



Press Pack  
**Tour de France  
2022**



**OCCITANIE MUST-DOS,  
STAGE BY STAGE**

 **ccitanie**  
Sud de France



# Occitanie

Sud de France



## FRANCE'S SECOND-BIGGEST REGION,

13 'departments' in an area bigger than Ireland



## 9 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), La Massane Forest



## 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, Valcabrère, 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 year, the 109th Tour de France will set off from Copenhagen for three stages in Denmark before riding through France's roads. It's a prime marketing opportunity among tourists with a TV audience of 3.5 billion watching the race in 190 countries broadcasting the event. The world's most famous cycling event will pass through Occitanie (the new French region between the Pyrenees and Mediterranean) for eight days (seven stages and one rest day), accounting for over a third of the total race duration... that's a record! This press pack introduces you to some of the attractions at the Occitanie stages and underlines what a great region it is for keen cycling tourists. Ready to ride?

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### 4th France's fourth biggest tourist region

  
with **15.9 BILLION** euros visitor spending

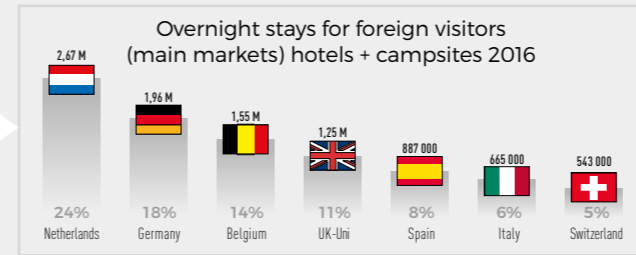
  
and **96 500** paid tourism jobs

  
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

# 7 stages of the Tour de France in Occitanie

July 16 <sup>th</sup> 14 <sup>th</sup> stage	Saint-Étienne >>> Mende
July 17 <sup>th</sup> 15 <sup>th</sup> stage	Rodez >>> Carcassonne
July 18 <sup>th</sup> Rest day	Carcassonne
July 19 <sup>th</sup> 16 <sup>th</sup> stage	Carcassonne >>> Foix
July 20 <sup>th</sup> 17 <sup>th</sup> stage	Saint-Gaudens >>> Peyragudes
July 21 <sup>th</sup> 18 <sup>th</sup> stage	Lourdes >>> Hautacam
July 22 <sup>th</sup> 19 <sup>th</sup> stage	Castelnaud-Magnoac >>> Cahors
July 23 <sup>th</sup> 20 <sup>th</sup> stage	Lacapelle-Marival >>> Rocamadour



# Occitanie must-dos, stage by stage

The 21-day Tour de France will spend 8 days in Occitanie, proving how important our region is to race organisers. This is a destination that's not just famous for the legendary Pyrenean mountain passes; the beautiful and diverse landscapes the race runs through are just as iconic.

## IN LOZERE

### LOZERE, THE ULTIMATE NATURAL DESTINATION

If you love nature and the great outdoors then Lozere is the place to be! It's hiking heaven: the Via Podiensis (Santiago de Compostela path), a section of which is listed as UNESCO World Heritage, runs in and out of the region. It's also home to the Stevenson Trail whose myriad landscapes you can drink with a donkey if you so desire! Calling all cyclists: Lozere has just been named a "Territoire Vélo" (Cycling Region) by the French Cycling Tourism Federation. Mountain bikers can hit the GTMC (Grande Traversée du Massif Central). One of the sections has been approved by "Vélo et Fromage" meaning you can pair the joy of cycling and experiencing local traditions with sampling local cheese. [www.en.lozere-tourisme.com/discover](http://www.en.lozere-tourisme.com/discover)



### LOZERE, AN AUTHENTIC AND TRADITIONAL DESTINATION

Lozere is a land of legends: one of them is the Beast of Gevaudan, a terrifying creature who killed a hundred people and was the talk of town in 1764. The wonderfully unspoilt area plays host to the Cevennes National Park (the only French national park with a residential centre) and Aubrac Regional Nature Park whose sprawling plateaus dotted with lakes are reminiscent of the Highlands. Three of the "Most Beautiful Villages in France" (Sainte-Enimie, La Garde Guerin and La Malzieu-Ville) call Lozere home. Further south, the Causse & Cevennes area has UNESCO status for its agro-pastoralism and landscapes. [www.en.lozere-tourisme.com/visites](http://www.en.lozere-tourisme.com/visites)





