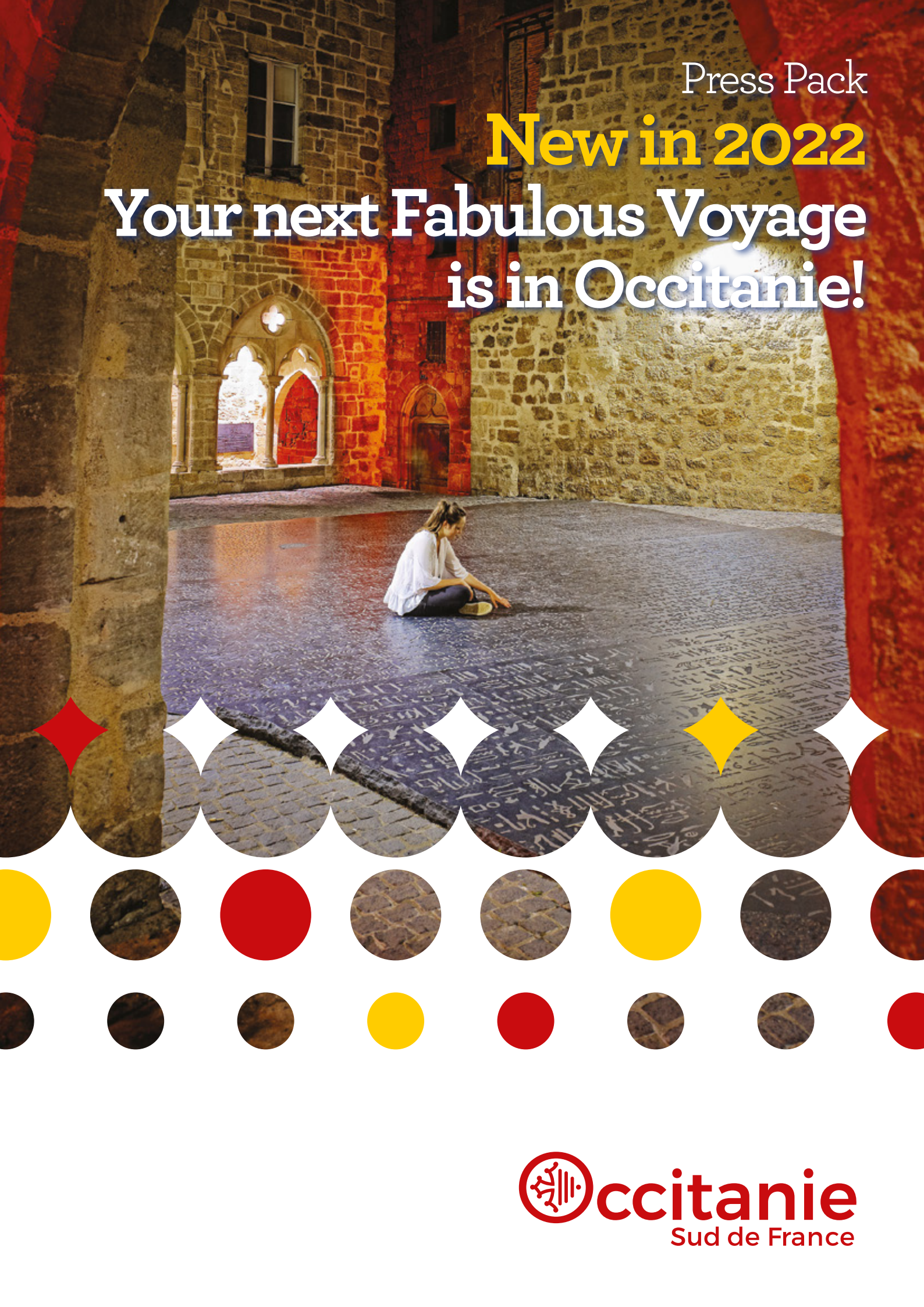


Press Pack

**New in 2022**

**Your next Fabulous Voyage  
is in Occitanie!**



## 4th France's fourth biggest tourist region

  
with  
**15.9 billion**  
euros visitor spending

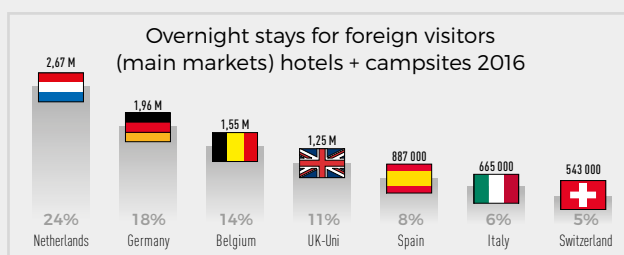
  
and  
**96 500**  
paid tourism jobs

  
or  
**10%**  
of regional GDP


  
**1st**  
region for  
French tourists

  
**3rd**  
region for  
overseas tourists

**30 million**  
visitors every year



## 1st The highest accommodation capacity in France

  
with  
**3.3 million**  
beds

  
nearly  
**26.3 million**  
nights at open-air accommodation sites  
(highest rank in France)

  
**16.3 million**  
hotel nights  
(4th highest in France)

  
**1st France's most popular thermal spa destination**

  
drawing  
**188,000**  
spa users

  
around  
**1/3**  
of the national spa market



# Occitanie

## Sud de France



### FRANCE'S SECOND-BIGGEST REGION,

13 'departments' in an area bigger than Ireland



### 8 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)



### 2 NATIONAL PARKS



### 1 MARINE NATURE PARK



### 8 REGIONAL NATURE PARKS



### 44 WINTER SPORTS RESORTS



### 41 TOP OCCITANIE SITES

Agde-Pézenas, Aigues-Mortes - Camargue Gardoise - Saint Gilles, Albi - Vallée du Tarn, Ariège médiévale : Foix - Mirepoix - Montsegur, Ariège préhistorique : Niaux - Tarascon - Mas d'Azil, Armagnac - Abbaye et Cités, Auch, Aux sources du Canal du Midi (Sorèze, Revel, Saint Ferréol), Bastides et Gorges de l'Aveyron (Villefranche de Rouergue, Najac, St Antonin, Caylus, Villeneuve d'Aveyron), Canal du Midi - Béziers, Carcassonne et les Citadelles du vertige, Cévennes, Cirque de Gavarnie - Cauterêts - Pont d'Espagne, Cirque de Navacelles - Lodève, Collioure en Côte Vermeille, Conques, Cordes et cités médiévales, Gorges de l'Hérault - Gorges du Tarn, Gorges de la Jonte - Causses & Vallées Cévenoles, Grand Figeac, vallée du Lot et du Célé, La Grande-Motte, Le Grand Montauban, Lourdes, Luchon, Marciac, Massif du Canigò, Massif du Néouvielle-Vallée d'Aure et du Luron, Mende coeur de Lozère, Millau-Roquefort (regroupement de deux candidatures), Moissac, Montpellier, Narbonne Méditerranée, Nîmes - Pont du Gard - Uzès, Perpignan Méditerranée, Pic du Midi, Rocamadour Vallée de la Dordogne, Rodez, Saint-Bertrand de Comminges, Valcabrière, Sète, Toulouse, Vallée du Lot, Cahors, Saint-Cirq-Lapopie, Puy-l'Evêque



