



AD'OCC
Région Occitanie



Destination
Occitanie

Press trip
Huib Afman - En Route
16 to 20 March
Rail Trip in Occitanie

Agence d'Attractivité, de Développement Economique et Touristique



> Journalist

Huib AFMAN – hk.afman@upcmail.nl - +33 641 504 299

Support:

- En Route – 5.500 ex – 30-40.000 readers – 850€/page
- Leven in Frankrijk – 35.000 ex. – 84.000 readers – 4.550 €/page

Contact presse

> Destination Occitanie

Birgitte REIMERS - +33 6 10 30 86 52 - birgitte.reimers@crtoccitanie.fr

> Lot Tourisme

Aude LECONTE - +33 6 83 07 55 29 - aude.leconte@tourisme-lot.com

> Tarn Attractivité Tourisme

Valérie BOUTET - +33 6 71 09 43 49 – valerie.boutet@tourisme-tarn.com

> Aveyron Attractivité Tourisme

Maude GONCALVES - +33 6 75 42 14 21 - presse@aveyron-attractivite.fr

Audrey CARLES +33 6 78 42 43 81

Share your stay in Occitanie with **@voyageoccitanie #Voyage Occitanie** and follow us on:

www.instagram.com/voyageoccitanie / www.facebook.com/VoyageOccitanie

Agence de Développement Touristique Lot Tourisme

[@lottourisme](https://www.instagram.com/lottourisme) / [#TourismeLot](https://www.instagram.com/TourismeLot)

Office de tourisme du Grand Figeac Vallée du Lot et du Célé

[@figeacvalleeslotcele](https://www.instagram.com/figeacvalleeslotcele) / [#figeacslotcele](https://www.instagram.com/figeacslotcele)

Office de tourisme de Cahors vallée du Lot

[@cahorsvalleedulot](https://www.instagram.com/cahorsvalleedulot) / [#cahorsvalleedulot](https://www.instagram.com/cahorsvalleedulot)

Agence Aveyron Attractivité et Tourisme

[@tourisme_aveyron](https://www.instagram.com/tourisme_aveyron) / [#tourisme_aveyron](https://www.instagram.com/tourisme_aveyron)

Agence Tarn Attractivité Tourisme

www.instagram.com/tourismetarn / [#tourismetarn](https://www.instagram.com/tourismetarn)

Atout France Pays-Bas

www.instagram.com/explorefrance / [#explorefrance](https://www.instagram.com/explorefrance)



Projet cofinancé par le Fonds Européen de Développement Régional

[voyage-occitanie.com](https://www.voyage-occitanie.com)

Occitanie Rail Tour – Explore by Train

www.visit-occitanie.com/en/rail-tour/

Discover Occitanie the sustainable way! Enjoy stunning scenery, local flavours, and unique heritage - all from the comfort of a train. Eco-friendly, affordable, and accessible, the **Occitanie Rail Tour Pass** makes it easy to travel at your own pace while creating unforgettable memories.

Unlimited Travel with the Occitanie Rail Tour Pass

Explore Occitanie for less with the eco-friendly **Occitanie Rail Tour Pass**.

In partnership with liO Train TER/SNCF, the pass offers unlimited travel for 2 to 6 consecutive days from just €10 per day per person:

Two days: €20

Three days: €30

Four days: €40

Five days: €50

Six days: €60

Perfect for slow travel across a region as vast as a country !

For only **€2 extra per trip**, liO buses can take you beyond the train to discover even more.

Itinerary: Cahors > Figeac > Rodez > Gaillac

This itinerary combines 3 train lines:

- 1 – Lot and Dordogne line : www.visit-occitanie.com/en/rail-tour/train/lot-and-dordogne-line-toulouse-brive-dordogne-valley/
- 2 - Causses du Quercy Line : www.visit-occitanie.com/en/rail-tour/train/causses-du-quercy-line-brive-dordogne-valley-rodez/
- 3 - Cathedrals line : www.visit-occitanie.com/en/rail-tour/train/cathedrals-line-toulouse-rodez/



Monday, March 16 – Prayssac / LOT

Check in on Volotea flight V72371

- 1 personal item
- Hand luggage
- Checked baggage

11:05 Departure from Madrid to Toulouse

12:25 **Arrival at Toulouse Blagnac**

Free lunch - grab a sandwich and a bottle of water at the airport

13 :00 **Pick up the rental car at the AVIS desk at the airport:**

- Remember to bring the AVIS rental voucher sent by email ; otherwise you will have to pay the rental costs up front and you will be reimbursed later.
- You do not need to refuel at the end of the rental period, as this is covered by Destination Occitanie.
- **At your own expense:** tolls, parking fees, and any fines (speeding, parking, etc.).