### LOZERE, A PLACE TO LIVE LIFE AND LOVE FOOD

Lozere is undoubtedly a gourmet destination. Just take Aubrac where you can stop in a buron (traditional farm) and tuck into some delicious sausage and aligot (rich cheesy mash). Local ingredients reign supreme here and local suppliers bring their premium produce to chefs to concoct dishes and give you an incredible foodie experience. Mountain honey, Cevennes chestnuts, sheep's milk ice cream. Enjoy!

[www.en.lozere-tourisme.com/taste](http://www.en.lozere-tourisme.com/taste)

### "WFH" ACCOMMODATION FOR REMOTE WORKING

If you want to experience community life in Lozere, stay in one of the many hostels or B&Bs along the paths and trails for cycling, hiking, horse riding and more. If you're not pushed for time, there's nothing better than a holiday rental to completely switch off. If you're a remote worker, Lozere has approved "WFH accommodation" so you can keep your finger on the pulse then get away from it all at the end of the day.

[www.en.lozere-tourisme.com/sleep](http://www.en.lozere-tourisme.com/sleep)



### SUP AND CANOEING WITH THE BEAVERS AND WILD HORSES... SEE ANOTHER SIDE TO LOZERE!

How do you fancy canoeing, kayaking or paddling down the Gorges du Tarn? Or would you prefer climbing, via ferrata, horse riding or climbing? Take your pick and get active in a paradise setting in Lozere. During your outings, you may well bump into cows, wild horses (Przewalski), vultures, beavers, bison and wolves (in semi-captivity). Look up when night falls! The Cevennes is an approved International Dark Sky Reserve... you'll have stars in your eyes! [www.en.lozere-tourisme.com/incontournables](http://www.en.lozere-tourisme.com/incontournables)



## From Aveyron to the « Pays cathare » (Aude)

### IN AVEYRON

#### IN AND AROUND MILLAU, HEAVEN FOR OUTDOOR SPORTS

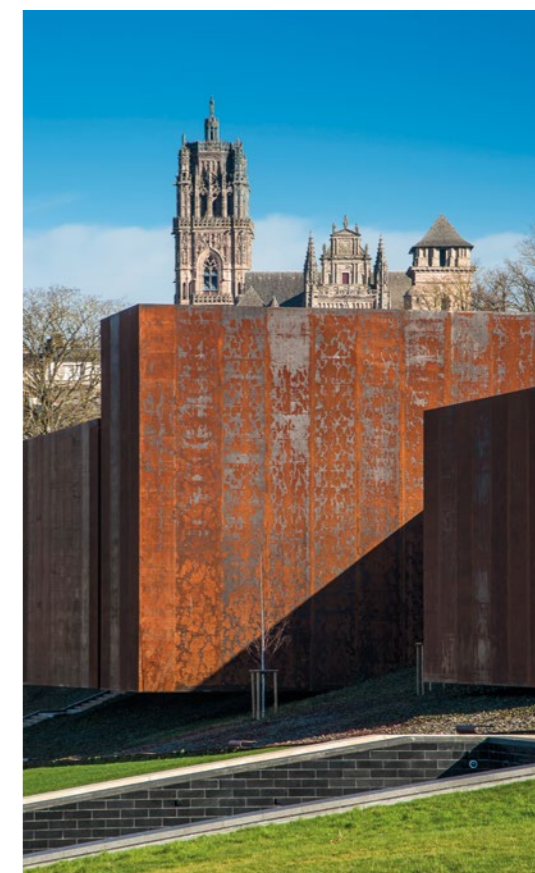
Gorges, valleys, peaks and plateaus: the variety of Aveyron landscapes means you get a variety of outdoor activities! Ready for adventure? Go hiking, cycling, canoeing, swimming, paragliding, trail running, climbing and more. Make Millau your base camp: the ultimate "great outdoors" destination! Paraglide over the town and famous viaduct, row down the River Tarn or hike the myriad footpaths in Aveyron and on the Larzac Causse, a land of legends oozing the mysterious vibes of the Templar and Knights Hospitaller.

