



PRESS PACK
New for 2026



visit-occitanie.com

 **occitanie**
Sud de France



KEY FIGURES

4th biggest tourist region in France



with

20

billion euros

in economic benefits in 2022



and

125 000 tourism jobs

on average in 2019

(employed and self-employed)



accounting for

7%

of the regional business sector

Number 1 spa destination in France



with

149 000

insured spa guests in 2024



almost

1/3

of the national thermal spa market (33%)

Biggest tourist accommodation capacity in France



28,8 million

room nights at campsites in 2024



15,6 million

room nights at hotels



10,8 million

room nights in collective tourist accommodation (AHCT*)



12,4 million

nights** in rentals from online platforms

*AHCT is the French term for «collective tourist accommodation»: tourist residences, holiday resorts, «maisons familiales», youth hostels, «centres internationaux de séjour» and sports facilities.

**NB: data for the online rental platform refers to nights and not room nights. Information about the number of guests per night is not available.

French and overseas visitors

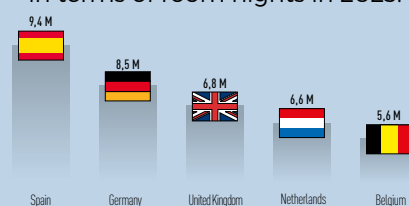


237 million

room nights in 2024

French visitors accounted for 64% of overnight stays

Top 5 international markets in terms of room nights in 2023:



Flux Vision Tourisme, Orange Business / Insee (tourism satellite accounts, monthly occupancy in collective accommodation surveys & employment survey) / CNETH / Lighthouse.

28
**Thermal Spa
Centres**



2nd
**France's
Biggest
Region,**

13 'departments' in an area
bigger than Ireland



IDENTITY



**10 Sites Inscribed
on Unesco's World Heritage List**

the Canal du Midi, Gavarnie - Mont Perdu, Way of St James, the Episcopal City of Albi, the Causses and the Cévennes, the Pont du Gard, the Historic Fortified City of Carcassonne, the Fortifications of Vauban (Villefranche-de-Conflent and Mont-Louis), The forest of Massane (Pyrénées-Orientales) and the 'Maison Carrée' (Nîmes)

**41 Top Occitanie
Sites**

Agde-Pézenas, Aigues Mortes - Camargue Gardoise, Albi, Vallée du Tarn, Armagnac Abbaye et Cités, Auch, Aux sources du Canal du Midi, Bastides et Gorges de l'Aveyron, Cahors - Vallée du Lot, Canal du midi - Béziers, Carcassonne et les Citadelles du Vertige, Cévennes, Cirque de Navacelles - Lodève - Pays Viganais, Collioure en Côte Vermeille, Conques, Cordes sur Ciel et les Cités Médiévales, Figeac, Vallées du Lot et du Célé, Foix Montségur, Cités médiévales, Gavarnie - Cauterets Pont d'Espagne, Gorges de l'Hérault, Gorges du Tarn, La Grande Motte, Lourdes, Luchon, Marciac, Massif du Canigó - Pays Catalan, Mende Cœur de Lozère, Millau-Roquefort - Sylvanès, Moissac Lauzerte Auvillar, Montauban, Montpellier, Narbonne Méditerranée, Niaux - Mas d'Azil, Pyrénées Préhistoriques, Nîmes - Pont du Gard - Uzès, Perpignan Méditerranée, Pic du Midi, Pyrénées Aure Louron, Rocamadour - Vallée de la Dordogne, Rodez, Saint-Bertrand-de-Comminges Valcabrère, Sète, Toulouse.

2
National Parks



44
**Winter Sports
Resorts**



8
**Regional
Nature Parks**



**More than 50
Marinas**

1
**Marine Nature
Park**



220
**Kilometres of
Mediterranean
Coastline**



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**You heard it
here first:
here's what's
happening
in 2026 and beyond...**

The Occitanie Sud de France Destination celebrates its 10th anniversary

Ten years ago, the regions that were once the Midi-Pyrénées and the Languedoc Roussillon were merged to form Occitanie. The new region is surrounded by mountains (the Pyrenees in the south, the Massif Central in the north east) and over 130 miles of coastline lapped by the Mediterranean Sea. It's home to two buzzing cities (Toulouse, Montpellier) and its unspoilt countryside epitomises the Southern French lifestyle. Occitanie has made its mark on the world map to become a popular destination among growing numbers of visitors. As part of our 10th anniversary celebrations, we'll look back over the past decade and ahead to what the future holds.

Just remember: everything you want is in Occitanie!

Two buzzing creative cities

- ◆ **Toulouse and the Piste des Géants:**
La Halle de la Machine & L'Envol des Pionniers - 2018
- ◆ **Montpellier and its avant-garde architecture:**
L'Arbre Blanc - 2019
The world's most beautiful apartment building

Occitanie flies the flag for sustainability with:

- ◆ **10 Occitanie destinations** listed as Green Destinations - 2025
- ◆ **The Occitanie Rail Tour**
(train and liO bus pass) - since 2022 -
The Occitanie Rail Tour in Vienne was a prize-winner at the 2023 Rail Tourism Awards by the European Travel Commission (ETC) in partnership with Eurail.
- ◆ **8 Regional Nature Parks:**
Aubrac - 2018
Corbières-Fenouillèdes - 2021
and a 9th Regional Nature Park coming in 2026:
Comminges Barousse Pyrénées 2026
- ◆ **Cévennes National Park**
listed as an International Dark Sky Reserve (IDSR) - 2018



Amazing new museums

- ◆ **Musée de la Romanité - Nîmes** - 2018
over 1 million visitors
- ◆ **Château and musée de Foix** - 2019
- ◆ **Maison Rouge - Musée des vallées cévenoles Saint-Jean-du-Gard** - 2018
- ◆ **Musée des Amériques - Auch** - 2019
2nd biggest collection of Pre-Columbian in France
- ◆ **Musée Narbovia - Narbonne** - 2021
architecture by Norman Foster
- ◆ **Musée du Gévaudan - Mende** - 2022

10 YEARS IN REVIEW: THE BEST OF OCCITANIE TOURISM 2016-2026

«Les Plus Beaux Villages de France» award:
Occitanie is home to the highest number of
the «most beautiful villages in France»

- ◆ Lussan (Gard),
- ◆ Martel and Rocamadour (Lot),
- ◆ Peyre (Aveyron),
- ◆ Le Malzieu-Ville (Lozère)
- ◆ Prats-de-Mollo (Pyrénées-Orientales)

**have officially joined the «most beautiful villages»
in Occitanie (51 in total)**



Heritage and leisure

- ◆ **Maison Carrée (Nîmes)**
listed as UNESCO World Heritage - 2023
- ◆ **Art Nouveau**
in all its glory at Château Laurens (Agde) - 2023
- ◆ **Passerelle de Mazamet footbridge**
the Tarn's biggest new attraction - 2018
- ◆ **Oniria (Canet-en-Roussillon)**
An aquarium seeped in the 21st century - 2021

Occitanie: home to 10 UNESCO sites in France

The Maison Carrée in Nîmes was recently listed by UNESCO (2023), bringing the grand total of World Heritage sites in Occitanie to 10 and making our area the biggest UNESCO destination in France. As for UNESCO Intangible Cultural Heritage, Occitanie is home to the Bear Festivals (fêtes de l'ours) and Summer Solstice festivities (fêtes des brandons) in the Pyrenees, whilst the Causses du Quercy Regional Nature Park retained its title as a Global Geopark in 2025.

www.parc-causses-du-quercy.fr

Find out more about UNESCO sites in Occitanie:
<https://www.visit-occitanie.com/en/discovering/unesco-classified-sites/>



Canal du Midi: 30 years of UNESCO

2026 sees Occitanie celebrate the 30th anniversary of the Canal du Midi being a UNESCO World Heritage. Pierre-Paul Riquet's visionary project is a feat of 17th century engineering, with 150 miles of canal running from Toulouse to the Mediterranean. The canal is now part of the region's identity and attracts thousands of visitors to soak up its locks, plane trees and pretty villages on a bike ride, boat trip or walk. There's a whole host of events and exhibitions to celebrate the anniversary and local legacy along the entire canal. Here are a few to whet your appetite...