Drive to Prayssac in the Lot area

- *Toulouse-Blagnac Airport – Prayssac : 143 km-1h50 via A62 / Toll : 7,30€*

Information for your En Route article for En Route / Occitanie Rail Tour

*Follow the **Lot and Dordogne line** from Toulouse to Cahors - www.visit-occitanie.com/en/rail-tour/train/lot-and-dordogne-line-toulouse-brive-dordogne-valley/*

Train: 10:27 (TER) train departure to Cahors

15:00 **Chateau Camp Del Saltre**

Located in Prayssac, in the heart of the Cahors appellation, **Château Camp del Saltre** spans 24 hectares, including 16 hectares of AOC vineyards. With over a century of winemaking tradition passed down through the Delbru family, the estate produces round and elegant Malbec wines, as well as award-winning rosés and, more recently, a fresh and fruity Chardonnay.

Wine tastings are available by reservation, offering the opportunity to discover internationally awarded wines (International Wine Challenge, Decanter World Wine Awards) and to explore the history of this emblematic Lot vineyard.

- **Contact :** Patrick Banis - Château Camp del Saltre - 115 Route de Pomarède – 46220 Prayssac - info@chateaucampdelsaltre.nl - www.chateaucampdelsaltre.nl

Dinner & Overnight Stay – Villa Caormina, Prayssac

In the heart of the Cahors vineyards, in Prayssac, Villa Caormina offers an elegant and intimate setting for a relaxing evening and overnight stay. This charming guest house combines Mediterranean-inspired décor with the gentle lifestyle of the Lot region. Spacious and tastefully decorated rooms provide comfort and tranquility, while the outdoor spaces — terrace and swimming pool — invite guests to unwind in a peaceful environment surrounded by nature.

- **Contact** : Villa Caormina, 1782 Route du Théron, 46220 Prayssac / + 33 (0)6 62 59 98 48 - www.villacaormina.com

Tuesday, March 17 – Cahors / LOT

Morning – Puy-l'Évêque

Perched above the Lot River, Puy-l'Évêque is one of the most picturesque medieval villages in the Cahors vineyards. Its narrow-cobbled streets, fortified tower and panoramic views over the valley create a timeless atmosphere shaped by centuries of history and river trade.

A self-guided walk reveals the architectural heritage of this former episcopal town, from defensive gates to Renaissance houses, all set against a backdrop of vineyards and the winding river.

- Walking route:
- <https://balades-lot.com/detailcircuit?id=ITIMIP046V52P00P>
- www.cahorsvalleedulot.com/en/explorer/visitez-la-vallee-du-lot/les-plus-beaux-villages-de-la-vallee-du-lot/puy-leveque/

- Free Visit of the museum Virebent in Puy L'Evêque :
- www.virebent.com/en/the-virebent-factory-and-museum

Scenic Drive to Cahors via the Vineyards of Bélays, Albas, Luzech & Douelle

Follow the winding road toward Cahors, passing through charming wine-growing villages.

- Bélays offers spectacular panoramic views over the valley.
- Albas reveals its peaceful riverside setting.
- Luzech, nestled within a dramatic river meander, is surrounded by vineyards.
- Douelle, known for its small river port, marks the approach to Cahors.

This scenic route immerses visitors in the heart of the Cahors appellation landscape.

Noon Lunch at Chez Suzanne

Overlooking the majestic Pont Valentré, Chez Suzanne is an invitation to enjoy an authentic and welcoming culinary experience. Created by the passionate duo Julien Poisot and Justine Basin, formerly of the prestigious Château de Mercuès, the restaurant offers heartfelt, generous and gourmet cuisine that celebrates the finest produce from the Lot region. Their approach, described as “cuisine from the heart,” evolves with the seasons and market arrivals, ensuring dishes that are both authentic and full of flavour.

- **Contact** : Chez Suzanne - 32 avenue André Breton - Cahors - Tel : 05 65 22 13 04 - <https://chezsuzannerestaurant.fr>

15:00 **Guided Tour of Cahors.** Meeting point: Restaurant lobby with Léa, Press Officer at Cahors Tourist Office.

Cahors, designated a Town of Art and History, is set within a dramatic river meander. From the Pont Valentré to Saint-Étienne Cathedral, via the market square and the terraces along Boulevard Gambetta, the city blends southern charm, remarkable heritage and gourmet pleasures..

