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

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

Occitanie Rail Tour

In terms of travel within the region, the *Occitanie Rail Tour* initiative (available in English, Spanish, and Catalan online) is particularly relevant, as it offers great flexibility at a very low cost :

<https://www.visit-occitanie.com/en/rail-tour/>

Thursday 2 October

13h18 Departure from Madrid-Puerta De Atocha - AVI 9725 - Direction : Marseille St. Charles

17h47 Arrival in Narbonne

18h30 Check in at Hotel Galla Placidia

- 21 Rue des Colonnes, 11100 Narbonne, France

Confirmation : 6829633343 PIN : 2708

Suggestions restaurants : Chez Lulu 30 Bd Gambetta, 11100 Narbonne +334 68 32 24 87

Friday 3 October

Discovering of the center town of Narbonne <https://www.cotedumidi.com/en/heritage/unmissable-narbonne/>

+ go to covered market "Les Halles" to have a lunch <https://www.cotedumidi.com/en/wine-tourism-and-art-of-living/proud-of-our-markets/les-halles-of-narbonne/>

14h12 Train to Toulouse - Toulouse Matabiau -

15h49 Arrival in Toulouse

16h30 Check in at ibis Toulouse Matabiau Gare

- 14 Bd Bonrepos, 31000 Toulouse, France

Confirmation : 6376488998 PIN : 7659

Saturday 4 October

07h01 Train to Luchon - Toulouse Matabiau - TER72823 - Direction: Luchon

08h57 Arrival in Luchon

15h00 Check in at Altî Hôtel

- 19 All. d'Etigny, 31110 Bagnères-de-Luchon, France

Confirmation : 6972849979 PIN : 4264

Morning : Market Day in Luchon: local products, historic market halls, lively open-air atmosphere, and "gâteau à la broche" (spit-roasted cake).

--> Place Gabriel Rouy, 31110 Bagnères-de-Luchon

Discover the city center of Luchon, nicknamed the "Queen of the Pyrenees" with its Belle Époque villas and thermal spas : <https://luchon.dantan.guide/EN/>

Lunch / suggestion :

- [Maison Mayou](#): tearoom with daily menu option
--> 11 Allées d'Etigny, 31110 Bagnères-de-Luchon

Activity suggestions in the afternoon:

- [Thermal Spa](#): 2h access, without reservation (to bring: a towel and a swimsuit). In there, don't miss the Vaporarium, the only natural hammam in Europe discovered by the Romans.
--> Cour des Quinconces, 31110 Bagnères-de-Luchon
- Discover the Oueil Valley (*by car*) to listen to the deer rut, especially between the hamlets of Cirès and Bourg-d'oueil.

Dinner / suggestions :

In Oueil Valley

- [El Almacén de Cirès](#): Original and creative cuisine based primarily on the expertise of local producers.
--> 22-31 Le Village, 31110 Cirès

In Luchon

- [Au Petit Glou](#): Wine bar with a varied and changing wine list. You can eat tapas or dishes there.
--> 6 Avenue Carnot, 31110 Bagnères-de-Luchon
- [L'Arbesquens](#): Mountain cuisine: Specializing in cheese fondues and raclette. Meat fondues and grilled meats. Tartiflettes with Pyrenean cheeses.
--> 47 Allées d'Etigny, 31110 Bagnères-de-Luchon

Sunday 5 October

Sunday morning (*with a car or electric bike*):

- Walk in the Lis Valley to the [Gouffre d'Enfer](#) (2h30-3h00 walking, 4,7 km with 380 m of climbing). Starting point: Les Granges d'Astau, 31110 Oô (15 mn from Luchon driving)
- [Auberge du Lis](#): Newly reopened restaurant serving traditional recipes made with fresh ingredients carefully selected from local producers.
--> Plan de Lys, 31110 Castillon-de-Larboust
- Or
- Walk in the Oô Valley to the [Oô lake](#) (3h00 walking, 6,6 km with 420 m of climbing). Starting point: Vallée du Lis, 31110 Castillon-de-Larboust (15 mn from Luchon driving)
- [Mailh d'Astau](#): Restaurant serving typical local dishes: *Garbure* or *Pistache Luchonnaise*.
Granges d'Astau, 31110 Oô

Suggestions **Luchon**

- General site: [WEB](#)
- History :
- <https://www.hautegaronnetourism.com/activites/municipality-of-bagneres-de-luchon/>
- Must-do/see/visit : <https://www.visit-occitanie.com/en/discovering/major-sites/luchon/>
- Spa and wellness : <https://thermes-luchon.tickeasy.com/en-GB/home>