www.canal-du-midi.com

-> Please see The Canal du Midi **press kit** in English on <https://press.tourism-occitanie.co.uk>

BONREPOS-RIQUET (HAUTE-GARONNE)

DIVE INTO A DREAMWORLD: CHÂTEAU DE BONREPOS-RIQUET

The brains behind the Canal du Midi once lived in this manor in Bonrepos-Riquet. This historical landmark is where Pierre-Paul Riquet first designed his masterpiece and it's making dreams come true once again. The awe-inspiring new «Le Songe de Riquet – Aux Sources du Canal du Midi» sound and light show introduces visitors to Riquet's dream with a deep dive into a ground-breaking era of engineering and emotion. This immersive experience celebrates the creativity of a talented engineer commissioned by Colbert, King Louis XIV's finance minister, to design the incredible structure that sailors still love 350 years late.

www.bonrepos-riquet.fr/index.php/chateau



LES CAMMAZES (TARN)

THE VOÛTE VAUBAN, A HIDDEN GEM DEEP IN THE MONTAGNE NOIRE

An architectural wonder runs beneath the village of Les Cammazes: the Voûte Vauban, also known as the Percée des Cammazes. The Sun King asked Pierre-Paul Riquet to build the tunnel in 1686 to channel water from the Montagne Noire's springs to the Canal du Midi. The 123m tunnel is a feat of hydraulic engineering and is celebrating its 240th anniversary this year. Visitors can explore the site on foot, by bike or all-terrain electric scooter before a trip to the Salon de Vauban for some food and culture in a worthy celebration of this little-known underground gem.

<https://www.tourisme-tarn.com/uk/patrimoine-culturel/voute-vauban/>



Save the date

June 17th-28th 2026

« Le Songe de Riquet

Aux Sources du canal du Midi »

<https://lesongederiquet.fr>

AGDE (HÉRAULT)

CANAL DU MIDI PHOTOGRAPHY EXHIBITION AT CHÂTEAU LAURENS

Château Laurens is an Art Nouveau gem whose grounds set the scene for a photography showcase exploring the Canal du Midi and an exhibition inside the manor itself this summer. Groups and families can have fun on the interactive bike/footpath from the nearby towns of Portiragnes and Vias to the manor. Besides Agde, you'll find tributes to Pierre Paul Riquet's masterpiece in all the Hérault towns and villages which the Canal du Midi runs through, including Béziers and its spotlight on the incredible «Fonseranes 9 Locks».

www.chateaulaurens-agde.fr

www.beziers-mediterranee.com/decouvrez/les-9-ecluses-de-fonseranes

In the spotlight

Feast your eyes on the incredible round lock built from black basalt stone in Agde. It's the only lock on the Canal du Midi with this unique architectural feature.

<https://www.canal-du-midi.com/en/explore/along-the-waters/beziers-thau-lagoon/agde-round-lock/>

SÈTE (HÉRAULT)

ESCALE À SÈTE 2026: SET SAIL FOR THE BIGGEST SEAFARING FESTIVAL IN THE MEDITERRANEAN!

The Sète canals (where the Canal du Midi ends) is hosting the 9th Escale à Sète between **March 31st and April 6th 2026**. Over 120 yachts and 60 sea shanty groups flock to the town from all over the world to celebrate sailing heritage, music and community at the week-long maritime festival. The event pays tribute to the Mediterranean and its maritime traditions with boat parades, ship tours, themed villages and free events. Escale à Sète is an unmissable event with hundreds of thousands of visitors flocking to experience it every two years. Italy is the guest of honour for 2026.

<https://escaleasete.com>

2026: International Year of Rangelands and Pastoralists

AVEYRON - GARD - HÉRAULT - LOZÈRE

Farming has sculpted the Causses and Cévennes for thousands of years and its Mediterranean agropastoralism culture and its expertise saw it listed as a UNESCO Mediterranean Agro-Pastoral Cultural Landscape in 2011. The area is celebrating its long-standing traditions for the Year of Pastoralists. There are events in Hérault such as in Saint-Guilhem-le-Désert (pastoralist crafts and customs) and transhumance festivals in Aumelas and Montarnaud in June. This year's Pastoralism Festival in Florac (Lozère) on September 26th 2026 is going to be extra special.

www.saintguilhem-valleeherault.fr

<https://www.en.lozere-tourisme.com/cevennes>

<https://causses-et-cevennes.fr/annee-internationale-des-parcours-et-du-pastoralisme-2026>





MENDE (LOZÈRE)

June 27th 2026-October 31st 2026

RURAL RAYMOND DEPARDON EXHIBITION

The series of 86 black & white photos shot mainly in Lozère celebrates the farmlands and the people behind them. The event ties into two incredible events this year: the International Year of Rangelands and Pastoralists (UNESCO) and the Photography Bicentennial in France. The exhibition sets in stone the Musée du Gévaudan's passion for contemporary design and rural heritage, in partnership with the Musée Fabre in Montpellier.

<https://musee-du-gevaudan.fr>

LOT, PYRENEES, AUBRAC

Pastoralism takes pride of place in the Lot, Pyrenees and Aubrac in Occitanie. The Causses du Quercy Regional Nature Park will make the most of the event to showcase its pastoralist and nature management projects in the Lot, including themed trails exploring vernacular heritage with the gariottes (shepherd huts) and Lacs de Saint-Namphaise (reservoirs). Transhumance and traditional pastoralist festivals will shine brighter than ever in the Pyrenees and Aubrac! It's a great excuse to revisit the Vicdessos «orrys» (shepherd huts) and Aubrac «burons» (stone huts) on an invigorating hike.

Focus on

Here are some of Occitanie's biggest pastoral and transhumance festivals

=> Aubrac transhumance festival (Aveyron) - **May 26th 2026**
www.tourisme-en-aubrac.com/en/blog/temps-fort/transhumance/

=> Lower Aude Valley transhumance festival (Lespignan, Colombiers, Ensérune, Vendres etc.) - May Couserans transhumance festival (Ariège) **May-June 2026**
<https://www.tourisme-couserans-pyrenees.com/en/>

=> Bernatoire transhumance festival (Hautes-Pyrénées) - **June**
www.valleesdegavarnie.com/visites-patrimoine/transhumance-de-la-bernatoire

=> Lac d'Estaing transhumance festival (Hautes-Pyrénées) (Hautes-Pyrénées) **june**

=> Pyrenean Mountain Dog Festival in Argelès-Gazost (Hautes-Pyrénées) - **mid-September**

=> Foire aux Côtelettes sheep festival in Luz-Saint-Sauveur (Hautes-Pyrénées) - **late September**

=> Mérens horse transhumance festival in Cathar Country (Ariège) - **late September**
www.pyreneescathares.com/que-faire/nos-experiences/transhumance-en-pyrenees-cathares/





On the Way of Saint James

Three of the most famous Ways of Saint James (Arles, Le Puy and Piémont) run through Occitanie and every year they attract even more pilgrims and hikers for a life-changing walk on these age-old paths

LOURDES (HAUTES-PYRÉNÉES)

THE CHEMIN DE LOURDES GR101, A NEW HIKING TRAIL BETWEEN THE VOIE DU PUY (GR65) AND VOIE DU PIÉMONT (GR78)

Whilst the Ways of Saint James run parallel to the Pyrenees before meeting in Santiago de Compostela, the GR101 runs between the Puy and Piémont Ways so pilgrims can visit Lourdes during their journey. It starts in Nogaro and takes you through the Gers valleys up the Adour River, before crossing the Way of Arles (GR653) and ending in Lourdes. Every step of the 70 mile journey, you never lose sight of the Pyrenean peaks. The Chemin de Lourdes is split into

six stages and is easy to complete in a week. You can hook up with the Voie du Piémont and head towards Saint-Jean-Pied-de-Port or take the train back to your start point from Lourdes station.

www.coeursudouest-tourisme.com/preparer-mon-sejour/randonnee/gr101

Find out more about the 3 Ways of Saint James in Occitanie:

<https://www.visit-occitanie.com/en/activities/roaming/hiking/paths-way-st-james/>

Milestone events

OCCITANIE: A PIONEER OF UNDERGROUND TOURISM

HURES-LA-PARADE (LOZÈRE)

100TH ANNIVERSARY OF AVEN ARMAND PLC

Aven Armand is a legendary cave in the Causse Méjean and Cévennes National Park. The PLC that set it up for visitors celebrates its centenary in 2026. A Lozère blacksmith with a passion for caving, Louis Armand, discovered the cave in 1897 alongside the famous explorer Édouard-Alfred Martel. Aven Armand soon set an international benchmark for underground tourism. Armand's pioneering vision and the foundation of the PLC in 1926 saw the cave welcome its first visitors in 1927, revealing its one-of-a-kind «stalagmite forest» to the world for the first time ever.