• **Contact** : Office de Tourisme de Cahors - Vallée du Lot / 05 65 53 20 65 –
contact@cahorsvalleedulot.com – www.cahorsvalleedulot.com

19:30 **Dinner at L'Ô à la Bouche**

Chef Jean-François Dive invites you to discover inventive cuisine, prepared exclusively with fresh ingredients, carefully selected and beautifully showcased through both original and traditional compositions.

• **Contact** : A Cahors – 56 allées Fénelon 46000 Cahors / 05 65 35 65 69
www.loalabouche-restaurant.com - loalabouche46@orange.fr

Overnight Stay at Hôtel Divona

Ideally located at the foot of the Pont Valentré, this hotel offers stunning views of the iconic 14th-century fortified bridge from every room.

• **Contact** : Le Divona, 113 Avenue André Breton, 46000 Cahors / +33 5 65 21 18 39 -
www.divona-hotel-cahors.com

Wednesday, March 18 - Cahors - Saint Cirq Lapopie – Figeac / LOT

Morning

Free discovery of the lovely Cahors Market

In the city center, every Wednesday and Saturday morning, Cathedral Square (St-Etienne) is filled year-round with colorful stalls and hosts one of the most beautiful markets in southwestern France. Traditional traders, butchers, greengrocers, and local producers of foie gras, AOC Rocamadour cheese, Quercy farm lamb, and “Pastis” (a famous apple cake) gather here.

Noon **Lunch At Bonnie**

In the heart of **Cahors**, **Bonnie** is a lively and contemporary address known for its warm atmosphere and creative cuisine. The setting blends modern décor with a relaxed, convivial spirit — an ideal stop for an elegant yet informal dinner.

The menu evolves with the seasons, highlighting fresh, locally sourced ingredients. Dishes are generous, colorful and carefully presented, offering a modern take on regional flavors with subtle international influences.

A dynamic table that reflects the renewed culinary scene of Cahors.

• **Contact** : Bonnie, 27 Place Jean-Jacques Chapou – 46000 Cahors / +33 6 24 47 74 20

Information for your En Route article / Occitanie Rail Tour

Transport information: Bus liO – Ligne 889: Cahors → Saint-Cirq-Lapopie (arrêt Tour-de-Faure – Le Port) – 35-40 minutes ride.

Schedule :12h48-13h22

Drive to Saint Cirq Lapopie

• Cahors- St Cirq Lapopie : 32 km – 45 minutes via la Vallée du Lot (D653 -> D622 in direction of St Gery/St Cirq-Lapopie -> in Bouziès cross the Lot-river and take D40 to St Cirq Lapopie.

Perched high above the Lot River, this medieval village—officially listed among France’s Most Beautiful Villages—reveals its narrow-cobbled streets, half-timbered houses, artists’ studios and exceptional panoramic views over the valley.

15:00 Visit of the Maison Breton – International Centre for Surrealism and World Citizenship

Meet with Clément Giesler, curator, at the city hall of Saint-Cirq-Lapopie.

This fortified house with Gothic windows is the oldest inhabited building in the village, featuring a 13th-century tower. It was once the home of writer André Breton, who spent his summers here at the end of his life in the company of fellow Surrealist artists. Today, the house hosts the International Centre for Surrealism and World Citizenship and offers a visitor experience closely aligned with the poet’s vision: thematic exhibition spaces, suspended gardens, a community café, the Librotech, artists’ residencies and a university research centre.

The artistic trail also extends to three additional venues: Maison Rignault, Salle de la Fourdonne and Maison Lespagnol.

Followed by a guided discovery tour of Saint-Cirq-Lapopie with Léa Tournier from the Cahors–Vallée du Lot Tourist Office.

Information for your En Route article / Occitanie Rail Tour

Transport information:

Bus 889 transfer from St Cirq Lapopie to Figeac : 16:46 - 18:11 or 17:51-19:16

Drive to Figeac

• St Cirq Lapopie – Figeac: 51 km – 1 hour via the Lot Valley

Departure by road towards Figeac, following the scenic routes of the Lot Valley and its rolling limestone landscapes. The journey offers beautiful countryside views before reaching Figeac, a Town of Art and History renowned for its medieval heritage and its strong connection to Champollion and the deciphering of Egyptian hieroglyphs.