[www.tourisme-aveyron.com/en/discover#filter=sports-loisirs](http://www.tourisme-aveyron.com/en/discover#filter=sports-loisirs)

#### RODEZ AND CONQUES, THE PRIDE OF AVEYRON

Take time out at the top of Rodez Cathedral's pink sandstone belltower to drink in the fabulous views of the old town and surrounding countryside. Look out for an innovative corten steel structure for your next port of call: the Soulages Museum. It's the perfect excuse to explore the artist's masterpieces blending dark and light before drinking in the famous stained glass windows at Conques Abbey. Unmissable. Conques is listed as the "Most Beautiful Village in France" and is both a medieval architectural gem and milestone on the Way of St James.

[www.tourisme-aveyron.com/en/discover#filter=sports-loisirs](http://www.tourisme-aveyron.com/en/discover#filter=sports-loisirs)



## AVEYRON'S SIGNATURE SPECIALITIES, FROM ROQUEFORT TO MARCILLAC

Aveyron is bursting with premium produce and is famous for its traditions, food and drink. Begin your Aubrac adventure and tuck into a slice of tender Aubrac beef with mouth-watering aligot. Further south, indulge in big and bold cheese such as Peral, Bleu des Causses and Roquefort (the king of cheese) washed down with a glass of local Aveyron wine. From Marcillac and the Côtes de Millau to Entraygues-sur-Truyère and Estaing, the choice is yours!

[www.tourisme-aveyron.com/en/discover/gastronomy-aveyron](http://www.tourisme-aveyron.com/en/discover/gastronomy-aveyron)



## CHÂTEAU DE LABRO, AN INCREDIBLE PLACE TO STAY OUTSIDE RODEZ

This utterly magical B&B is the place to make memories. From the cosy room to the spacious suite or treehouse, you're spoiled for choice. The pool in the midst of the vines is your ticket to some well-earned R&R. Be sure to indulge in the amazing spa and treat yourself to some first class treatments. [www.chateaulabro.fr/?lang=en\\_GB](http://www.chateaulabro.fr/?lang=en_GB)



## THE MILLAU VIADUCT, THE RECORD-BREAKING BRIDGE

The famous Millau Viaduct is a record-breaker that continues to blow people away. Its construction fascinates anyone who hears the tale of the tallest bridge in the world. Whether you drive over it, sail under it in a boat or canoe or paraglide above it, it's always a unique experience! The lofty metal giant was designed by Norman Foster and you can snap it in all its glory from Peyre, a troglodyte village listed as one of the "Most Beautiful Villages in France". Want to find out more? Head to the viaduct services...

[www.tourisme-aveyron.com/en/millau-viaduct/discover-millau-viaduct](http://www.tourisme-aveyron.com/en/millau-viaduct/discover-millau-viaduct)



## CARCASSONNE

Make the most of a rest day in Carcassonne to explore all the city has to offer with its two UNESCO World Heritage sites (medieval fortress and Canal du Midi).

Experience a Fabulous Voyage in Carcassonne.

[www.audetourisme.com/en/experiences/carcassonne-castle-walkabout](http://www.audetourisme.com/en/experiences/carcassonne-castle-walkabout)

## AROUND CARCASSONNE (AUDE)

### AUDE AND CYCLING: IT'S ONLY NATURAL

With its stunning scenery and outstanding biodiversity, Aude is a slice of paradise for cycling tourism fans. Take your pick from riding through the vineyards and olive groves along the Canal du Midi (UNESCO World Heritage site), a route covering over 250km through the countryside, or gaze at the flamingos in the lagoons on the Mediterranean Route, a Europe-wide bike path hugging the coast from Italy to Spain.