### 28 THERMAL SPA CENTRES



### 220 KILOMETRES OF MEDITERRANEAN COASTLINE



### MORE THAN 50 MARINAS

This press pack celebrates diversity, community and sustainability and is focused on tourism of the future:

tourism that takes better care of the environment and people living in Occitanie to showcase local networks (craftsmanship, food and drink) and reduce its carbon footprint as much as possible.

We want tourism to matter.

Join us and our experts on an adventure: from the coast to the mountains, the cities to the countryside, experience Fabulous Voyages all over Occitanie.



Sites you can reach by train or bus

IN 2022...

**IN THE CITY** ..... 6

CULTURAL HIGHLIGHTS ..... 7

OCCITANIE CELEBRATES ITS FAMOUS WRITERS.....10

TAKE A RIDE OR PLAY A WINE GAME: SEE ANOTHER SIDE TO THE CITY! .....11

LUXURY, MAGIC AND GOOD TIMES: THE HOLY TRINITY  
FOR OCCITANIE'S NEW CITY CENTRE HOTELS..... 13

**ALONG THE COAST** ..... 14

MAJOR EVENTS ..... 15

SEE ANOTHER SIDE TO THE COAST ..... 16

WINE TOURISM, A BOOMING INDUSTRY ..... 17

**IN THE MOUNTAIN** ..... 18

READY, SET, GO

FOR THE NUMBER 1 DARK SKY RESERVE IN EUROPE.....19

MONT AIGOUAL; A CLIMATE CHANGE VISITOR CENTRE..... 19

THEY CAME TO THE MOUNTAIN TO SHOWCASE THEIR TALENT .....20

BIKE TOURISM: PUTTING THE SPOTLIGHT ON THE PYRENEES .....20

HOTELS AND B&BS: BEAUTIFUL PYRENEAN BUILDINGS

GET A NEW LEASE OF LIFE ..... 22

**IN THE COUNTRYSIDE**..... 24

EVENT: BEAULIEU-EN-ROUERGUE ABBEY REOPENING.....25

SLOW TRAVEL HAS NEVER BEEN SO COOL .....25

MAKE MY HOLIDAY MATTER.....26

EVER-MORE INNOVATIVE AND IMMERSIVE ESCAPE ROOMS.....26

THE COUNTRYSIDE IN THE FAST LANE.....27

NEW ADDRESSES: MAGICAL AND UNIQUE .....29

# IN THE CITY



## In Occitanie,

city trips are something you'll do a lot of. They're all about accessibility, green transport, innovative tours and fun-filled experiences. Our cities are jam-packed with culture and use their imagination to grab your attention with exciting temporary exhibitions and festivals of all kinds.

### IN A NUTSHELL

**In 2022, Occitanie "in the city" will:**

- > host Long Ma the Dragon Horse at the Halle de la Machine (Toulouse)
- > seal the Cité de l'Espace's place (Toulouse) as the leading tourist attraction in Europe for popularising space
- > shine on the international scene with high-flying exhibitions and festivals
- > celebrate two great men: Molière and Champollion
- > be joined by 2 luxury hotels

# CULTURAL HIGHLIGHTS



## SUSTAINABLE TOURISM & ACCESSIBILITY:

All our city trips  
are an easy train ride away  
so  
leave the car at home!



Toulouse (Haute-Garonne)

**From February 2022**

## The Halle de la Machine's collection of fantastic beasts is getting bigger

Long Ma the Dragon Horse was designed by François Delarozière and La Machine production company. It first appeared in Beijing in 2014 to celebrate the 50th anniversary of Franco-Chinese relations. This impressive machine inspired by Chinese myth stands at an impressive 12m tall, 5m wide and weighs in at 45 tons. After hitting the streets of Ottawa in Canada, Nantes and Calais, it will join Astérion the Minotaur and Ariane the Spider in a magical sight for sore eyes on the aptly named Giants' Runway or "Piste des Géants" from February 19th 2022!

[www.halledelamachine.fr](http://www.halledelamachine.fr)

Toulouse (Haute-Garonne)

**From February 2022**

## The Cité de l'Espace takes over the red planet

The Cité de l'Espace just keeps getting more immersive, realistic and accessible and is launching an exciting new attraction for up to 250 people in February 2022. The Cité de l'Espace's Explore Mars (Terrain martien) exhibition couldn't be more topical and brings visitors a space devoted to the red planet. Designed and produced in partnership with the French Centre for Space Studies (CNES), the staging and activities bring Mars to life with two life-size motorised replicas of the Mars rovers Perseverance and Zhurong.

[www.cite-espace.com](http://www.cite-espace.com)



## THE FESTIVALS EVERYONE'S TALKING ABOUT THIS YEAR



Blagnac (Haute-Garonne)

**From December st 2022  
to February 1st 2023**

### A dazzling adventure at the Lantern Festival (Festival des Lanternes)

After dazzling over a million visitors in Gaillac (Tarn), the Lantern Festival (Festival des Lanternes) is coming to Blagnac outside Toulouse and is going to be one of the winter's biggest events. The 10ha Parc du Ritouret will play host to 2500 giant lanterns that light up at nightfall for at least 3 years: Pandas, dragons and dinosaurs, bamboo forests, temples and scenes from Chinese life will take over the lake shores. Szechuan artists will spend months setting up the displays before the festival opens and pay tribute to the region with a nod to airmail's heyday.