Dinner at Le Bistrot Nomade

In the heart of Figeac, Bistrot Nomade offers a warm, relaxed atmosphere combining contemporary décor and natural materials. In fine weather, the lively terrace extends the experience outdoors. The short, seasonal menu showcases fresh produce and creative

pairings, blending modern bistronomic cuisine with flavours inspired by the Lot and beyond — true to the restaurant’s nomadic spirit.

- **Contact:** Bistrot Nomade, 10 Rue de Clermont-46100 Figeac / +33 6 07 94 34 59

Overnight stay at Hôtel Mercure Figeac Viguiers du Roy

Located in the heart of Figeac’s medieval quarter, this historic residence served as the home of the King’s Viguiers for four centuries. Heir to a remarkable past, the Hôtel Mercure Figeac Viguiers du Roy offers a contemporary interpretation of heritage hospitality.

Guest rooms and living spaces combine the codes of modern hotel comfort with generous areas dedicated to both work and relaxation.

In the former guard room of the Château Viguiers du Roy, with its painted wooden beams, the restaurant delights both the eye and the palate in a setting steeped in history.

- **Contact :** 52 rue Emlie Zola – 46100 Figeac / +33 5 65 50 05 05

www.mercure-viguiersfigeac.com/

Thursday, March 19 - Figeac – Rodez / AVEYRON

08:30 Meeting with Lydie an english speaking guide at the hotel lobby

Under open skies, Figeac is a Town of Art and History where arcades and pointed arches tell the story of the golden age of the Renaissance as you stroll through its streets. Dedicated to Champollion, a native of the town, the Place des Écritures and the Champollion Museum “World Writing Systems” invite visitors on a journey.

- **Contact:** Figeac Tourist Office / +33 5 65 34 06 25 - www.tourisme-figeac.com

10/10:15 Visit of the Champollion Museum with Stéphanie or Maxence

Welcome to the birthplace of Jean-François Champollion. Based on the work of the famous decipherer of hieroglyphs, the collections tell the fascinating story of writing and invite visitors to travel across cultures around the world. Upon leaving, do not miss the Place des Écritures and its giant reproduction of the Rosetta Stone.

- **Contact:** In Figeac /+33 5 65 50 31 08 – www.musee-champollion.fr – musee@ville-figeac.fr

12:00 Lunch at La Dînée du Viguiers

Set in the former guard room of the château, elegantly redesigned, La Dînée du Viguiers blends historic charm with a contemporary atmosphere. Exposed stone walls, generous volumes and refined décor create a warm and sophisticated setting. Since February 2025, Chef Grégory Diu has been crafting a seasonal bistronomic cuisine inspired by the produce of the Lot region. Authentic and generous, his approach highlights short supply chains, fresh ingredients and local expertise — echoing the spirit of the former “dînées,” the traditional inns where travellers would stop along their journey.

- **Contact :** 52 rue Émile Zola, 46100 Figeac / +33 5 65 50 05 05 – [La dînée du Viguiers](http://La-dinee-du-viguiers.com)

Information for your En Route article / Occitanie Rail Tour

Follow the *Causses du Quercy Line* - www.visit-occitanie.com/en/rail-tour/train/causses-du-quercy-line-brive-dordogne-valley-rodez/

Train information: 12:33 Train departure to Rodez / 13:45 Arrival in Rodez



14:30/14:45 Luggage drop-off at the hotel **Mercure Rodez Cathédrale******

NB ! Please, park your vehicle in the drop-off area in front of the Mercure Hotel and go to the reception desk. They will show you where the parking space is.

• **Contact** : 1 Av. Victor Hugo, 12000 Rodez / +33 5 65 68 55 19 – [website](#)

Muriel Hennessy from Aveyron Attractivité Tourisme will meet you at the Mercure Hotel and accompany you to the Soulages Museum.

15:00 **Visit of the Soulages Museum (in English)**

The Soulages Museum in Rodez, dedicated to the work of painter Pierre Soulages, features modern architecture that highlights his emblematic creations.

Guided tour of the museum by [Julien Arquié](#), mediator at the Soulages Museum.

• **Contact** : Jardin du Foirail, Avenue Victor Hugo 12000 Rodez / +33 5 65 73 82 60

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

16:30 **Self-guided discovery of the city of Rodez**

Please check in at the reception of the Rodez Tourist Office/Fenaille Museum. If Rodez holds the “Pays d’Art et d’Histoire” label, it is for good reason. From the winding paths of the public garden to the pedestrian streets of the old town, from the Corten steel of the Soulages Museum to the pink sandstone of Notre-Dame Cathedral, from the vast mineral esplanade of the Rutènes to the intimate charm of the small squares in the historic heart, Rodez is a subtle blend of tradition and modernity.

