

> **Contacts**



Occitanie
Aveyron
Lozère

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06.50.64.78.20 (for the week-end and May 1st)

> **Journalist**

Maaike Meerman
Frank van Delden
Media : Bergfamilie – 60-100K visitors per month

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

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Monday 27 April

- Morning Drive to Munich airport – 242 km - 2h30
Check-in on Lufthansa flight LH 2218 :
- 1 personal item,
- Hand luggage - 8kg max and
- Checked baggage – 23 kg ... for both of you.
- 10h30 Take off from Munich to Toulouse
12h20 Arrival in Toulouse
- 13h Pick up the hire car at the AVIS office at the airport
• Please ensure you bring the AVIS voucher sent by email on 20 March to Frank, as you may otherwise need to pay the hire charges upfront and be reimbursed at a later stage.
• You do not need to refuel the car at the end of the rental period, as this will be covered by the Destination Occitanie.
• **At your charge:** You are responsible for: tolls, parking fees, fines (speeding, parking, etc.).

Free lunch: grab a sandwich and a bottle of water

➤ Drive to Millau – 212 km – 2h25 – Toll road: 1,70€ - [itinerary](#)

16h Check-in at the hotel

[Itinerary](#) - 5 minutes on foot, 2 minutes by car

17h Tandem **paragliding with Airzone Parapente**, accompanied by an English-speaking instructor. Experience the thrill of free flight with a tandem paragliding flight alongside a professional instructor. After a few gentle steps, you'll lift smoothly into the air, soaring over breathtaking landscapes and enjoying an incredible sense of freedom.

Note: Afternoon flights are suitable for children aged 12-14, for younger participants, morning flights are recommended. [More information](#) – reserved, however to be confirmed depending on the weather

Diner and night in **Domaine Saint-Estève**

• Avenue de Millau Plage, 12100 Millau / + 335 65 69 12 12

www.sejour-seminaire-aveyron.com/en-gb/

Ideas for family activities in Millau and the surrounding area on rainy days

Explore the town of Millau and climb the Belfry- Discover the historic heart of Millau and enjoy panoramic views from the Belfry. <https://www.explore-millau.com/en/the-must-haves/millau/visit-millau/>

Take shelter in Millau's covered market (Les Halles) - When the rain starts falling, head to the local market halls and indulge in regional specialties: cheeses, cured meats, wines, and more. (Open Wednesday to Saturday, 7:00 am - 1:00 pm) <https://www.millau.fr/loisirs/les-halles-et-marches-de-plein-vent>

Visit a traditional glove-making workshop - Discover Millau's renowned craftsmanship and learn about the art of glove-making. <https://www.explore-millau.com/en/chez-nous/local-know-how/glove-making/>

Visit the MUMIG (closed Sunday and Monday) - The MUMIG (Millau and Grands Causses Museum, including the Graufesenque archaeological site) invites visitors on a journey through time. Explore exceptional collections and remains that tell the story of this unique town and its surrounding region.
/!\ Admission to both the museum and archaeological site is free - <https://mumig.fr/accueil>

Discover the Millau Viaduct visitor area - An iconic contemporary structure that seems to touch the clouds, the Millau Viaduct can be explored through models, a covered viewpoint, and interpretation spaces revealing the secrets behind this engineering masterpiece. A journey through history from the

Middle Ages to modern innovation without needing to brave the rain. <https://www.tourisme-aveyron.com/fr/diffusio/patrimoine-culturel-visites/viaduc-de-millau-le-sentier-des-explorateurs-millau> TFO284205810766

Visit Micropolis, the City of Insects

A fun and educational experience for all ages, offering a fascinating insight into the world of insects in an indoor setting. <https://www.micropolis-aveyron.com/>

Tuesday 28 April

08h50 Departure for the Cité de Pierres at Montpellier-le-Vieux

- 17km – 30 minutes

09h30 **The Cité de Pierres**

You check in at the site reception from 9:30 a.m., then depart for the via ferrata with your instructor Antoine.

[More information](#)

- Montpellier-le-Vieux, Le Maubert 12100 Millau / +335 65 60 66 30

9h45 – 12h **Via Ferrata at the Cité de Pierres** (From age 12)

Experience an extraordinary adventure between rock and sky on the Cité de Pierres via ferrata – a spectacular route combining climbing and vertical hiking. Accompanied by a professional guide, you'll safely navigate cliffs, crossing bridges, ladders, and zip lines, all while enjoying breathtaking panoramic views. [More information](#)

12h30 Lunch at **Auberge Le Maubert**

In a rural setting, 1 km from the Montpellier-le-Vieux site, the inn offers a wide range of homemade products.

