 09.00 am at [Domaine Gayard](#). Wine bike tour to [Cordes sur Ciel](#), the 'most beautiful village in France' with its hundred oives.
Return to Domaine Gayard. @domaine_gayard @stationbeesgaillac
<https://maps.app.goo.gl/UgXQWqFqpxa3geTL7> - Christophe

Lunch tasting in the estate's vineyards with [Chai Sophie](#) at Domaine Gayard to discover the typical and unique grape varieties of the Gaillac vineyard.

If time allows: Visit and tasting at the [Domaine Rigaud](#) olive estate. Located nearby, the two estates are part of an Oenorando® hiking loop called '[From the vine to the olive tree](#)'.

Suggestions on the way to Carcassonne:

- Stop off at [Lautrec](#), 'Most Beautiful Village in France' and 'Heritage Site of Taste': this small medieval town is renowned for its iconic '[Ail Rose de Lautrec](#)' garlic, which is mild and fruity and the only garlic in France to have been awarded the Label Rouge quality mark, celebrating its 60th anniversary in 2026. Lautrec's other speciality is dyeing with Pastel blue from the Pays de Cocagne, and you can visit a workshop boutique in the heart of the village. Lautrec is located 50 minutes by car from the Gayard estate.

-Stop at the [Mazamet Footbridge](#): one of three Himalayan footbridges in France. Measuring 120 metres in length, the footbridge overlooks the Arnette Valley at a height of 70 metres and connects the new town of Mazamet with the old medieval castrum of Hautpoul. The round trip hike takes 1½ hours and is easy, following a forest path. The Mazamet footbridge is located 1 hour 25 minutes from Domaine Gayard (if you don't stop in Lautrec) and 35 minutes from Lautrec. Then Mazamet > Carcassonne: 50 minutes.

Tuesday 9 September

Discovery of Carcassonne and the Aude area on your own

Wednesday 10 September

Discovery of Carcassonne and the Aude area on your own

15h00 Restitution of the car at the AVIS office in Toulouse Blagnac-Airport

15h30 Check-in on KLM flight KL 1454 for Amsterdam

17h00 Take off from Toulouse

18h55 Arrival in Amsterdam

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-occitanie.com