<https://avenarmand.com>

CABRERETS (LOT)

«100 YEARS OF PECH MERLE CAVE: THE LOT CELEBRATES ITS PREHISTORIC WONDER»

A group of teenagers stumbled upon the cave paintings at Pech Merle in 1922. The international cave art destination opened four years later. A century has gone by and the cave is celebrating 100 years of being open to visitors with a whole host of events in 2026: archive exhibition, torchlight tours following in the footsteps of 1920s explorers, archive film screenings, photos in the dark room, activities and historical reconstructions on the weekend of April 25th-26th 2026.

www.pechmerle.com

RODEZ (AVEYRON)

THE CATHEDRAL BELL TOWER RINGS IN 500 YEARS OF HISTORY

2026 sees the town of Rodez celebrate the 500th anniversary of Notre-Dame Cathedral's belfry. It was built in 1526 and is an icon in the Rouergue capital. The pink sandstone bell tower is a true local heritage site and one of the most impressive in South West France. The council and its partners are staging events to showcase the monument as part of its anniversary celebrations. The bell tower is currently under renovation but visitors will be able to drink in incredible views of the Rodez rooftops, Monts d'Aubrac peaks and Plateau du Lévézou when it reopens.

www.rodez-tourisme.fr





Culture vultures!

New visitor attractions

Visitor centres that make learning fun

ERCÉ (ARIÈGE)

NEW YORK HAS MOMA, ARIÈGE HAS MUMO!

MuMO (Museum of Bear Tamers) introduces visitors to the unique history of the Garbet Valley bear tamers who took their bears all over the world in search of a better life between 1850 and 1900. The museum's historical documents, period objects, photographs and map of their journeys all over the world provide a modern visitor experience with a fresh take on this unique legacy. Prepare to be blown away by the bravery and ingenuity displayed by these men and their bears.

www.tourisme-couserans-pyrenees.com/patrimoine-culturel/musee-des-montreurs-dours-mumo

COL DU SOULOR (HAUTES-PYRÉNÉES)

LA MAISON DU SOULOR, A VISITOR CENTRE ON THE ROUTE DES COLS

Just like the museum which recently opened on one of the Tour de France's other legendary mountain passes (La Maison du Tourmalet), Col du Soulor has transformed its site to host its own visitor centre (La Maison du Soulor) on the Route des Cols. It explores the mountain and pastoral life through a range of subjects including Pyrenean traditions (cowbells, bérêts, shepherd's crooks), local history, cycling, geology and even ornithology, with five life-size models of birds of prey in a nod to the importance of the mountain pass to migration. The walkway upstairs provides 360° views of the surrounding landscapes. A trip here ties into the Vallon de Tachouère sculpture footpath and its introduction to pastoral traditions: milking, cowbells, livestock branding, butter-making and shepherd huts.

<https://www.valleesdegavarnie.com/visites-patrimoine/maison-du-soulor/>

LES BONDONS (LOZÈRE)

IN THE LAND OF MEGALITHS: NEW VISITOR CENTRE IN LES BONDONS

The Cham des Bondons limestone plateau stands at an altitude of over 1100m between Mont Lozère and the Gorges du Tarn. It's also home to the second largest concentration of menhirs in France, after Carnac in Brittany. A new visitor centre is opening in spring 2026 to introduce people to megaliths and give them a better understanding of the 154 menhirs that stand here. Round off your trip with a stop at the nearby vista to bask in the views or get up close and personal with the stone giants on a marked hiking trail.

<https://www.lozere-tourisme.com/blog/cham-des-bondons-menhirs>





Contemporary art throughout the region

MONTPELLIER (HÉRAULT)

RESTANQUE: A NEW ARTISTIC HUB IN MONTPELLIER

The 70s warehouse has been given a 2-year renovation and renamed Restanque: a 1500m² third place run brought to you by the LineUP association. The new centre in South Montpellier brings artistic creation, culture and social inclusion together. The artists Keini Liguagua and Franck Noto are the brains behind the venue with a dozen studios, a screen-printing studio, a classroom and cultural bistro. The patio and outdoor areas host exhibitions, residencies and events all year round.

<https://restanque.lineup-art.com>

MARCIAC (GERS)

THE JAZZ CAPITAL PUTS CULTURE AND WELLNESS CENTRE STAGE!

Marciac is always buzzing with jazzy vibes, not just during its famous festival. Creativity, legacy and community come together at Les Augustins, a cultural venue and visitor centre housed in a former convent with an immersive space, Micro-Folie digital museum and unique visitor experience delving into the history of jazz. Nearby Les Bains brings music, wellness and community together in a spa-turned-cultural centre. Join a former bull dodger in a classic Renault 4L for a memorable introduction to Gascony traditions with Sur la Piste des Écarteurs. Last but not least, the lakeside L'Embarcadère is the place to soak up water sports, live music and massages. Together, these places make Marciac an exciting and creative destination for every season.

www.coeursudouest-tourisme.com



A VIP tour of Jazz in Marciac (JIM)

Coeur Sud-Ouest Tourist Office takes you behind the scenes of the town and the event's main hall during the iconic jazz festival! Join Marciac's very own Véronique, a heritage consultant at Coeur Sud-Ouest Tourist Office, and uncover the history of the buzzing and passionate town that is Marciac. Jazzy anecdotes set the pace of the tour with VIP access to the stage and backstage at the main hall.

info@coeursudouest-tourisme.com

Save the date

the 47th JIM is from July 21st to August 7th 2026

www.jazzinmarciac.com



FERRALS-LES-CORBIÈRES (AUDE)

A GIANT MURAL AT MUSÉE SPIKTRI STREET ART UNIVERSE

Sophi Odling has designed a giant mural as part of her collaboration with Spiktri. The piece by the world-renowned street artist from Australia has captured the museum's cultural diversity and open-mindedness. Musée Spiktri Street Art Universe opened in 2021, turning a former wine cooperative cellar into a «surrealist universe» devoted to street art and recycled art. You won't find anywhere quite like it in the countryside. Visitors come here to explore gallery planets full of sculptures, murals and installations made from recycled materials in a playful spin on sustainability. www.spiktri.com



PÉZENAS (HÉRAULT)

CHAPELLE DES PÉNITENTS GRIS'S ART GALLERY RENOVATION

The iconic 17th century Grey Penitents' Chapel in Molière's beloved town has been fully renovated true to its original architecture. One of its new features is a stained glass window designed by Romain Froquet and made by Carlo Roccella. The renovation overseen by Mathieu and Alexandre Latscha, the founders of the PDP Gallery, reflects their vision to give contemporary art a home in the region they grew up in. Following the inaugural Empreintes exhibition, the gallery is hosting an annual line-up of exhibitions, artist residencies and conferences to make Pézenas a destination and harness the artistic energy that's been running through it for centuries. www.pdpgallery.com



ALTIER (LOZÈRE)