[www.festivaldeslanternes-blagnac.com](http://www.festivaldeslanternes-blagnac.com)

Montauban (Tarn-et-Garonne)

**May 14th-22nd 2022**

### Culture and Art on the agenda at the Festival Dess'Ingres

It's only natural that the first ever Festival Dess'Ingres should put the spotlight on one of Montauban's own, in partnership with the French Academy in Rome: the famous artist Jean-Dominique-Auguste Ingres. Montauban and the French Academy have had close ties for a long time: Ingres made countless Italian references in his paintings because his first experience of Rome in October 1806 was as a resident at the French Academy which he was made director of between 1835 and 1841. Several young artists left for Rome to be taught by him whilst he was director. With a sponsor like this, the secret schedule is even more exciting!

[www.montauban-tourisme.com](http://www.montauban-tourisme.com)





## MAJOR EXHIBITIONS

Rodez (Aveyron)

### The Soulages Museum is still conjuring black magic!

Aside from the museum's permanent collections showcasing the master of outrenoir (from Rodez), the city's cultural beacon is hosting two outstanding exhibitions in 2022:

**Until May 8th 2022**

### Chaissac & CoBrA, under the sign of the serpent (Chaissac & CoBrA, sous le signe du serpent)

This is the first time an exhibition in France has brought the work of the French artist Gaston Chaissac (1910-1964) together with the CoBrA art group. The 130 pieces (paintings, drawings, collages etc.) demonstrate the similarities between these post-war artists and how their art was shaken up whilst revealing the amazing affinity between them in terms of style and substance.

Montpellier (Hérault)

**May 7th-September 4th 2022**

### At the Fabre Museum: Louis Gauffier (1762-1801) A trip to Italy (Un voyage en Italie)

The Fabre Museum introduces visitors to the art career of Louis Gauffier in the artist's first retrospective in summer 2022. Gauffier won the Prix de Rome in 1784 and spent his entire career in Italy, splitting his time between Rome and Florence. He had a passion for Antiquity and his paintings depicted famous scenes from Greek and Roman history before he moved into landscape art and portraits. The exhibition is a journey into the exciting Grand Tour period which inspired Europe to explore Italy's treasures between the late 18th and early 19th century.



[www.montpellier-france.com](http://www.montpellier-france.com)



**June 11th-November 6th 2022**

### Fernand Léger, Seizing Life Head On (Fernand Léger, la vie à bras-le-corps)

The Fernand Léger, Seizing Life Head On exhibition brings visitors a collection of pieces from the likes of the Pompidou Centre and Fernand Léger Museum in Biot. The idea is to create a consistent visitor experience in space and time on the themes dear to Léger, the city, world of work and leisure.

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

Cahors (Lot)

### Queen Margrethe II of Denmark is the guest star at the Henri Martin Museum

Some of the artworks painted by the Queen during her stays at the family's Château de Cayx will be displayed to celebrate the Queen of Denmark's Jubilee (50 years on the throne) and the reopening of the Henri Martin Museum (after 5 years). It's a wonderful tribute to the Lot, her adopted land where you could well see her shopping at the market in Cahors on a summer's day!

<https://musees-occitanie.fr/musee/musee-de-cahors-henri-martin>

## THE PINK CITY'S ICON IS FINALLY OPEN TO THE GENERAL PUBLIC

Toulouse (Haute-Garonne)

Saint-Joseph de La Grave Chapel is an 18th century Toulouse landmark and one of the most Instagrammable shots of the pink city as the sun sets. It's finally reopening to visitors in spring 2022 after extensive restoration work to update this outstanding site on the banks of the Garonne. There will be a heritage centre and the site will also host contemporary art exhibitions to tie in with the pieces at the nearby Les Abattoirs Museum.

[www.toulouse-tourisme.com](http://www.toulouse-tourisme.com)



## OCCITANIE celebrates its famous writers

Champollion, Molière: what do these two people have in common? Whether they hail from Occitanie or spent most of their lives here, they've all left their mark and we're celebrating their legacy in 2022!

Figeac (Lot)

### 200th anniversary of Champollion deciphering hieroglyphics

"Eureka! Champollion 2022" Figeac chose the excitable outburst to cover months of celebrations based on the town's very own Champollion, the founder of Egyptology. The mystery of hieroglyphics was solved in 1822 and the man who did it, Champollion, shouted "I've got it!" Eureka! Figeac is staging a whole host of conferences, artistic performances, exhibitions, art installations and shows to celebrate the 200th anniversary in partnership with the Champollion Museum - The Writings of the World, a fantastic museum in his childhood home.

[www.musee-champollion.fr](http://www.musee-champollion.fr)

[www.tourisme-figeac.com](http://www.tourisme-figeac.com)



Pézenas (Hérault)

## Pézenas rolls out the red carpet for Molière

*"Jean Baptiste Poquelin may have been born in Paris but Molière was born in Pézenas!"*

After a run of bad luck in Paris (the Illustre Théâtre shut down), Molière (and his theatre troupe) sought refuge and support in Pézenas between 1647 and 1657, making this lovely Southern French town the theatrical hotspot it still is today. To celebrate the actor's 400th birthday, Pézenas is paying tribute to its VIP guest and bringing Molière to its squares and 17th century manors with plays on the boards, stilts, streets, children's plays, fencing, song, dance and baroque music, conferences, exhibitions, films, unique tours and artist experiences...

[www.en.capdagde.com/webzine/journey-art-and-history](http://www.en.capdagde.com/webzine/journey-art-and-history)



### *Suggested article*

Molière, Champollion, d'Artagnan the musketeer etc.  
in the footsteps of famous Occitanie names

# Take a ride or play a wine game: SEE ANOTHER SIDE TO THE CITY!



Toulouse (Haute-Garonne)

## Wine Gaming, an innovative concept to explore the world of wine in the city

Wine gaming will seep you in a blend of escape rooms and wine! This fun-filled activity takes place in the Petits Crus basement in Toulouse. Rumour has it that it's the place for ageing outstanding wine from the last Count of Toulouse's cellar. If you want to be lucky enough to try the wine, you need to prove yourself and solve the riddles concocted by Mr. De Saint Raymond. What sets these riddles apart? They're based on wine tasting! Are your nose and palate up to the task?