[www.audetourisme.com/en/see-and-do/activities/biking](http://www.audetourisme.com/en/see-and-do/activities/biking)



### FROM DINOSAURS TO THE CANAL DU MIDI: AUDE'S FANTASTIC HISTORY

You'll struggle to find anywhere else where the greatest eras of history have left so many marks. Aude will whisk you away to the land of dinosaurs, open the doors to the Roman world, revive Cathar history and introduce you to the biggest 17th century building site: the Canal du Midi.

[www.audetourisme.com/en/see-and-do/visits](http://www.audetourisme.com/en/see-and-do/visits)



### AUDE, THE LAND OF "THE GOOD LIFE" AND "GOOD FOOD"

You just have to take a trip around the many markets in Aude to see how important "good food" is here. Castelnaudary cassoulet, oysters and mussels from Leucate or Gruissan, Cathar Country black truffle, olives, wine from Corbieres, La Clape or Minervois. Here, any excuse to eat or drink works. This is the good life.

[www.audetourisme.com/en/experiences/wine-tourism-experiences](http://www.audetourisme.com/en/experiences/wine-tourism-experiences)

### CHOOSE A BIKE-FRIENDLY PLACE TO STAY APPROVED BY ACCUEIL VÉLO

Hotels, campsites, B&Bs, rentals, hostels and more to suit you and what you fancy in the Aude. Highlight: the Accueil Vélo label: look out for this French brand which guarantees touring cyclists get a warm welcome and first class services along the bike paths.

There are lots of approved addresses here so let's ride!

[www.audetourisme.com/en/accommodation/all-accommodation](http://www.audetourisme.com/en/accommodation/all-accommodation)

### COTE DU MIDI, A TRADITIONAL AND UNSPOILT COASTLINE

The Aude coastline stretches for 50 km in a succession of fine-sand beaches, seaside resorts and natural spaces: Saint-Pierre-la-Mer, Narbonne-Plage, Gruissan, La-Palme, Port-la-Nouvelle, Leucate... Each of these resorts offers its own special atmosphere and a host of activities. There's something for everyone, with boardsports, watersports, activities on the beach, hiking trails, and much more. The cycle paths and waterborne links make for a real change of scenery. Switch at will from the legendary Les Chalets beach in Gruissan, to a family-friendly beach, or a wilderness of rolling dunes... Nature lovers will be delighted with the Parc Naturel Régional de la Narbonnaise en Méditerranée. This area offers a wealth of biodiversity, exceptional wildlife, natural spaces and typical Languedoc villages where traditional savoir-faire is still very much alive. [www.audetourisme.com/en/see-and-do/not-to-be-missed/mediterranean-sea](http://www.audetourisme.com/en/see-and-do/not-to-be-missed/mediterranean-sea)



## IN ARIEGE-PYRENEES

### THE ARIEGE PYRENEES, A 100% NATURE DESTINATION

If you love the great outdoors, Ariège is the place for you! Picture a land deep in the Pyrenees, rolling from the plains to the peaks (some in excess of 3000m altitude) with 40% of it protected by the Ariège Pyrenees Regional Nature Park. Ariège is the ultimate green tourist destination with clean air, a change of scene and unspoilt scenery that any nature lover will adore. 5000km of footpaths, 80km of greenways for fabulous bike rides, famous hiking trails (the GR®10, the Cathar Trail) via ferrata, canyoning and climbing spots... a 100% nature destination that you simply can't miss!

[www.ariegepyrenees.com/en/decouvrir/destination-nature-outdoor/premiere-fois-en-ariege](http://www.ariegepyrenees.com/en/decouvrir/destination-nature-outdoor/premiere-fois-en-ariege)

### ARIEGE: A TRIP BACK IN TIME

Hop in a time machine through the towers and trails. Ancient Pyrenean communities laboured the land 14,000 years ago. Niaux is the only cave you can see cave art by our ancestors, the Magdalenians. History gets fun, from the Middle Ages to the Renaissance. Count Gaston Febus, the Prince of the Pyrenees, takes visitors around his château

in Foix. Cathar spirit still reigns over the "fortress of vertigo" that is Montsegur. Gaze at opulent Renaissance paintings. Soak up the terrace and French lifestyle in Mirepoix.