Comité Ri

Destination

17h00 Train from Luchon to Toulouse

18h55 Arrival in Toulouse

19h30 Check in at Hôtel Ours Blanc - Wilson

• 2 Rue Victor Hugo, 31000 Toulouse, France

Confirmation : 6885215039 PIN : 2373

Monday 6 October

Suggestions **Toulouse**

- Elected « Best in Travel / Top city » by **Lonely Planet** in 2025 : <https://www.toulouse-tourisme.com/en/>
- Toulouse, Capital city of expertise and legacies : <https://www.visit-occitanie.com/en/discovering/major-sites/toulouse/>
- Dolce vita in Toulouse, the pink city : <https://www.visit-occitanie.com/en/discovering/wonderful-journeys/la-dolce-vita-in-toulouse-the-pink-city/>
- Discover Toulouse, walk along the banks of the river Garonne : <https://www.visit-occitanie.com/en/discovering/major-sites/toulouse/discover-toulouse-walk-along-banks-river-garonne/>
- Overviews of its great monuments : <https://www.visit-occitanie.com/en/discovering/major-sites/toulouse/toulouse-overview-its-greatest-monuments/>

Bars suggestions:

1. Le Fat Cat: 1920s-style cocktail bar with jazzy music
2. La Maison Tapas, seasonal cocktails, and cozy vibes — plus karaoke and DJ nights
3. Le Moloko Retro decor, psychedelic music, and a quirky cocktail menu.
4. Le 5 Wine Bar: Award-winning wine bar with international selections. Ideal for wine-focused features.

Restaurants:

1. Les Sales gosses
2. Hortus
3. Fogo
4. L'impérial (inside Marché Victor Hugo)
5. Le Soulier

Tuesday 7 October

Activities suggestions:

- Taste of Toulouse English-food tours by american expat Jessica Hammer (market, wine, chocolate & pastry) <https://www.tasteoftoulouse.com/>
- Toulouse Gourmet Tour by Spanish Chef Alejandro (7 stops mixing food and heritage around the city) <https://www.toulousegourmettours.com/>

Use your Pass tourism to visit freely the city's museums (We need your email address to send it to you)

<https://www.toulouse-tourisme.com/en/what-to-see-and-do/pass-tourisme/>

Our top tips:

- **The Bemberg foundation (Tu-Su 10am-6pm):** 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.
- **The "Musée des Arts Précieux" Paul-Dupuy (Tu-Su 10am-6pm):** 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.

Other sites :

1. La Halle de la Machine: A surreal world of giant mechanical creatures — including a rideable Minotaur — perfect for immersive storytelling and visuals. Think Jules Verne meets street theater.

2. Cité de l'Espace: Explore space travel, astronaut life, and full-scale rockets in Europe's unique themed park dedicated to Space exploration.

Wednesday 8 October

13h12 Train to Narbonne - Toulouse Matabiau - TER76257 - Direction: Perpignan

14h47 Arrival in Narbonne

15h30 Check in at Hotel de France

- 6 Rue Rossini, 11100 Narbonne, France
- Confirmation : 6699015200 PIN : 6490

16h45 Departure of a "La Robine canal" trip with The Solal Boat

www.cotedumidi.com/en/sit/loilar011v502qpt-gabare-le-solal/

Suggestion Narbonne Must-do/see/visit in Narbonne

www.audetourisme.com/en/aude-in-brief/corbieres-minervois-narbonnaise/narbonne/

Suggestion restaurants : O Juste 21 Cr Mirabeau, 11100 Narbonne 06 72 79 39 94

Thursday 9 October

A bike day trip all around the ponds :

- www.cotedumidi.com/en/things-to-do-and-see/by-bike/bike-tours/

Bike location

- <https://www.cotedumidi.com/sit/asclar011v502uvi-languedoc-vtt-evasion/>

Suggestion restaurants : Papote et Papilles 3 Pl. de l'Hôtel de Ville, 11100 Narbonne
09 88 32 76 88

10 October

Morning :

Visit of Narbo Via : roman heritage museum <https://narbovia.fr/>

12h24 Train to Barcelona - Narbonne - TGV 9713 - Direction : Barcelona-Sants

14h49 Arrival in Barcelona

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We hope you enjoyed your stay!

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

Destination Occitanie : www.voyage-occitanie.com

Aude Pays Cathares : www.audetourisme.com/fr/

Haute-Garonne Tourisme : www.hautegaronnnetourisme.com

Toulouse Tourisme : www.toulouse-visit.com