SCULPTURES EN LIBERTÉ: A HIKE VISITING 23 CONTEMPORARY ARTWORKS

The Sculptures en Liberté trail in Altier has been joined by three new pieces, bringing the total number of artworks to visit to 23. The 2-mile trail deep in the Cévennes National Park is a unique experience where art echoes the great outdoors, between Mont Lozère and Lac de Villefort. The latest to join the the incredible open-air museum collection on the trail is called Planète ère n°8 by the Lozère artist Jean-Charles Stora <https://sculpturesenliberte.com>

Temporary exhibitions

TOULOUSE MÉTROPOLE (HAUTE-GARONNE)

THE BELUGA: THE NEW STAR AT MUSÉE AÉROSCOPIA

The Musée Aéroscopia's high-flying collection has been joined by an iconic aircraft known as the «giant of the skies»: the Airbus Beluga. The famous Toulouse airliner for transporting outsize cargo is the museum's latest star alongside the likes of the Concorde, Super Guppy and A380. The newest arrival comes with new interactive experiences and a brand new visitor trail for the general public to see another side to the aviation adventure. Aéroscopia is setting the benchmark for European museums devoted to aviation and aerospace innovation

www.aeroscopia.fr

Until July 5th 2026

EXPOSITION DOMESTIQUE-MOI SI TU PEUX ! EXHIBITION - MUSEUM

The Tame Me If You Can! exhibition introduces visitors to how animals and plants were domesticated and how domestication has affected biodiversity. Mankind has been taming species it deems useful for over 10,000 years, domesticating everything from dogs to horses and grains to crops. Everyone has heard of the word «domestication», but what does it really mean? The exhibition uses science, ethnology, archaeology, history and genetics to question our methods, understand our past, decipher our present and imagine what our future may hold.

<https://museum.toulouse-metropole.fr>





THE NEW & IMPROVED MUSÉE DES AUGUSTINS

The Musée des Augustins is a fine arts temple that closed for a major renovation in 2019 before reopening in late 2025. The 14th century Augustinian convent now has a brand new visitor building, new look forecourt and the great cloister and its stained-glass windows have all been restored to their former glory. The updated visitor experience explores over 4000 pieces in the painting and sculpture collections dating back to the Middle Ages up to the 19th century. The focus is on accessibility and a brand new museum layout.

<https://augustins.toulouse.fr>

MUSÉE DES ABATTOIRS

Until August 13th 2026

JEAN-CHARLES DE CASTELBAJAC IMAGINATION AT WORK EXHIBITION

Les Abattoirs contemporary art museum presents «Imagination at Work», a one-off exhibition celebrating the inimitable artist and designer, Jean-Charles de Castelbajac. His heady world blending fashion, art, music and pop culture comes to life here in Toulouse with 300 items ranging from clothing and drawings to homeware and photos. Castelbajac has been breaking down the barriers between fashion and art with his unique combination of religion, childhood and history since the 60s.

The exhibition immerses visitors in his ingenuity, melting pots and signature twists with his joyful, magical and critical take on art in all its forms.

October 2nd 2026-March 7th 2027

MIRÓ X LES ABATTOIRS

Following in the footsteps of Niki de Saint Phalle and Giacometti, Les Abattoirs in Toulouse is preparing to host another modern art hero: Joan Miró. The exhibition sheds light on Miró's non-conformist and inventive side with a selection of pieces and collages from 1927-1937 and 1960-1983. The big-bud-

get exhibition — 1.72 million EUR budget — is as big as previous show-stopping events hosted by Les Abattoirs. It's a unique opportunity to strengthen the bonds between Toulouse and Spain whilst celebrating the creative freedom of a master of surrealism.

www.lesabattoirs.org

MUSÉE SAINT-RAYMOND

From March 2026

GAULISH BUT ROMAN! MASTERPIECES FROM THE NATIONAL ARCHAEOLOGY MUSEUM

This exhibition puts the spotlight on two civilisations that loved to hate each other: the Gauls and the Romans. Sculptures, everyday items and archaeological gems capture the fascinating past of cultural melting pots on an educational deep dive into our heritage, in partnership with the Musée de la Romanité de Nîmes

<https://saintraymond.toulouse.fr>



MONTPELLIER (HÉRAULT)

MUSÉE FABRE PULLS OUT ALL THE STOPS FOR ITS 200TH ANNIVERSARY

The Musée Fabre is celebrating its 200th anniversary with an impressive line-up of exhibitions and partnerships right up until 2028. What to expect from the festivities? An outstanding schedule blending art, design, heritage and culture.

www.museefabre.fr

June 27th - November 1st 2026

PIERRE PAULIN - DESIGN IN MOTION EXHIBITION

The summer 2026 exhibition at the Musée Fabre in Montpellier introduces visitors to Pierre Paulin (1927-2009), a leading 20th century French industrial designer. In the run-up to the centenary of his birth, this is the first time the retrospective has come to the region to pay tribute to an iconic artist based in the Cévennes. In partnership with the Mobilier National and Fonds Pierre Paulin, it unveils a hundred signature pieces capturing a career fuelled by French chic and modern flair. Paulin was a visionary designer who brought together comfort, function and style with a minimalist yet timeless aesthetic. His fusion of art and industrial design continues to influence creatives today.

www.museefabre.fr



MUSÉE GUIMET (PARIS) DROPS ANCHOR IN MONTPELLIER

Hôtel de Cabrières-Sabatier d'Espeyran opened its doors to Guimet+ Montpellier on December 13th 2025 as part of a brand new partnership with the Musée Guimet (Paris), home to the biggest collection of Asian art in Europe. The 4-year partnership will take visitors on a voyage of discovery to meet ancient Asian civilisations with an annual exhibition devoted to each cultural destination (China in October 2026 followed by India, Japan and the Himalayas).

www.museefabre.fr/guimet2025

PAVILLON POPULAIRE'S VIP GUEST: THE PHOTOGRAPHER RAYMOND DEPARDON

The Pavillon Populaire reopened on December 2nd 2025 with a major exhibition devoted to Raymond Depardon and named after a hotel in Addis-Abeba (Ethiopia) where the photographer stayed on several occasions: Extreme Hotel. The exhibition displays a hundred photos shot between 1978 and 2019 with an insight into his little-known colour photography: cityscapes, war zones and portraits of transforming cities. Iconic series such as Carthagène, Villes, Japan Express, Vertical Sud and Beyrouth capture the poetic and political power behind his lens.

<https://www.montpellier.fr/vie-quotidienne>



MUSÉE SOULAGES - RODEZ (AVEYRON)

April 11th-September 13th 2026

HIROSHI SUGIMOTO EXHIBITION

Hiroshi Sugimoto, a leading Japanese photographer and contemporary artist (b. 1948), will be presenting a series of his most iconic pieces at the Soulages Museum. From his hypnotic Theaters in the 70s to his more recent Optiks, work with colour, Brush Impression pieces and his take on Japanese calligraphy, the exhibition delves into the key themes in his work devoted to abstract landscapes, time and light in an eye-opening dialogue with artwork by Pierre Soulages.

October 17th 2026-March 7th 2027

LOUISE NEVELSON EXHIBITION

This retrospective is based on the Centre Pompidou-Metz exhibition with a hundred pieces (sculptures, collages, prints and films) from the dazzling world of the American sculptor and leading 20th century artist.

<https://musee-soulages-rodez.fr>

VALENCE-SUR-BAISE (GERS)

NEW HISTOIRE D'EAUX EXHIBITION FROM THE SIMONOW COLLECTION AT FLARAN ABBEY

The History of Waters exhibition for 2026-2028 sets the scene for thirty major 17th-20th century paintings by the likes of Ziem, Courbet, Monet, Boudin and Ruszkowski. It takes visitors on a visual cruise capturing the infinite variations of light and weather on the seas, rivers, streams and lakes.

