



**Press Trip
City Trip in Narbonne
From 14 to 17 of September
Beate Baum**

Média : Rhein-Neckar-Zeitung (CVP = 21.884 € / Tirage = 78.612)

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<https://www.instagram.com/voyageoccitanie/>

<https://www.facebook.com/VoyageOccitanie/>

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Monday, 14 of September

4:00 PM : Arrival In Narbonne

Check in :

Hôtel la Résidence

[6 Rue du 1er Mai, 11100 Narbonne](https://www.hotelresidence.fr/)

<https://www.hotelresidence.fr/>

Free Time

7.30 PM : Dinner : restaurant [Le Petit Pêché](#)

30 Bd Gambetta, 11100 Narbonne

04 68 32 24 87

Tuesday, 15 of September

09.30 AM : Guided tour of Narbonne with Olivia CHENOT +33 6 01 76 11 29

Discover the beautiful city of Narbonne and its Roman and medieval gems: the Via Domitia, Cathedral, Archbishops' Palace and Canal de la Robine. Visit some local shops, taste typical products and visit the famous food market (Les Halles).

12.00 PM : Lunch in [Les Grands Buffets](#) with Stephane SIMON +33 6 33 85 49 01

Les Grands Buffets offers a unique celebration of traditional French cuisine in an elegant and convivial setting. The restaurant is home to the world's largest cheese platter in a restaurant, featuring more than 111 varieties, alongside an impressive selection of French specialities and desserts.

3.30 PM : Visit of [Narbo Via Museum](#) with Mahée PEYRUSSE +33 6 49 93 35 08

Narbo Via is a new museum of Roman antiquities located at the heart of Narbonne, housing over 1,300 exhibits, mosaics and murals worthy of Pompeii. The building was designed by Foster + Partners.

7.30 PM : Dinner – restaurant

Le Guinguet (at 100m)

Terrasse du lavoir

31 rue Jean Jaures

11100 NARBONNE

Overnight : Hôtel la Résidence

[6 Rue du 1er Mai, 11100 Narbonne](#)

<https://www.hotelresidence.fr/>

Wednesday, 16 of September

10.00 AM : [Abbaye de Fontfroide](#) : Guided tour with Rogier FACKELDEY (P.R) +33 6 63 61 29 85

Fontfroide Abbey, founded in the 12th century, is one of the finest Cistercian abbeys in southern France. Set in a peaceful Mediterranean landscape, it combines remarkable Romanesque and Gothic architecture with beautiful gardens and a rich cultural heritage.

12.00 PM : Lunch at the [Restaurant de Fontfroide](#) with Rogier

Restaurant de Fontfroide combines seasonal, Mediterranean-inspired cuisine with the unique setting of the historic abbey estate. A great opportunity to enjoy local flavours in a peaceful and remarkable surroundings.

2.30 PM : Le Somail

Discover Le Somail, a charming hamlet on the **Canal du Midi**, known for its rich heritage and unique atmosphere. Meet **Miss Cradock** at the Tourist Office, then explore **Le Trouve-Tout du Livre**, an extraordinary second-hand bookshop housed in a former ice house.

4.00 PM : Dégustation au Château Ventenac Minervois with Anaïs BIGOT +33 7 68 78 26 07

Visit and wine tasting at Château de Ventenac, a historic wine estate located along the **Canal du Midi**, in the heart of the Minervois. Discover the estate's small winemaking museum, then enjoy a tasting of its wines and learn more about the local terroir and winemaking traditions.

7.30 PM : Dinner – restaurant

Chez Lulu

30 Bd Gambetta,

11100 Narbonne

04 68 32 24 87

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Thursday, 17 of September

End of program after the Breakfast