<https://wine-gaming.com/en/our-places/toulouse-2/>



Carcassonne (Aude)

## Carcassonne Interactive by bike

Carcassonne celebrates green transport with Cycolib, the city's cycle hire scheme which launched in 2021 with 50 e-bikes. It's taken its mission to promote cycling a step further with Carcassonne Tourist Board launching the Carcassonne Interactive app. The app is available on Google Play and the App Store with GPS bike routes for you to have fun riding in and around Carcassonne.

[www.tourisme-carcassonne.fr/carcassonne-a-velo](http://www.tourisme-carcassonne.fr/carcassonne-a-velo)

### Further info

#### Hydrogen-powered bikes in Béziers!

Similarly to Carcassonne, Béziers (Hérault) provides hydrogen-powered bikes to hire from the Fonsérannes 9 Locks site so visitors can effortlessly ride up to the old town or through the vines along the Canal du Midi. A first in France!



[www.beziers-mediterranee.com/prestataire-activite/mon-velo-a-hydrogene](http://www.beziers-mediterranee.com/prestataire-activite/mon-velo-a-hydrogene)

#### Did you know?

All the routes available have been given the seal of approval from cycling champion and Black Mountain-born Laurent Jalabert... Wheelie cool!  
[www.tourisme-carcassonne.fr/carcassonne-a-velo](http://www.tourisme-carcassonne.fr/carcassonne-a-velo)



# LUXURY, MAGIC AND GOOD TIMES: the holy trinity for Occitanie's new city centre hotels

Toulouse (Haute-Garonne)

## Maison Soclo, a wonderful luxury hotel in central Toulouse

Maison Soclo has opened near the Garonne riverbanks and Place du Capitole with 16 luxury rooms to provide a relaxing break with everything you'd expect from a 5\* hotel.

[www.soclo.fr/en/](http://www.soclo.fr/en/)



### *What's the best bit?*

A leafy garden with a lovely pool away from prying eyes where guests can unwind and indulge after a day in the hustle and bustle of the city centre... a rare treat in the heart of the city!

Nîmes (Gard)

## Margaret Hôtel Chouleur, a prime new address in the heart of French Rome

The manor is listed as a Monument Historique and is in a prime central Nîmes location near the Arenas and Maison Carrée. Margaret - Hôtel Chouleur provides guests with a friendly, cosy, timeless yet modern experience. It whisks you away on an adventure, a stylish and indulgent break in the most Spanish 2000 year old city in France.

[www.margaret-hotelchouleur.com](http://www.margaret-hotelchouleur.com)



# ALONG THE COAST



## In Occitanie,

coastline is all about the environment, great experiences, old ships and wine tourism.

There's more to it than relaxation.

Basically, you don't just come to Occitanie's beaches to top up your tan!

### IN A NUTSHELL


**In 2022, Occitanie "at the sea" will:**

- > dance at Les Déferlantes with Muse headlining
- > showcase its incredible natural heritage
- > seal its place as the coolest wine tourism destination

# MAJOR EVENTS

Sète (Hérault)

**April 12th-18th 2022**

 **Escale à Sète, the biggest armada of old sailboats in the Mediterranean**

Escale à Sète is making its big comeback after hundreds of thousands of visitors flocked to the last event in 2018. This year the maritime heritage festival celebrates the Netherlands. 120 prestigious boats are expected at the port and on the banks of the Grand Canal. To celebrate the 500th anniversary of the famous Portuguese sailor Magellan's world tour, a replica of one of the five ships from his fleet will be on show in April in Sète. UNESCO has supported Escale à Sète for two years and is a highlight in the "Venice of the Languedoc" cultural schedule.

<https://en.tourisme-sete.com>



Céret (Pyrénées-Orientales)

**July 7th-10th 2022**

 **15th anniversary of Les Déferlantes**

After getting countless festivalgoers singing and dancing at Château de Valmy (Argelès-sur-mer), it's Château d'Aubiry's turn to host Les Déferlantes' big comeback. Matt Bellamy's band Muse is headlining. Céret may be famous for its cherries and fabulous modern art museum but it's going to rock this summer!

[www.tourism-mediterraneanpyrenees.com/les-deferlantes-festival](http://www.tourism-mediterraneanpyrenees.com/les-deferlantes-festival)



# SEE ANOTHER SIDE to the coast

Le Grau du Roi (Gard)

## The Camargue Gardoise by e-bike

It may be flat as a pancake but it can get breezy under the big blue sky... so if you want to wind through the reeds, marshes and salt marshes among the flamingos without the effort, the Camargue Autrement tour operator brings you 40 e-bikes made in France as a happy alternative to the classic and less eco-friendly 4x4 safari. Join your guide, put on your headset and head off for a 3 hour ride exploring the flora and fauna that call this lovely slice of Occitanie home.

[www.camargue-autrement.com](http://www.camargue-autrement.com)



Gruissan (Aude)

## Gruissanot'tour des Corbières: an eco-foodie tour in an electric Fiat 500

Hop on board an electric Fiat 500 outside Tourist Information in Gruissan, a seaside resort that starred in Betty Blue, and drive along the region's pretty roads to meet producers with a passion for their land. Scheduled stops include: a sweet treat at Chocolatiers Cathares (new), Ollieux Romanis winery deep in the Corbières hills and Cyril Codina vinegar maker in Lagrasse. The idea is simple: small groups, electric cars, stunning views and good times... It's time for a half-day getaway!

[www.gruissan-mediterranee.com/en/  
activites-gruissan/gruissanottour-des-corbieres/](http://www.gruissan-mediterranee.com/en/activites-gruissan/gruissanottour-des-corbieres/)



Gruissan (Aude)

## Have you heard of wingfoiling?

The Akila base in Gruissan now provides beginner wingfoiling lessons so you can nail the trendiest water sport. Get to grips with the amazing land and sea sport with the help of qualified coaches and experience the unique thrill of surfing the waves.

[www.akila-centers.com/nautique-gruissan](http://www.akila-centers.com/nautique-gruissan)





# WINE TOURISM, a booming industry

Narbonne (Aude)

## Château Capitoul, the Bonfils family's 3rd luxury establishment

Following in the footsteps of Château de Saint-Pierre de Serjac and Château des Carrasses in Hérault, the Bonfils family has opened its 3rd wine tourism gem with views of the Narbonne lakes. Château Capitoul is a 19th century winery that reigns over a 100ha estate of vines and pine trees. Just like the best French wine, Château Capitoul is a "blend": a combination of ingredients that make any holiday a recipe for success. The facilities of a luxury hotel facilities, a private villa, a real working winery and the atmosphere and relaxed service of a country club.