<https://en.gers-armagnac.com/explorer/incontournables/labbaye-de-flaran/>

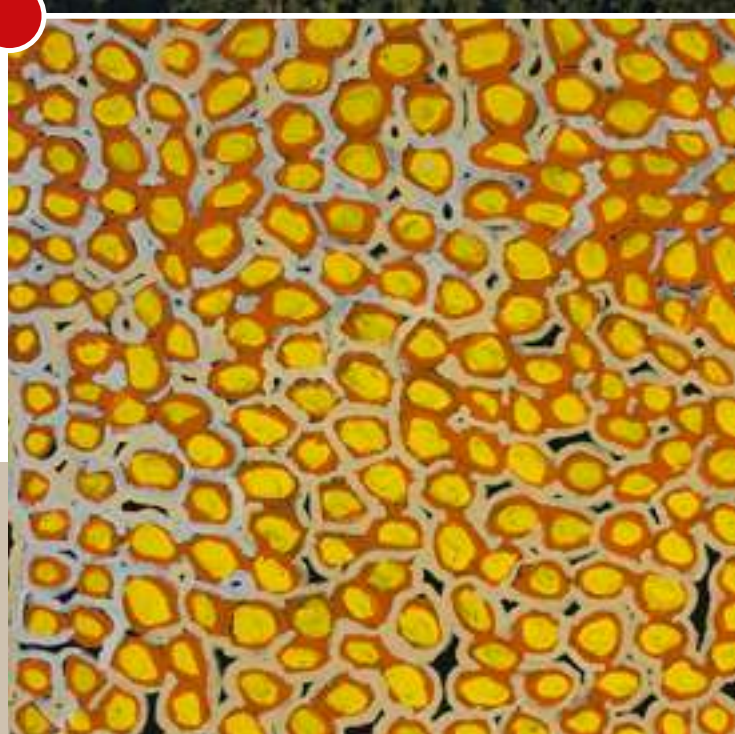
LODÈVE (HÉRAULT)

April 18th-August 30th 2026

THE MUSÉE DE LODÈVE PUTS AUSTRALIAN ABORIGINAL ART CENTRE STAGE

The museum's first major temporary exhibition in 2026 celebrates contemporary Australian Aboriginal art with the KW Institute's Klein collection. The exhibits come from different parts of Australia and illustrate the diversity and wealth of an ancient culture with a deep spiritual bond to the land and its ancestors. A whole host of paintings, patterns and materials capture the life force of Aboriginal art and the power of the legends that feed into it.

www.museedelodeve.fr



COMING UP BETWEEN AUTUMN 2026 AND MID-2027: METEORITES EXHIBITION

(on display at the National Museum of Natural History in Paris in 2018)

LES ARQUES (LOT)

February 3rd-December 30th 2026

VALENTINE PRAX SPREADS HER WINGS, THE PERSONAL LIFE OF A PAINTER EXHIBITION – MUSÉE ZADKINE

The Lot is devoting a major retrospective to Valentine Prax (1897-1981), the artist married to the sculptor Ossip Zadkine. The Musée Zadkine will display thirty pieces from public and private collections alongside personal belongings, archives and never-before-seen photos. The preview is taking place on March 7th 2026 followed by a musical performance by Les Atlantes. In testament to the importance of female 20th century artists, the exhibition will last into 2027.

<https://musees.lot.fr/mus-e-zadkine-1>

<https://www.cahorsvalleedulot.com/en/patrimoine/musee-zadkine/>

BONNEMAISON (HAUTES-PYRÉNÉES)

ESCALADIEU ABBEY, A FITTING SETTING FOR THE POETIC WATER EXHIBITION

The Cistercian Escaladieu Abbey, the crown jewel of Les Baronnies, sets the scene for a new contemporary art exhibition called L'Eau Poétique between April 3rd and November 1st 2026. Water has always been a challenge for artists. It's not only a source of life but it's also a dreamy, intangible and weightless entity that artists love for the freedom it gives and the skill it requires to capture it. Guest artists take visitors on a deep dive into the constantly moving element that really comes into its own here, at the meeting point between the Luz and Arros rivers. Cistercian abbeys couldn't have been built without a nearby water source and an understanding of how to use it. The Cistercian order is named after the old French word for reed, «cistel», whose symbol (one of few decorations to be allowed) appears on the capitals at Escaladieu. www.abbaye-escaladieu.com

PERPIGNAN (PYRÉNÉES-ORIENTALES)

2026-2027: SALVADOR DALÍ VISITS MUSÉE RIGAUD

The Musée d'Art Hyacinthe Rigaud in Perpignan plays host to Dalí's famous Partial Hallucination: Six Apparitions of Lenin on a Piano (1931) on loan from the Pompidou Centre in 2026. The hanging is a taster for the museum's major upcoming exhibition in 2027 based on the artist's Perpignan Train Station or Pop-Op-Yes-Yes-Pompier (1965). With a masterpiece from the past and an exciting schedule for the future, the museum is making its mark as a cultural catalyst for the area

www.musee-rigaud.fr

But also

Tautavel (Pyrénées-Orientales)

Prehistory Museum - **Spring – Summer – Autumn 2026:** exhibition «Butchery». A major exhibition traces the diet of our distant ancestors...

<https://450000ans.com>



ALBI (TARN)

April 4th-July 26th 2026

HENRI-GABRIEL IBELS, AN EARNEST NABI EXHIBITION AT MUSÉE TOULOUSE-LAUTREC

The Musée Toulouse-Lautrec is hosting very first retrospective of work by Henri-Gabriel Ibels, a leading artist in the late 19th century and founding member of the Nabis, a post-Impressionist art movement that inspired decorative arts, posters and modern art itself. He shared a real passion for the circus with his friend Toulouse-Lautrec, who he also loved to sketch. Ibels was an illustrator, poster designer and painter who had much to say in the press, earning himself the nickname of the «Nabi journalist». The UNESCO-listed Palais de la Berbie provides a fitting showcase for visitors to learn about a multi-talented artist with strong beliefs.

musee-toulouse-lautrec.com

CASTRES (TARN)

June 13th-September 27th 2026 at Musée Goya

LANDSCAPES AND LIGHTS IN SPANISH PAINTINGS FROM THE 1880s TO 1930s

Spain may be famous for the great artists whose masterpieces have gone down in the history of art, but the same cannot be said of little-known 19th century paintings. It's almost as if there was a black hole in the Spanish art scene between the time of Goya and that of Picasso. However, an entire generation of artists, authors and poets brought their own energy and ingenuity to the table between the 1880s and 1930s, a time known as the Silver Age (a nod to the Spanish Golden Age).

www.museegoya.fr

mid-October 2026-March 2027

FÉLIX DE RECONDO, THE DANCE OF BODIES EXHIBITION

MONTAUBAN (TARN-ET-GARONNE)

July 2nd-November 2nd 2026

Musée Ingres-Bourdelle - Ingres and Fashion exhibition (provisional title: Ingres et la mode)

The Musée Ingres Bourdelle de Montauban is devoting a brand new exhibition to Jean-Auguste-Dominique Ingres's relationship with fashion this year. It hones in on the artist's attention to detail when depicting fabric, folds and clothing to reveal how fashion sculpts the artistic vision and composition. Visitors can explore an incredible collection of over 200 items including paintings, drawings, textiles, accessories and archive documents to see how Ingres elevated fabric, played with sheer details, drew inspiration from contemporary trends and delved into art history to give his portraits a timeless modern feel. The exhibition will also explore how Ingres's paintings influenced 20th and 21st century fashion designers (Castelbajac, Saint Laurent, Issey Miyake etc.).

<https://museeingresbourdelle.com>



Memory tourism: lest we forget!

Occitanie has real history that we remember for its heroic feats, duties and scars. From the wars of religion and the French Resistance to the Retirada and the Harkis, history has certainly left its mark on the region. These memorial sites are now spaces to understand, share knowledge and never forget.