- Le Maubert, 12100 Millau - + 336 32 82 07 69

Around 14h/14h30

Discover the **Chateau de Peyrelade** (free visit)

Please report to the site reception desk. Vincent will be waiting for you there.

Discover the historic Château de Peyrelade at your own pace. Wander through the ruins and enjoy panoramic views of the surrounding landscape, immersing yourself in the rich history of this medieval fortress. [More information](#)

- Peyrelade 12640 Rivière-sur-Tarn / +33 (0)5 65 62 21 34

15h30 Depart for the **Maison des Vautours**

Around 16h

Discover the [Maison des Vautours](#) Free to the Vulture Observation followed by observing vultures from the Belvedere - free parking on site

- Maison des Vautours, D996, 48150 Le Truel / +33 (0)5 65 62 69 69

Diner and night at Le Rozier à l'**Hôtel Doussière** - parking on site

• 18 rue Louis Armand, 48150 Le Rozier / +33 (0)5 65 62 60 25

www.hotel-restaurant-gorgesdutarn.com/en-gb

Wednesday 29 April - Discover the Gorges de la Jonte and the Gorges du Tarn

09h Departure from Le Rozier (from the Place de la Mairie du Rozier), for a 4h30 hike along the Corniches du Méjean (925 D- / 925 D+).

Discover the Gorges de la Jonte on this scenic 4-hour hike, with a picnic from the Hôtel Doussière included during the walk.

More information: Trail not recommended for people prone to vertigo (passage along corniches). Adapt your equipment to the weather conditions of the day. Don't forget that the weather changes quickly in the mountains. Remember to bring enough water, good shoes, and a hat. Close the fences and gates. Hiking not recommended for young children because of the cliff side crossings and the steep slopes. To be adapted according to physical skills.

[More information](#) - For the parking you can park at la Place de la Mairie – Contact of the Tourism Office if you have an issue

➤ *43-minute drive away*

15h30 Afternoon Canoeing in the **Gorges du Tarn – from Sainte-Enimie to Saint-Chély du Tarn (1–2 hours)**. Enjoy a scenic canoe trip along the Gorges du Tarn, gliding through dramatic cliffs and crystal-clear waters. The route lasts between 1 and 2 hours, offering a perfect mix of adventure and relaxation. [More information](#) - free parking on site.

Possible activity with the family with a 3-person canoe for children aged 4 to 10 years. Possibility also of paddling with the family.

• Causse et, Village, ZA Chanteperrix, Gorges du Tarn FR, route de Millau, 48210 / 06 68 85 46 03

➤ *2-minute drive away*

17h30 Meeting with Lucie of Lozère Tourisme and explore the charming village of **Sainte-Enimie**, officially listed among the “Most Beautiful Villages of France”, and uncover its fascinating legend through an interactive experience in English with the Baludik app – perfect for families but not recommended for prams and strollers. Please download the app before.

[More information](#) - Free [Parking de la Gravière](#)

Night at Sainte-Enimie at the **Hôtel Burlatis**

• Rue de la Combe Sainte-Énimie, 48210 Gorges du Tarn Causses / +33 4 66 48 52 30 – [More information](#) Free [Parking de la Gravière](#)

➤ *7-minute drive away*

19h30/20h

Diner at the guinguette **Les 5 arches**

- Panorama de Castelbouc, 48210 Gorges du Tarn Causses - 0466442018 - [More information](#)
- free parking on site

If the weather is bad, you can discover the [Grotte de Dargilan](#) (Meyrueis) along the Gorges de la Jonte and the [Domaine de Boissets](#) (Causse de Sauveterre) high place of agropastoralism and with a point of view on the Gorges du Tarn.

Tuesday 30 April - Découverte des Gorges du Tarn et du Causse Méjean

08h30 Depart for the Introduction to Birdwatching at the Roc des Hourtous

- Roc des Hourtous, 48210 La Malène

➤ *25-minute drive away*

09h-12h : Introduction to Birdwatching at Roc des Hourtous in English with Jane. A family-friendly activity suitable for all ages (participants should be able to walk 2.8 km) - [More information](#) - Free parking on site.

- Roc des Hourtous, 48210 La Malène

➤ *25-minute drive away*

12h30 Lunch at la table de Lisa at La Malène

You can park at the parking in front of the Manoir du Monstesquiou and get to the restaurant on foot

- Route de la Canourgue, 48210 La Malène / 04 66 48 42 70

➤ *3-minute on foot*

13h30 Boat Trip with the **Bateliers of the Gorges du Tarn**

- Le Pont, 48210 LA MALENE / +33 4 66 48 51 10 – [More information](#) - You can stay at the same parking

➤ *20-minute drive away*

16h30 Visit to the “Ferme Caussearde d’Autrefois” (Traditional Caussearde Farm)

Visit independently with a booklet in Dutch. There is also for children a visit booklet in Dutch, told in the form of a story. Before or after the visit, you can ask your questions at Hélène.