[www.chateaucapitoul.com](http://www.chateaucapitoul.com)



Narbonne (Aude)

## Château L' Hospitalet: fuelling wine tourism and lifestyle

Former rugby player Gérard Bertrand is another leading light for Languedoc wine who is taking his flagship Domaine de l'Hospitalet onwards and upwards. Aside from the well-known hotel complex, this year he's opening a series of luxury suites in the brand new Villa Soleilla among the vines.

[www.chateau-hospitalet.com](http://www.chateau-hospitalet.com)



### *Further info*

**A VIP  
seaside eatery  
by Gérard Bertrand**

The Gérard Bertrand Empire has moved from vineyards to the seaside with his new waterfront L'Hospitalet Beach restaurant at Narbonne-Plage beach.

[www.hospitaletbeach.com/en/](http://www.hospitaletbeach.com/en/)

# IN THE MOUNTAIN



## In Occitanie,

get a high on a mountain break. Clear sky, back to nature, traditions and outdoor sports, the Pyrenees and Massif Central are the place to reconnect with what really matters.

### IN A NUTSHELL

**In 2022, Occitanie "in the mountain" will:**

- > open major sites that teach people about light pollution and climate change
- > go back to its roots and traditions
- > seal its place as an international cycling destination

# READY, SET, GO for the "number 1 dark sky reserve in Europe"

Occitanie's Regional President announced that Occitanie would be "the number 1 dark sky reserve in Europe" in 2021. The commendable challenge has solid foundations. Occitanie is already home to two out of three of France's international dark sky reserves (Pic du Midi and Cévennes National Park) whilst the Lot black triangle (deep in the Causses du Quercy Regional Nature Park) is famous among experts as one of the best-preserved French sites from light pollution at night.



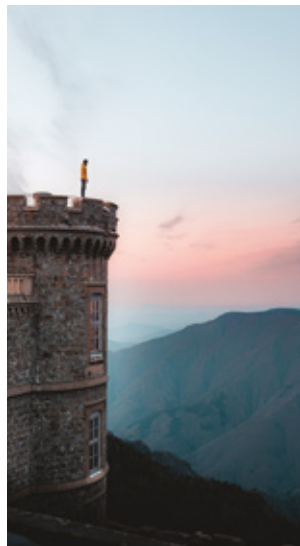
## Maison Tourmalet Pic du Midi – Maison de la nuit

The glass and stone domed Maison Tourmalet Pic du Midi gives visitors the chance to experience daytime and nighttime heritage and relive the Tour de France adventure that made the Col du Tourmalet world famous. The new building includes the so-called Maison de la Nuit (night house) to teach the general public about how damaging light pollution at night is.

A display under the dome brings the night to life so visitors can experience the night in all its forms (legends, fears, magical starry sky, biodiversity etc.). The experience takes you on a journey from Earth into space starting on Col du Tourmalet via Pic du Midi before landing on the planets. The permanent exhibition is enhanced by events hosted all year round by the Pic du Midi, A Ciel Ouvert Association and CPIE 65.

[www.tourmaletpicdumidi.fr/en/](http://www.tourmaletpicdumidi.fr/en/)

## MONT AIGOUAL (Gard): a climate change visitor centre like no other in Europe



Mont Aigoual (1565m) is the highest peak in the Gard region with incredible views from the Mediterranean coast to the Alps and Pyrenees. It's also famous for its extreme weather conditions and a weather station was built here in 1894. A climate change visitor centre is opening here in 2022 to breathe new life into this long-standing institution.

[www.sudcevennes.com](http://www.sudcevennes.com)

*Suggested article*

Occitanie, star gazing heaven

# They came to the mountain TO SHOWCASE THEIR TALENT



Bélesta (Ariège)

## Silicorne Valley, a slice of California in Ariège?

California is famous for its Silicon Valley where the world's biggest start-ups set up shop. In stark contrast to America's future-forward technology, Ariège is all about its legacy and traditions. In a nod to local craftsmen that have always used cow horn to make everyday items, Jean and his partner opened the aptly-named Silicorne Valley shop ("corne" meaning horn). Jean is no stranger to innovation and has been making horn guitar plucks for a few months that sell nationwide. Let's play some moo-sic...

[www.silicornevallee.com](http://www.silicornevallee.com)

# BIKE TOURISM: putting the spotlight on the Pyrenees

**March 26th & 27th 2022**

## Lourdes hosts the UCI MTB World Cup for the 4th time

After the success of 2015, 2016 and 2017, Lourdes has once again been chosen to host the best mountain bikers in the first leg of the 2022 UCI MTB World Cup. The world's elite riders will compete on the unique Pic du Jer site on a 2500m track on March 26th & 27th. Thousands of sports fans and thrill-seekers will flock from all over the world to Lourdes for the amazing event.

[www.lourdesvtt.com](http://www.lourdesvtt.com)

[www.picdujer.com/descendre-en-vtt](http://www.picdujer.com/descendre-en-vtt)



June 12th 2022

## Gran Fondo New York, Americans in Lourdes

The Grand Fondo New York GFNY event is coming to the Pyrenees for the first time ever and it's starting in Lourdes! The Grand Fondo New York is an organisation hosting events all over the world for keen cyclists (25 events scheduled in 2022). The Pyrenean trail starts in Lourdes and follows the Tour de France's tyre tracks up Col du Tourmalet. 1000 entrants are expected.

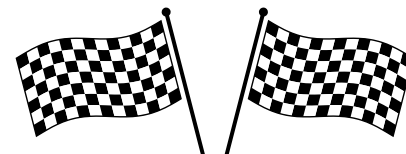


<https://lourdes.gfny.com>

## September 22nd-25th 2022 Enduro World Series Finale in Loudenvielle

The Louron Valley has become a hotspot on the French mountain biking scene in just 5 years. Following the Enduro Series France Finale in 2020 and an Enduro World Series trial in 2021, Loudenvielle is hosting the Enduro World Series finale and the world's best 800 cyclists on September 22nd-25th 2022. The event is part of the Pyrénées Bike Festival, the biggest MTB event in the French Pyrenees. Loudenvielle has joined the likes of Zermatt (Switzerland) and Whistler (Canada) as an international cycling hotspot and will seal its place among the stars when it hosts the World Championships in 2026.