RIVESALTES (PYRÉNÉES-ORIENTALES)

LES JOURS SONT CLAIRS EXHIBITION AT THE RIVESALTES CAMP MEMORIAL

The Bright Days are Rare exhibition opens on March 19th 2026, in partnership with the Collioure and Céret museums of modern art. The exhibition presents work by Jewish artists living in the Pyrénées-Orientales during the 20s and 30s and how their pieces gave a glimpse of the tragic events to come. In 1940, the South of France became a temporary shelter for them, a step towards exile or a tragic dead-end. The exhibition brings in pieces from famous museums to celebrate art as a weapon of resistance, a stronghold against cruelty or a testimonial for suffering. The Rivesaltes Camp Memorial has just celebrated its 10th anniversary and is the place for remembrance, community and humanity.

www.memorialcamprivesaltes.eu

SEPTFONDS (TARN-ET-GARONNE)

SEPTFONDS RELIVES THE HISTORY OF THE JUDES INTERNMENT CAMP

The Camp de Judes has been updated to keep the memories of the Spanish Civil War and World War II alive. The new cabin (based on a 1939 model) sets the scene for a clear and accessible visitor trail. The site also has its own Septfonds, A Camp, Memories app to help visitors understand the role of the camp and the history of the site. It brings the past into the present for the general public to connect with what happened here. Round off the experience with a trip to La Mounière, Maison des Mémoires de Septfonds, just over a mile from the Memorial

<https://septfonds-la-mouniere.com>



Occitanie in all its glory

On the water

ARGELÈS-SUR-MER
(PYRÉNÉES-ORIENTALES)

THE BIG BLUE IN A POLYNESIAN PIROGUE!

Water Sport Adventure brings you a brand new adventure in Argelès-sur-Mer: set sail on a Polynesian pirogue! Join a guide as you work up a sweat, spend quality time together and explore the Côte Vermeille's beautiful coves right up to Collioure. Soak up the great outdoors, sea views and team spirit on this inclusive activity. It's a golden opportunity to experience another side to the Mediterranean on an authentic and exotic adventure.

<https://watersportaventure.com>

SALLES-CURAN (AVEYRON)

LAP UP THE ELECTRIC LOUNGE BOAT ON LAC DE PARELOUP

Pareloup Pilot brings you a unique eco-friendly experience on the Lézou plateau's very own inland sea: set sail on Lac de Pareloup in the permit-free, solar-powered, electric Lounge Boat. It's made of recycled materials, combines sustainable innovation with the ultimate in comfort and the perfect setting for a cruise in the peace and quiet. All you'll hear is the water lapping the boat. The Lounge Boat is wheelchair-friendly and captures a new way to experience the lake: leisurely, socially and sustainably.

<https://pareloup-pilot.fr>

SAULIAC-SUR-CÉLÉ (LOT)

THE ADVENTURES OF LOULOUTE THE OTTER: A SCAVENGER HUNT CANOEING ON THE CÉLÉ

The Causses du Quercy Regional Nature Park and Global Geopark has launched a new river scavenger hunt in partnership with Kalapca Loisirs. Join the valley's cheeky mascot, Louloute the Otter, on a ride from Sauliac to Conduché solving riddles surrounding the Célé's natural and cultural heritage. The idea is to gradually replace regular geocaching activities and appeal to families and adventurers alike. It's a great way to see another side to the river, have fun and take care of the environment!

www.kalapca.com





Albi (Tarn)

APÉRO-PADDLE: DRINK IN VIEWS OF THE TARN

Albi is surrounded by the Tarn River and is a sight for sore eyes with Albi Cathedral, Palais de la Berbie and Pont-Vieux bridge. The new bridge over the Tarn may provide unique views of the city, but you can soak up the sights from the river too. Paddle & Co brings you apéro-paddle: a new way to experience Albi with a drink, friends or family and the river. Make memories, soak up the city's heritage and go with the flow over drinks, local food and paddles in a friendly atmosphere. <https://www.albi-tourisme.fr/en/equipements/paddle-co/>

MOISSAC (TARN-ET-GARONNE)

CANOE TO THE MEETING POINT BETWEEN THE TARN AND GARONNE

Join Thomas on a canoe trip on the Tarn to where the river meets the Garonne. Learn all about the river's flora and fauna as you sail from Moissac to Saint-Nicolas-de-la-Grave. Paddle beneath the famous Cacor canal bridge. The Moissac heritage department also provides guided canoe tours: «monuments et histoires de Moissac vue du Tarn» (Moissac monuments and tales from the Tarn, approx. 90 minutes). An evening canoe loop gives visitors a different vibe with different species to meet

www.canoe-tarnetgaronne.fr

All roads lead to Occitanie

SAINT-BEAUZÉLY (AVEYRON)

RÉTRO'CAUSSES: A VINTAGE CAR RIDE IN AVEYRON

The new Rétro'Causses tour in Aveyron revisits the local landscapes behind the wheel of a collector's car. Take your pick from several themed excursions between Les Cazelles and Azinières, winding along pretty roads in the Causses and valleys, taking in unspoilt nature, heritage, food and drink. It's a unique and eco-friendly way to travel back in time, live like a local, take your foot off the gas and take your time exploring in a classic car. <https://www.circuits-voitureancienne-aveyron.com/en-gb/the-concept>

CAJARC - LARROQUE-TOIRAC (LOT)

A GREENWAY TO EXPLORE THE LOT AND CÉLÉ VALLEYS

The future greenway in the Célé Valley is opening in 2026 between Cajarc and Larroque-Toirac, so cyclists and pedestrians can explore with peace of mind. The accessible path is designed for families and leisure cyclists to enjoy views of the Célé and hook up with local loops and landmarks. The idea is to encourage people to use sustainable transport (cycling, walking) and provide easy access to visit the local villages and landscapes.

www.tourisme-figeac.com



TOUR OF HAUTE-GARONNE BY BIKE

The brand new bike path covers over 400 miles and 13 stages on quiet side roads. It's a great way to (re)visit the Haute-Garonne département, Toulouse, Le Lauragais hillside vineyards, Garonne Valley and Pyrenean foothills. It's designed to suit all abilities and runs through 73 towns and villages with 13 train stations, making it ideal for a bike ride out and a train ride back. .

www.hautegaronnnetourisme.com/tour-de-haute-garonne-a-velo

CYCLING/WALKING TOUR DECAZEVILLE (AVEYRON)

INTRODUCING THE SPANISH STREET ARTIST, ISAAC CORDAL

Street art in the countryside? You read it right! The brand new Parcours Isaac Cordal trail runs through Decazeville, Cransac-les-Thermes and Livinhac-le-Haut, introducing you to the Spanish artist's famous figurines as seen in the likes of Brussels, Tokyo, Barcelona and Mexico! Drink it all in on a trail that you can walk or cycle to see another side to an ever-changing land as you wind your way through the villages.

www.tourisme-paysdecazevillois.fr/actualites/art-urbain-parcours-isaac-cordal
<http://en.tourisme-paysdecazevillois.com/street-art-festival/>

FOIX-MONTSÉGUR (ARIÈGE)

A CATHAR ADVENTURE: CASTLES IN THE SKY

Take a journey back in time through Cathar history on a 3-day hike visiting three iconic medieval Ariège castles: Foix – Roquefixade – Montségur. Walk along ridges, down into valleys and through the woods on marked trails (GR 107 or GR 367) to visit «Cathar» fortresses, right where the Albigensian Crusade played out. The hike is suitable for good



walkers and takes you on a trip back in time with fabulous views to enjoy.

www.foix-tourisme.com/activites-out-door/randonner/de-chateau-en-chateau

ARAGNOUET (HAUTES-PYRÉNÉES)

DANS LES PAS DE PÉGASE FOOTPATH AT NÉOUIVELLE NATURE RESERVE

Hit the Dans les pas de Pégase footpath and visit Lac d'Orédon on the edge of Néouvielle Nature Reserve, the biggest lake reserve in Europe. Information boards along the 3.6km loop detail the work of scientists who have been coming to study Pyrenean biodiversity since 1923. Pégase the donkey is your guide on the 90-minute walk that starts at the Pyrenees National Park visitor centre and clings to the lake shores, taking you through grass, pebbles and woodlands with stunning views of the mountains and perfect picnic spots.