- Hameau de Hyelzas, 48150 Hures-la-Parade /+33 4 66 45 65 25 – [More information](#) - Free parking on site

➤ *40-minute drive away*

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- 19h30 Dinner and Overnight Stay in Florac at Hôtel des Gorges du Tarn
- 48, rue du Pêcheur 48400 FLORAC / +33 4 66 45 00 63 – [More information](#) - Free parking on site

If the weather is bad, you can discover the [Aven Armand](#) (Causse Méjean) which is celebrating its centenary this year with a brand new funicular, [the Fromagerie du Fédou](#) (Causse Méjean)

Friday 1 May - Discovery of the Cevennes and the National Park of the Cevennes

- 09h00 Collect the equipment for the via ferrata at Sport Nature Lozère and departure for the Via Ferrata des Rousses.

The person who will give you the equipment does not speak English (https://youtu.be/_RLqKVhqJ54?is=brAzaajB3nVqUBB0), but if you have a question you can call Fabien : 06.83.41.73.08

- 11 Esp. Marceau Farelle, 48400 Florac Trois Rivières / 06 83 41 73 08

➤ *25-minute drive*

Road access: from the city of Florac, take the RD907 towards from Vébron then go to the village from Rousse. Pedestrian access: from the village of Rousses where the parking lot is located, take the RD18 for 1.2 km towards Massevaques. The via ferrata is located below the RD18 road and along the Tarnon river.

- 09h30 Via Ferrata des Rousses – A family-friendly outing
- Technical details: Easy to moderately easy; Duration: 2–3 hours; 2 footbridges; 1 monkey bridge ; 2 zip-lines (optional) - [More information](#) - You can park at this adress : <https://goo.gl/maps/tt5dg3csPKPTewf49>

Description: two paths, easy and difficult, intersect. This via ferrata does not present major difficulties. In the middle of the course, a swimming break can be envisaged. The via ferrata is located 800 m downstream of the Tapoul canyon. Given that some sectors of the via ferrata run along the river, practitioners will need to have full attention particular on the water level and waive if the latter is too high. The via ferrata in Rousses is developing within a framework unique and relaxing, it is particularly well-suited to the families.

- *25-minute drive*

- 12h30/13h Lunch at Florac at the restaurant [Les Tables de la Fontaine](#) with unique menu (starter, main course, dessert). You can park at the Tourist Office and continue by foot

- 14h30 Discovery of the National Park at the [Tourist Office and Cévennes National Park](#) Visitor Centre with Amina – and after visit to [Florac](#), capital of the Cévennes National Park.
- Free parking at the Tourist Office
- Place de l'Ancienne Gare, 48400 FLORAC / +33 4 66 45 01 14

➤ *25-minute drive*

16h30 Discover the Rûnes Waterfall

Park at the waterfall parking, at the entrance of the village of Runes. It is accessible on foot by a 600-meter trail that runs along the waterfall. The descent is steep and steep but well equipped. Caution: hold the children by the hand, be well shod and equipped with a cap.

- Runes, D35, 48220 PONT DE MONTVERT – SUD MONT LOZERE [More information](#)

➤ *31-minute drive*

19h30 : Overnight and diner at [Les Copains à Bord](#)

- Saint-Julien d'Arpaon Village, 48400 Cans et Cévennes / 06 13 58 36 38

If the weather is bad, you can discover the [Atelier Tuffery](#) (Florac, on May 1st open only in the morning) to immerse yourself in the world of denim made in Cévennes, the Maison du Site UNESCO "[Causse et Cévennes](#)" (Florac, they are closed on May 1st) to explore the different facets of the "Causse & Cévennes" territory, inscribed on the World Heritage list for its Mediterranean agropastoralism. A free, fun and family-friendly interpretation site. The [Domaine de Boissets](#) (Causse de Sauveterre) high place of agropastoralism and with a view point on the Gorges du Tarn.

Saturday 2 May

Drive to Toulouse Blagnac airport / 287 km – 3h40

Free lunch on the way back to the Toulouse Blagnac Airport

16h Return the car to the AVIS desk at the airport – same place as where you picked it up on Monday 27 April

16h15 Check in on Lufthansa flight LH4057

- 1 personal item,
- Hand luggage - 8kg max and
- Checked baggage – 23 kg ... for both of you

17h55 Take off from Toulouse to Munich

19h40 Arrival in Munich

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

Tourisme Aveyron - www.tourisme-aveyron.com

Lozère Tourisme - www.lozere-tourisme.com