[www.pyreneesbikefestival.com](http://www.pyreneesbikefestival.com)



### OCCITANIE AND THE TOUR DE FRANCE, A GREAT LOVE AFFAIR

Between July 16th and 23rd 2022, the Tour de France is taking to Occitanie's roads with as many as **7 stages in Occitanie** over 21 days of racing including 3 stages in the Hautes-Pyrénées:

#### WEDNESDAY JULY 20TH – 17TH STAGE:

Saint-Gaudens – Peyragudes = 170 km

#### THURSDAY JULY 21ST – 18TH STAGE:

Lourdes - Hautacam = 143 km

#### FRIDAY JULY 22ND – 19TH STAGE:

Castelnaud Magnoac – Cahors = 189 km

### Ariège, the cycling destination that's on the up...

Ariège knows it has enormous potential so it's expanding its cycling prowess with 12 unmissable routes showcasing the region's best bike paths. 2 of the extraordinary routes are the 5-day Ariège cyclotour and 100% Ariège Tour de France stage in 2017. Full details available online at

[ariegepyrenees.com](http://ariegepyrenees.com)

and on the  
Komoot app.

[www.pro-ariegepyrenees.com/post/destination-cyclo-tout-est-pret](http://www.pro-ariegepyrenees.com/post/destination-cyclo-tout-est-pret)

# HOTELS AND B&BS: beautiful Pyrenean buildings get a new lease of life

Belloc (Ariège)

## Rooms with a view at La Belloréade

La Belloréade is just a few miles from Montbel Lake and medieval Mirepoix to give visitors a haven of peace with fabulous views of the Pyrenees. Get an African safari vibe in the Sagarei room or go for Caribbean flavours in the Saona room without ever having to leave Ariège. If you're thirsty for adventure, spend the night in a quirky wooden megapod where you'll be snug as a bug.



### *What's the best bit?*

A wellness area (pool, spa) where qualified masseuse Aurore will treat you to some well-earned me-time and relaxation. [www.belloreade.fr](http://www.belloreade.fr)

Lagarde (Ariège)

## Château de Sibra, a beautifully renovated stronghold

Domaine de Sibra is proof that beauty and function can work in harmony as it brings its guests luxury rooms and spacious apartments in the troubadour-style château, sharecropper's house, former stables and barns; all surrounded by an English country garden that exudes romance.

<https://chateaudesibra.fr>





We love



The interior design is made from salvage or vintage pieces in line with the B&B's factory history.

Léran (Ariège)

## A B&B in a former horn comb factory

Sandrine and Christian restored a former horn comb factory in the industrial Léran neighbourhood to turn it into a stunning B&B where guests can relax in an unspoilt setting with views of the village château. Walk through the tastefully-designed floral courtyard to the B&B with a loft, 5 lovely rooms, heated pool, spa and infrared sauna with pilates classes, stretch sessions and massages. Treat yourself to some me-time in a leafy and classic setting and share in the owners' joy at breathing new life into the village's industrial history.

[www.naturecathare.fr](http://www.naturecathare.fr)



Ayzac Ost – Hautes-Pyrénées

## Domaine de Monda, a mansion with a spa in a mill

Domaine de Monda near Argelès-Gazost is a sprawling mansion in 8ha of grounds teeming with hundred year old trees, olive trees and palm trees surrounded by mountain views. Its three stylish and comfortable suites and guestroom have been joined by the mill that's been converted into a spa (outdoor jacuzzi and sauna with bespoke treatments: reflexology, metamorphic therapy and intuitive massage) and outdoor pool. This is going to be exciting.

[www.domainedemonda.com](http://www.domainedemonda.com)



Campan - Hautes-Pyrénées

## The former village convent turned B&B

On the road to Tourmalet beneath the Pic du Midi, the 18th century Campan convent has been turned into a B&B. Lucien, a chemist and aromatherapy coach, and Paola, former restaurant owner, wanted to create a cosy space whose renovation is true to the soul of this manor. It has 3 lovely suites with chevron parquet flooring and original hearths. Paola is in charge of the table d'hôte and tantalises guests with the local ingredients she uses to make the Italian-Brazilian dishes she grew up with... A Fabulous Foodie Voyage is yours for the taking!

<https://lecouvent-campan.fr>



# IN THE COUNTRYSIDE



## In Occitanie,

a holiday in the countryside is all about activity, culture, sustainability and community with slow tourism and sportier options to boot. Who said the countryside is boring?

### IN A NUTSHELL

**In 2022, Occitanie "in the countryside" will:**

- > prove that contemporary art here can hold its own against Paris' top museums
- > focus on green travel more than ever
- > seal its place as a trail running destination
- > win visitors over with its Made in Occitanie products and gift ideas
- > see amazing B&Bs open in statement buildings



# THE EVENT: Beaulieu-en-Rouergue Abbey reopens, a contemporary art gem in a Cistercian setting

Ginals (Tarn-et-Garonne)

Geneviève Bonnefoi and Pierre Brache saved it from ruin in the 1950s. The Cistercian Beaulieu-en-Rouergue Abbey is now run by the Monuments Nationaux and houses the couple's incredible contemporary art collection (1363 pieces, 350 of which will be on display when it reopens to visitors). The second biggest contemporary art collection from the Paris school after the Pompidou's. Aside from the permanent collection, the major contemporary art centre in the middle of nowhere will host temporary exhibitions. Scheduled to open in July 2022.

[www.beaulieu-en-rouergue.fr](http://www.beaulieu-en-rouergue.fr)



## Must-do

Linger a little longer and stay at the Granges de l'Abbaye. Beaulieu-en-Rouergue Abbey's barns have been lovingly restored to blend contemporary style with old stone. It blends the peace and quiet of a setting that oozes history with the quality and comfort you'd expect today.

[www.lesgrangesdelabbaye.com](http://www.lesgrangesdelabbaye.com)

## Did you know?

Tarn-et-Garonne is home to another architectural gem run by the Monuments Nationaux: Château de Gramont. This classic Renaissance Gascony château is fantastically preserved and hosts amazing temporary exhibitions. 2022 sets the scene for an exhibition devoted to the fantastic creations, travel souvenirs, chimera and unicorns behind the 17th century cabinet of curiosities.