<https://explore.piau-engaly.com/trek/34200-RANDO---Tour-du-Lac-d-Oredon>

www.pyrenees-parcnational.fr
 («Découvertes» section)



Occitanie, setting the standard for wine tourism

Occitanie is now home to 21 destinations approved by Vignobles & Découvertes and is taking its wide variety of wine tourism services to a whole new level. Here are some «grape» picks.

www.tourisme-occitanie.com/loisirs/local-et-gourmand/route-des-vins

MASTERCLASSES, WORKSHOPS & CULINARY THEATRE

EAUZE (GERS)

LA FOLLE BLANCHE, ARMAGNAC FESTIVAL: AN ODE TO THE NECTAR OF THE GODS

This new festival hopes to make Armagnac a figurehead for the local identity and celebrate it in all its cultural, social and sensory glory. Armagnac's capital, Eauze, sets the scene for the brand new event in tribute to La Folle Blanche. The idea is to put the spotlight on the delicate signature grape variety with the buzz of the Roaring Twenties or «Années Folles» in French, a time of celebration, freedom and sophistication. A farmers' market, Armagnac blending masterclass, cocktail class, working still, concert and swing dance are all part of the festivities.

www.folleblanchefestival.fr

Save the date

September 19th 2026



MALVIÈS (AUDE)

CULINARY THEATRE AT CHÂTEAU GUILHEM

Culinary theatre is an immersive experience from the amazing partnership between a talented chef and passionate winemaker: Paul Guilhem and Bertrand Gourdou. The gourmet extravaganza showcases the harmony between fine dining and fine wine.

www.limouxin-tourisme.com/offres/show-cook-du-chateau-guilhem-malvies-fr-5272265/

www.chateauguilhem.com

WHAT'S ON IN THE VINEYARD

Vitinéraires and œnorandos® go the whole nine (vine)yards!

GAILLAC (TARN)

VINEYARD TO OLIVE GROVE: A NEW OENORANDO® IN TOSCANE OCCITANE

Here's a grape escape that certainly isn't the pits! Your hike begins in Domaine Gayard's rolling vineyards before you continue to the olive groves at Domaine Oléicole Rigaud to learn about the Tuscan Tarn's two signature products: wine and olive oil. Grapes and olives have one thing in common here: a fruitful and bountiful land ripe for exploration. Learn everything there is to know about both forms of farming and gain an insight into climate change. Enjoy an indulgent sun-drenched tasting with both the vine grower and olive grower. A leisurely outing taking you from tanins to tapenades. Mouth-watering!

<https://randopleinenature.tarn.fr/trek/1825-Oenorando-De-la-vigne-a-l-olivier>

VIELLA (GERS)

VITINÉRAIRE: A SENSORY EXPERIENCE IN THE MADIRAN AND PACHERENC WINE DESIGNATIONS

Domaine Laougué takes visitors on a deep dive into its vineyard with Vitinéraire, a leisurely sensory experience introducing you to the vineyards. Walkers use a little guidebook to learn the history of the winery, the secrets behind the grape varieties, what makes the area so special and how nature and passionate people have made it what it is. The inclusive trail is a voyage of discovery in the peace and quiet, surrounded by the rolling landscapes, views of Madiran and stops to find out everything there is to know about vine growing.

www.domaine-laougue.fr

Find out more: <https://www.visit-occitanie.com/en/activities/local-specialities/wine-route/>



The local lifestyle: what makes Occitanie so special?

Tickle your taste buds

OUR MARKET HALLS ARE ALL THE RAGE

Narbonne, Perpignan (Halles Vauban), Toulouse (Halles de la Cartoucherie) and Montpellier (Marché du Lez) have inspired Ganges, Béziers, Saint-Jean-de-Védas, Pérols in Hérault and Rodez in Aveyron to open their own indoor markets (opened in October 2025). The new temples of gastronomy and street food, known in France as «Halles», are a roaring success and a unique showcase for Occitanie's signature lifestyle.

<http://www.sudcevennes.com/vacances-cevennes/les-halles-de-ganges>
<https://hallesvedasiennes.fr>
<https://leshallesrodez.fr>

BÉZIER (HÉRAULT)

HALLES DE BÉZIER, NAMED «BEST MARKET IN FRANCE»

The newly renovated Halles de Béziers has been named the «Best Market in France 2025» by TFI, joining its fellow Occitan Halles de Narbonne which won the competition in 2022. It's the place to be for foodies, locals and tourists alike with 24 traders and restaurateurs showcasing the best of the Languedoc at the iconic city centre market and its blend of traditional and modern features. Thousands of visitors flock to the Baltard-style building every week for a taste of the Mediterranean lifestyle. It's an institution which flies the flag for Southern French cuisine and seals Béziers's place among Occitanie's leading foodie destinations.

www.beziers-mediterranee.com/gastronomie/une-pause-gourmande-dans-les-halles-de-beziers
<https://biltoki.com/nos-halles/beziers>



PÉROLS (HÉRAULT)

LES CUVES GOURMANDES, A FOOD HALL IN A RENOVATED WINE CELLAR

Les Cuves Gourmandes recently opened to visitors in its 2000m² renovated wine cellar. The new dining hotspot is home to three restaurants, a wine cellar and twenty «cuve trucks» (food stalls in concrete wine vats).

The concept from Silvère Davoust (Terminal #1, Jardin des Sens, Carré Mer) brings the local wine legacy together with culinary creativity, showcasing Hérault winemakers at a collective wine bar.

<https://cuvesgourmandes.com>





SAVOR THE FINE PRODUCTS OF OCCITANIA

LAUTREC (TARN)

LAUTREC'S PINK GARLIC HAS A DOUBLE CELEBRATION THIS YEAR: 60 YEARS OF THE LABEL ROUGE AND 30 YEARS OF IGP!

Don't go looking for Lautrec's biggest gem in a jewellery shop; head straight for the markets in the Pays de Cocagne. Lautrec's pink garlic was the first vegetable to be awarded the Label Rouge (awarded to superior quality products in France) in 1966 and it's also celebrating its 30th anniversary of being awarded the PGI designation (IGP in French). Both milestone events recognise our understanding of flavour! The Fête de l'Ail Rose celebrates pink garlic in the medieval town on August 2nd and 3rd 2026 with events, tastings, cookery contests and foodie tours. It's a golden opportunity to test out the Pink Garlic bike path and meet passionate garlic farmers as you wind through the Tarn's fragrant roads.

www.ailrosedelautrec.com

LOUPIAN - BOUZIGUES (HÉRAULT)

THE WORLD IS YOUR OYSTER

Learn everything there is to know about the Thau Lagoon's signature shellfish on a «conchylitour», visiting oyster farms on the lagoon. The farmers love thinking up new ways to serve oysters and win over new shellfish fans. One of their culinary inventions is made for anyone who doesn't like raw oysters: how about an oyster burger or nuggets at Atelier & Co oyster farm in Loupian? Fancy dessert? Then head to Bouzigues for a scoop of oyster ice cream. That's right! Brigitte, a former science teacher, has concocted the unique flavour at her ice cream shop with her husband Eric in Bouzigues. Try it for yourself at L'étangourmand. <https://atelierenco.com>

www.herault-tourisme.com/fr/leconchylitour-de-lherault

www.instagram.com/etangourmand



SAY CHEESE!

AVEYRON

A CHEESY ROAD TRIP ON THE ROUTE DES FROMAGES IN AVEYRON

What do you say to over 120 miles of adventure to experience the best cheese the Aveyron has to offer? This unique route introduces you to the diversity of Aveyron's flavours as you explore its beautiful scenery and iconic landmarks.

www.tourisme-aveyron.com/fr/savourer/la-gastronomie-aveyron/route-des-fromages



ROQUEFORT-SUR-SOULZON (AVEYRON)

THE KING OF CHEESE AND ITS CASTLE

Roquefort-sur-Soulzon is opening the Maison du Roquefort in 2026, a new visitor centre for people to learn about the fabulous cheese that captures Occitanie on a plate. It provides an immersive experience exploring the cheese's history, how it's made and its culture alongside a cheesemaker showcase and ageing cellars. With the local cheese industry and authorities behind it, the visitor centre hopes to put local heritage in the spotlight and attract more tourists to the village in the Grands Causses Regional Nature Park.

www.roquefort-tourisme.fr



NARBONNE (AUDE)

WHAT'S «BON» IN NARBONNE? A TOUR BLENDING LOCAL FOOD WITH LOCAL HISTORY

See another side to Narbonne on a food tour with Narbonne Côte du Midi Tourist Office every Friday. Meet your guide at 11am for a 90-minute tour learning about the town's legacy as you stop for tastings in the streets, markets and food halls. You'll know everything there is to know about how Narbonne's Roman, medieval and winemaking history have seeped into local flavours and produce. Meet the locals, feast your senses, tantalise your taste buds and explore a new town.