• **Contact** : 14 Pl. Eugène Raynaldy, 12000 Rodez / +33 5 65 75 76 77

<https://en.rodez-tourisme.fr/be-inspired/>

20:00 **Dinner at Touósto**

Touósto is the idea of creating a gourmet destination, a welcoming table, a counter for discoveries, a lively restaurant built on sharing. Emilie’s cuisine evolves with the market and the seasons: delicate cooking that focuses on what truly matters: flavor. To complement it, Edouard has crafted a drinks menu shaped by his discoveries and guided above all by pleasure.

• **Contact** : 26 place du Bourg, 12000 Rodez / + 33 5 32 41 15 98 -<https://touosto-rodez.com/>

Overnight Stay at Mercure Rodez Cathédrale****

Perfectly situated in the heart of Rodez's historic center, the Mercure Rodez Cathedral Hotel is just steps from the cathedral.

- **Contact** : 1 Av. Victor Hugo, 12000 Rodez / +33 5 65 68 55 19 – [website](#)

Friday, March 20 – Gaillac / TARN



Morning

Departure for Gaillac

Information for you article for En Route / Occitanie Rail Tour

Follow the **Cathedrals line** : www.visit-occitanie.com/en/rail-tour/train/cathedrals-line-toulouse-rodez/

Train information: 08:34 Train departure from Rodez to Gaillac / 10:00 Arrival in Gaillac

Stopover in Gaillac, the town that gave its name to the vineyard and the cradle of Gaillac wines, once known as the “wines of the Rooster”.

<https://www.tourisme-tarn.com/decouvrir/incontournables/bastides-villages/villes/gaillac/>

Gaillac railway station, on the **Cathedrals Line**, is located right in the town centre. Access to the historic centre takes about **10 minutes on foot**, and the **Maison des Vins** about **15 minutes**.

Cycling tours between Gaillac and Cordes are available to discover the vineyard by the combination **train + bike** with Vélo Flow: <https://veloflow.lokki.rent/>

- The provider will join you at the Maison des Vins.

10h00 Meeting at **Saint-Michel Abbey in Gaillac** with Nathalie for a presentation on the town's wine-growing history. Gaillac is officially recognised as a “**Ville d'Art et d'Histoire**” (Town of Art and History).

10h30 Tasting and presentation of the grape varieties at the **Maison des Vins** tasting cellar with **Fabien Caussé**, winemaker at **Domaine Sarabelle** (he is not Dutch but speaks English and exports his wines), together with the Maison des Vins team.

- Place Saint-Michel, 81600 Gaillac - 05 63 57 15 40

www.vins-gaillac.com/venir-nous-voir/la-maison-des-vins/

12h00 Walk to the restaurant. Friday is market day in Gaillac, with a stop by the small local producers around **Place du Griffoul**.

Lunch at the winemaker restaurant **Vigne en Foule** with Fabien Caussé.
(Press lunch package + 1 glass of wine) - <https://vigneenfoule.fr/>

Departure for the airport after lunch.

Information for you article for En Route / Occitanie Rail Tour

Continue on the Cathedrals line : www.visit-occitanie.com/en/rail-tour/train/cathedrals-line-toulouse-rodez/

Train information: 13:58 Train from Gaillac to Toulouse / 14:37 Arrival at Toulouse Matabiau station

Transfer to the Airport Shuttle to the airport: www.toulouse.aeroport.fr/en/transports/public-transport

14:45 Drive to the airport via the toll road (– 65 km / 45 minutes / Toll road: 1,70€

15:15 Return the car to the AVIS counter at the airport

15h30 Check in on Volotea flight n° V72370 for Madrid

17:00 Departure for Madrid

18:30 Arrival in Madrid

We hope you enjoyed your stay!

This press trip is organised by **Destination Occitanie** and its partners. We would be grateful if you could mention our websites in your future articles:

Destination Occitanie: www.voyage-occitanie.com

Lot Tourisme: www.tourisme-lot.com

Office de tourisme de Cahors vallée du Lot: www.cahorsvalleedulot.com

Office de tourisme du Grand Figeac Vallée du Lot et du Célé: www.tourisme-figeac.com

Tourisme Aveyron: www.tourisme-aveyron.com/fr

Tourisme Tarn: www.tourisme-tarn.com

Explore France : www.france.fr/nl