[www.chateau-gramont.fr](http://www.chateau-gramont.fr)

# SLOW TRAVEL HAS NEVER BEEN SO COOL

## Occitanie, hiking heaven



## Occitanie shines at the France's Favourite Footpath competition

After the Pays Tour du Grand Pic Saint Loup GR trail (Hérault) was named France's Favourite Footpath in 2021, it's the Chemin des Bonshommes's turn (Ariège) to join the winners (3rd place) of the French Federation of Hiking competition for 2022.

Lozère / Aveyron / Tarn



## The GR736, a new riverside footpath from the Tarn's sources to Albi

All hail a new hiking trail! Along the River Tarn from its source in Lozère to Albi in the Tarn region through Aveyron. In total: 300km of footpaths, 2 nature parks (Grands Causses and Cévennes), 2 Occitanie "Grands Sites" (Gorges du Tarn and Milau Roquefort Sylvanès), fifteen stages to experience the best of Occitanie's untamed and unspoilt land starting with some of its villages awarded "The Most Beautiful Villages in France" (Sainte-Enimie, Peyre, Brousse-le-Château etc.)

## What's the best bit?

The GR736 is one of very few trails you can do any way you fancy: walking, mountain biking, canoeing, paddleboarding, donkey riding etc. Do it your way, mix things up then once you're all done and dusted, you can make your way back on the train!

[www.aubrac-gorgesdutarn.com/en](http://www.aubrac-gorgesdutarn.com/en)

# Make my HOLIDAY MATTER

Rivière-sur-Tarn (Aveyron)

## Have you heard of vanlife?

Trip'ou gives you the chance to try it for yourself and explore the Occitanie countryside from the Millau area. A trip in a van makes you think of freedom and nostalgia... Give this alternative and trendy form of transport a go: your van is like a Tardis packed with everything you could wish for including a fishing rod, car seat, Bluetooth speaker, slackline, board games, headtorch, inflatable boat, boules and dog bed.

<https://trip-ou.com/en/>



# Ever-more innovative and immersive ESCAPE ROOMS

## Wine Tourism & Escape Rooms

In a region (Occitanie) that takes pride in being the biggest vine-growing area in the world (surface area), just imagine the sort of sensory escape rooms you could drink in! Château Guilhem (Malviès) in Aude makes it happen. Any excuse to tantalise all your senses and end with a tasting session sampling local fine wine.

<https://chateauguilhem.com/en/les-evenements>



# THE COUNTRYSIDE in the fast lane

## TRAIL RUNNING, A SPORT THAT'S ON THE RISE...

### 2022: 2 ultra-trails in Lozère

Lozère is a go-to for trail runs and plays host to its first two ultra-trails in 2022. The Tarn Valley Trail starts the race on the new GR736 trail from Mas de la Barque to Millau. The race on May 6th for up to 400 entrants is going to be "natural and theatrical, cheeky and lively, stripped-back and brazen".

[www.tarnvalleytrail.com](http://www.tarnvalleytrail.com)

Aveyron

**September 24th 2022**

### The "100 kilomètres de Millau" turns 50 (Aveyron)

The "100 kilomètres de Millau" is what started the 100km racing frenzy in France and it's turning 50!

Paired with a marathon along the Tarn and around the famous Millau Viaduct, this South Aveyron milestone event is a highlight for thousands of runners who love working hard and playing hard.

[www.100kmdemillau.com](http://www.100kmdemillau.com)



## TEST YOUR LIMITS...

Pont Saint-Esprit (Gard)

**May 7th-September 4th 2022**

### A zip-line over the Rhône with fantastic views of the old town

The setting is simply fabulous: Pont-Saint-Esprit old town rises above the banks of the Rhône whose medieval bridge has proudly spanned over it for 700 years. Saint-Saturnin Church marks the start where the belltower terrace overlooks the town and Rhône. The first zip-line is a 400m crossing! The old bridge unfurls its arches as you zip down. There are two stages to your return trip: a zip-line that stops on the bridge and another which is pulled along to slowly lift you back to town so you can gaze at the views. A lovely old town, a medieval bridge and three zip-lines are the perfect ingredients for a thrilling recipe!

[www.accroche-aventure.com/nos-activites/les-tyrhones-tyrolienne-sur-le-rhone](http://www.accroche-aventure.com/nos-activites/les-tyrhones-tyrolienne-sur-le-rhone)



Saint-Bauzille-de-Putois (Hérault)

## Zip-lining and Bungee jumping... in a cave!

The Grotte des Demoiselles is famous for its formations and has a challenge for you: are you brave enough to jump 30m into the unknown above its staggering stalagmites? Are you up for speeding through the famous cathedral room on a zip-line? If you're feeling brave, the new attraction is available in summer at extra charge.

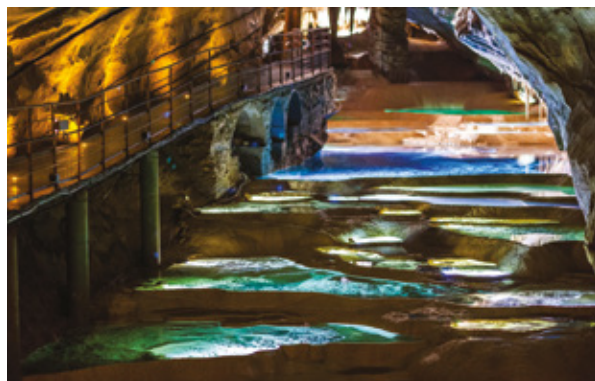
[www.demoiselles.com/en](http://www.demoiselles.com/en)



## A cheese ageing cellar at Grotte de la Cocalière (Gard)

Grotte de la Cocalière is one of the best caves in France and is celebrating 55 years of being a visitor attraction in 2022 with a new gallery. The gallery is devoted to ageing amazing cheese and wine to give visitors the chance to experience a unique tour with tastings (underground) by regional producers whilst a chef concocts small plates using the cheese matured here on-site.

[www.grotte-cocaliere.com](http://www.grotte-cocaliere.com)



Cabrerets (Lot)

## The Pech Merle mammoth hits the road on a "Fabulous Voyage"

Pech Merle is world-renowned for its remarkably well-preserved prehistoric murals and is celebrating the centenary of its discovery with an amazing art project by Eric Manhès. "The Fabulous Voyage" project plans to take a huge mammoth sculpture on tour in 2022 (based on the cave drawings) on the Lot then the Canal du Midi and from Sète to Marseille to visit another prehistoric cave art wonder: Grotte Cosquer.

