



AD'Occ
Région Occitanie



Destination
Occitanie

Agence d'Attractivité, de Développement Economique et Touristique

Group Press trip
Scandinavia (DK – NO)
8 to 12 June
Discovery of Nîmes & Montpellier



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*Join us on an inspiring journey to the **Occitanie region in Southern France**, where history, gastronomy, and contemporary culture come together under the Mediterranean sun. This exclusive press trip takes you to the vibrant cities of **Montpellier** and **Nîmes**, offering a rich blend of iconic landmarks and hidden gems.*

From a picnic among olive groves at the foot of Pic Saint-Loup to exclusive visits, architectural highlights, and immersive cultural experiences, the program is designed to showcase the very best of the region. Along the way, you'll enjoy local specialties, meet passionate artisans, and explore everything from Roman heritage to bold contemporary design.

Monday 8 June

Departure with Norwegian from Copenhagen at 7.45 am

10.15 am Arrival at the airport Montpellier Méditerranée.

Check-in at the hotel

Picnic with local produce in the olive groves at the foot of Pic Saint-Loup at Domaine de l'Oulivie followed by visit to the Château de l'Engarran, an 18th-century ornamental château near Montpellier at the hôtel

Free time

Dinner and overnight stay in Montpellier

Tuesday 9 June

Arrival by train in Nîmes in the morning

Discover Nîmes through the centuries, from antiquity to the present day
Tasting of Brandade, our typical local specialty

Lunch at Questel – certified “Maître Restaurateur”

Exclusive visit of Nîmes’ private mansions (+ history of textile/denim in Nîmes)

Ice cream break at the brand-new Café Fragonard

Entry to the Arena at the end of the day

Free time

Dinner

Wednesday 10 June

Getaway to the Jardins de la Fontaine, the first public garden in Europe

Climb up to the Tour Magne for a 360° view of the city

Visit inside the “Ateliers de Nîmes” workshops to understand the history of the Nîmes brand, its challenges, and its way of working

Lunch on the rooftop of the Museum of Romanity

Experiential visit of the famous Museum of Romanity

Free time and return to Nîmes

Thursday 11 June

A tour of Montpellier through time, including a climb to the Arc de Triomphe or a visit to the medieval mikveh, followed by a stop at the Carré Sainte-Anne for an exhibition by Jaume Plensa, the world-renowned Catalan sculptor.

Lunch break at the Marché du Lez, then a tram ride through the contemporary districts, including a climb to the top of the Arbre Blanc, contemporary folly voted "most beautiful building in the world."

Ice cream break followed by free time
Dinner in the center of Montpellier, overnight

Friday 12 June

Visit the magnificent Fabre Museum and its Soulages collection; possibility of visiting the Guimée exhibition plus

12:15 pm Transfer to Montpellier Airport
2:10 pm Norwegian flight to Copenhagen.

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 forthcoming articles:

Destination Occitanie : www.voyage-occitanie.com
Nîmes Tourisme : <https://nimes-tourisme.com>
Montpellier Tourisme : www.montpellier-tourisme.fr