<https://billetterie.cotedumidi.com/visites-de-narbonne/visite-historique-et-gourmande>



Lifestyle hotels & eco-resorts: the 2026 collection has that «je ne sais quoi»!

IN THE MOUNTAIN

BARÈGES – LA MONGIE (HAUTES-PYRÉNÉES)

HÔTELLERIE DES LAQUETS: THE HIGHEST 4* HOTEL IN FRANCE

Hôtellerie des Laquets is making its comeback after over 30 years of closure. It stands at an altitude of 2620m with a cable car taking you up to the Pic du Midi above it. It's designed to provide a unique experience in Europe and join the hospitality services already available on the Pic du Midi. When it opens in 2026, Hôtellerie des Laquets will have 16 rooms with incredible views, a fine dining restaurant run by the chefs Renaud Lamazère and Stéphane Tournié plus a cosy bar with a fireplace to gaze out at the Pyrenees. The hotel's blend of contemporary design and Pyrenean tradition saw it win silver at the Bâtiment Durable Occitanie sustainable building awards

<https://picdumidi.com/fr/corporate/hotellerie-des-laquets>

BAGNÈRES-DE-BIGORRE (HAUTES-PYRÉNÉES)

LE BERCEAU DE LA SOURCE: A 4* HOTEL BUILT ON THE SITE OF A FORMER SPA

Months of work have gone into turning the Thermes de la Reine spa (which opened in 1868) into a 4* hotel & spa for spa-goers and holidaymakers alike. The luxury hotel is all about R&R. It's a real destination, home to the kind of salt room you won't find anywhere else in the Pyrenees. It's been fully refurbished with a hint of modern flair in its Art Deco style. The ceiling coving and vintage mirrors whisk you back to the 30s whilst the rooms gaze out at the spa town's rooftops. Take your relaxation experience to the next level in the large glazed Palmarium where you can unwind your way. The hardest part will be choosing between a lounge or rocking chair...

www.berceaudelasource.fr



IN THE CITY

MONTPELLIER (HÉRAULT)

THE TRIBE HOTEL BRAND COMES TO THE CITY

The Accor Group has just opened Tribe Montpellier Gare Sud de France in Cambacérès, right next to the train station and future business district. The 4* hotel has 98 rooms with a contemporary design, a rooftop pool, a coworking space and Tribe Table restaurant and bar. The urban lifestyle brand targets connected travellers and design-led clients. Tribe Montpellier sees the group continue its French expansion after Paris, Lyon and Carcassonne.

<https://tribehotels.com/fr/france/montpellier>

ALBI (TARN)

DROP ANCHOR AT HÔTEL LAPÉROUSE IN THE WAKE OF THE FAMOUS ALBI SEAFARER

A voyage of discovery in Albi! The new 4* Hôtel Lapérouse is inspired by seafaring in tribute to the Albi explorer of the same name and his legendary ships, La Boussole and L'Astrolabe. The contemporary interior brings style, premium materials and a sense of adventure together in its 27 rooms and suites. Guests can unwind in the relaxing pool and two restaurants a stone's throw from the old town. A unique destination to set sail with Jean-François de La Pérouse on a holiday to remember

www.hotel-laperouse.com



Find out more

Delve deeper into the life of Lapérouse and cross the bridge over the Tarn to visit the explorer's museum.
www.albi-tourisme.fr/decouvrir-albi/musees/

IN THE COUNTRYSIDE

LAGRASSE (AUDE)

VIPP TOWNHOUSE: THREE FLOORS OF HISTORY BROUGHT TO YOU BY VIPP

The 3-storey 14th century house is packed with history and Scandi design. It has views of the village square and Halles market hall in beautiful medieval Lagrasse. Bouquerie Lagrasse and the Danish design brand Vipp worked together to make the dream a reality with Vipp Townhouse Lagrasse.

www.bouquerielagrasse.com/chambres/vipp



SOUILLAC (LOT)

MAISON BORRÈZE: A 30S DESIGN HOTEL IN THE DORDOGNE VALLEY

Maison Borrèze has real personality, with its blend of effortless chic and contemporary comfort. Its 15 suites have a 30s vibe, a focus on natural materials, a soothing atmosphere and are flooded with natural light. The guesthouse celebrates understated design and attention to detail. Maison Borrèze is ideal for exploring the Dordogne Valley and a chic destination hotel for anyone who wants to soak up the local lifestyle
<https://maisonborreze.com/fr>

MARTEL (LOT)

MAISON TURENNE: «A BOUTIQUE HOTEL IN A MEDIEVAL TOWN CENTRE»

Maison Turenne brings subtle regional style together with creature comforts in 9 stylish rooms in Martel old town, one of the Plus Beaux Villages de France®. The interior design has a sleek Brit vibe with premium materials and modern features. The quaint boutique hotel opened at the end of 2025 and is the perfect place for a premium city break between Rocamadour and Dordogne
www.maison-turenne.com

LAUZERTE (TARN-ET-GARONNE)

WELLNESS AT L'ORÉE DES BOIS

L'Orée des Bois is a new 4* hotel and part of Domaine du Belvédère near Lauzerte, one of the Plus Beaux Villages de France®. The estate is a favourite among nature lovers, with its 10 hectares of natural forest and rocky plateaus home to flora and fauna. L'Orée des Bois has opened a spa to treat its guests to an even more indulgent break with a sensory pool, Turkish bath, mud treatment room, experience shower, meditation room and a tearoom with salt walls.
www.hotel-loreedubois.com



But also

Hôtel Égide (Espalion / Aveyron)

<https://hotelegide.fr>

Hôtel « Chez Gratien » (Villeneuve d'Aveyron)

Opening March 2026

www.chezgratien.com





You heard it here first: here's what's happening in 2026 and beyond...

... the **Pic du Midi** could make the **UNESCO** shortlist
<https://picdumidi.com/fr/corporate/candidature-unesco>

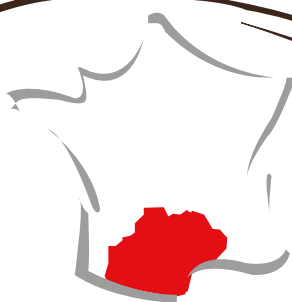
... and the **UNESCO** jury is meeting up to discuss listing the **Forteresses Royales du Languedoc** (Cathar castles) in summer 2026

... whilst **Château de Montségur (Ariège)** and the **Minerve, Gorges de la Cesse** and **Gorges du Brian** destination are about to be awarded the **Grand Site de France** label
www.grandsiteminervecessebrian.fr

... and a Roman excavation site called «**Béziers Antique**» is about to launch with a 30-year plan!
www.beziers-mediterranee.com/actualites-des-pros/beziers-antique
<https://forteressesroyalesdulanguedoc.fr>

In terms of temporary exhibitions, the **200th anniversary of the Musée Fabre** is a great excuse for two world-class exhibitions:

- in 2027: From Sumer to Babylon: Asian Antiquities at the Louvre, 5000 BC-500 AD
- in 2028: Van Gogh and Gauguin in Montpellier in partnership with the Van Gogh Museum in Amsterdam



With Toulouse and Montpellier as main cities, Occitanie occupies a large part of the southwest of France. It is very accessible by train, on the axis Paris, Bordeaux, Montpellier and Barcelona. Also accessible by numerous routes motorways and it benefits from air services national and international daily. More information on visit-occitanie.com