<https://en.pechmerle.com/>



### Did you know?

Occitanie and its sprawling karst mountains are home to incredible underground attractions. Some cave operators have pulled out all the stops to appeal to a wider audience and entice new visitors.

# NEW ADDRESSES: magical and unique

Fabrezan (Aude)

## VIP accommodation in a 19th century wine cellar

Domaine Paul Huc has been lovingly run by the same family since the 19th century and brings holidaymakers its 5 stunning apartments (4\* and 5\*) which have been beautifully designed to combine traditional romance with contemporary luxury, each with a sprawling terrace away from prying eyes. The fantastic pool is included in the price!

<http://domainepaulhuc.com/?lang=en>



Luc-sur-Orbieu (Aude)

## A manor where life really is good

This lovely 1830s B&B was once home to the doctor and village pharmacy on a quiet little street in Luc sur Orbieu, between Narbonne and Carcassonne. Its 4 spacious rooms, many terraces and large pool may well appeal for its sheer size (250m2) but what sets it apart is its unique personality. Its high ceilings and large windows flood the rooms with light. Isn't this the good life?



[www.la-vie-est-belle.maison](http://www.la-vie-est-belle.maison)

Belvézet (Gard)

## Florissum, a green oasis in the land of crickets, olive and orange trees

Florissum near Uzès welcomes you with open arms in an incredible 18th century setting with exposed stone, beams, beautiful floral designs, olive trees, an orangery and dreamy pool. The 3 rooms and suites (30-60m2) have private terraces with views of the countryside.



Must-do

breakfast in the orangery

[www.uzes-pontdugard.uk/guestroom/florissum/](http://www.uzes-pontdugard.uk/guestroom/florissum/)



Garrigues-et-Sainte-Eulalie (Gard)

## Domaine de la Privadière, a luxury hotel in a 16th century farmhouse

Domaine de la Privadière is just 7km from Uzès and a fabulous farmhouse with a casual modern vibe. Its views of the vines, plane tree alley, landscaped grounds, olive grove and internal courtyard make Domaine de la Privadière a haven of peace with a traditional local feel. It has 14 rooms and suites, a spa, fine dining restaurant, bar and pool. This is your home from home as you explore the Uzès area.

[www.privadiere.fr](http://www.privadiere.fr)



Pont-de-Montvert (Lozère)

## An incredible holiday home on the Stevenson Trail

Le Belgine (rated 5 "ears of corn") provides a real change of scene surrounded by nature. The estate covers over a hectare between the forest and river so you can soak up views of the village where the author Robert-Louis Stevenson stayed. Spa lovers, you're in for a treat with the relaxation room, balneotherapy and sauna! If you're more into curling up with a good book then get cosy in the lounge or lie down on a lounger or hammock on the terrace. Take a refreshing dip in the Tarn under the Cévennes summer sun.

<https://lebelgine.com/en/le-belgine-2/>



Moissac (Tarn-et-Garonne)

## L'Arche de Moissac is a 30s manor near a romanesque masterpiece

This beautiful 30s manor in central Moissac covers over 450m<sup>2</sup> with two floors near the famous Saint-Pierre Abbey and cloister (UNESCO site). The B&B has 5 large rooms and the owners provide guests with a table d'hôtes and spa to relax in.

<http://arche-de-moissac.com>



Castanet (Tarn-et-Garonne)

## Château de Cambayrac, the luxury of a 4\* holiday home outside Rouergue

This stunning château between Quercy and Rouergue is proud of its 800 years of history and six rooms sleeping up to 12 people. The fully renovated villa is listed as a Monument Historique and gives guests a break to remember in a unique setting surrounded by private grounds where you can stroll and unwind.

[www.chateaucambayrac.com](http://www.chateaucambayrac.com)

## QUIRKY ACCOMMODATION

L'Isle-Bouzon (Gers)

## In the trees or underground, the amazing Cabanes de Fallot

A new treehouse has just been built in the hamlet of Fallot deep in the canopy. The quirky treehouse was built by a network of local eco-friendly builders in a 100 year old oak tree with a cool "net" bed, outdoor shower and sauna made from Ker-Terre (braided bamboo and rendered hazelnut wood). An underground cabin and natural pool add the finishing touch this summer.



[www.lescabanedefallot.com](http://www.lescabanedefallot.com)

Seissan (Gers)

## Whaka Lodge: a glamping and lifestyle experience deep in Gascony

Whaka Lodge is far more than a campsite; it's the first outdoor lifestyle hotel in France created and run by Patrick Goas and Nathalie Beernaert. Just picture it: 12ha of lakes and woodland, a white sand beach with a lake to swim, kayak, go fishing or paddleboarding, a zen pontoon on the shore to do yoga, a "food & wine" bar to get together with friends and family by the lake... You can stay in a hut with a hot tub or premium waterfront cottage, get in touch with Mother Nature in an explorer tent or do your work in the great outdoors in the comfort of a luxury lodge. Whaka Lodge is the perfect place to experience slow life.

[www.whakalodge.com](http://www.whakalodge.com)



Miers (Lot)

## Luxury pods named after flowers at Champs de l'Insolite

The sweetly-named Coquelicot and Mimosa pods at Champs de l'Insolite get you up close and personal with the great outdoors, just minutes from Padirac Cave and Rocamadour. The pods are spacious suites with all the comfort of a premium B&B (HVAC etc.) and a sprawling terrace with a jacuzzi or wood-fired hot tub; you know you're in for a romantic evening under the stars.

[www.auchampdelinsolite.fr](http://www.auchampdelinsolite.fr)

Lacave (Lot)

## Dordogne River Lodge: the comfort of a hotel room with the community vibe of a campsite

All inspired by Sophie and Simon, two outdoor hospitality professionals with a passion for ecotourism. Their vision: to create an outstanding site showcasing the region's cultural heritage, food & drink and things to do with a sustainable slant. The lodges combine the comfort of a hotel room with the community vibe of a campsite. They sleep 2-6 guests.








<https://dordogne-riverlodge.com/en/>



ESPAGNE





-  UNESCO sites and buildings registered under the Way of St James of Compostela
-  Way of St James of Compostela
-  Great Sites of France
-  Great Sites of Occitania
-  Thermal Spas
-  Ski resorts
-  Sea resorts



<https://presse.tourisme-occitanie.com>

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