[www.ariegepyrenees.com/en/decouvrir/incontournables](http://www.ariegepyrenees.com/en/decouvrir/incontournables)

### FOOD, DRINK AND THE GOOD LIFE: THE BEST OF ARIEGE

Live life to the full in Ariège. The delicious dishes are made from organic or sustainable farming. The flocks spend the entire summer in the mountains. The region is served on a plate. Tuck into the local, big and bold "Tomme des Pyrénées", a cheese named

after the valleys or mountains: Bethmale, Pic de la Calabasse. Azinat stew with rouzole stuffing is a classic main followed by a big slice of croustade pie for pudding. These products take pride of place in the markets where you can soak up the local flavours and soul. Traditional dishes celebrate flavours to the delight of food lovers.

[www.ariegepyrenees.com/en/preparer/manger-bon-bien](http://www.ariegepyrenees.com/en/preparer/manger-bon-bien)



### **MAISON NATURE CATHARE, CYCLING ACCOMMODATION IN A FORMER HORN COMB FACTORY!**

Ariege is home to over 30 places to stay approved by "Accueil Vélo": garage, cleaning area and more to pamper both bikes and cyclists. Maison Nature Cathare is a bike-friendly B&B approved by "Accueil Vélo" where you can indulge in some R&R near the iconic Château de Montségur. A cosy courtyard leads to what was once a horn comb factory. The interior subtly blends modern and vintage styles with nods to the site's industrial heritage. You can't help but take your foot off the gas with the five bedrooms, loft, yoga and meditation room, spa area and the lovingly-cooked dishes by the owner, Alain. [www.ariegepyrenees.com/en/chambres-hotes/chambre-dhotes-n09g20039-nature-cathare](http://www.ariegepyrenees.com/en/chambres-hotes/chambre-dhotes-n09g20039-nature-cathare)

### **LEGENDARY ROADS TO MEASURE UP TO THE BEST CYCLISTS**

Quiet roads, fabulous views, rolling hills, twists and turns, bike-friendly accommodation and water fountains! It has it all: Col de Pailheres, Col du Chioula, Col d'Agnes, Port de Lers... ascent up the Plateau de Beille, Ax-3-Domaines, Guzet and other legendary climbs that have gone down in the history of cycling in Ariege and the Tour de France. Ariege brings cyclists unmissable routes to climb iconic Pyrenean mountain passes and an itinerary to cover the entire area in 5 days.

[www.ariegepyrenees.com/en/preparer/faire-du-velo/cyclo-sport/top-5-des-cols-mythiques](http://www.ariegepyrenees.com/en/preparer/faire-du-velo/cyclo-sport/top-5-des-cols-mythiques)



### **IN THE CENTRAL PYRENEES (HAUTE-GARONNE)**

#### **THE GR@10: A LEGENDARY FOOTPATH THROUGH THE PYRENEES**

Occitanie is hiking heaven and packed with footpaths where you can soak up untamed and unspoilt scenery. One of the most famous hiking trails is the GR@10, 850km across the Pyrenees from Banyuls-sur-mer in the east (Pyrénées-Orientales) to Hendaye in the west (Pyrénées-Atlantiques)! Bursting with peaks exceeding an altitude of 3000m and year-round snow, Southern Haute-Garonne treats hikers on this legendary trail to its most show-stopping views.

[www.mongr.fr/trouver-prochaine-randonnee/itineraire/gr-10-la-traversee-des-pyrenees-de-hendaye-a-banyuls](http://www.mongr.fr/trouver-prochaine-randonnee/itineraire/gr-10-la-traversee-des-pyrenees-de-hendaye-a-banyuls)



#### **2000 YEARS OF HISTORY IN SAINT-BERTRAND-DE-COMMINGES**

Listed as one of "the most beautiful villages in France," Saint-Bertrand-de-Comminges towers over the ancient city of Lugdunum Convenae founded almost 2000 years ago. Visitors will fall in love with its medieval lanes and Sainte-Marie Cathedral that looms like an impregnable fortress surrounded by greenery at the bottom of the majestic Pyrenees. The cathedral is a UNESCO landmark as part of the Ways of St James, as is Saint-Just de Valcabrere Basilica which you can spot in the valley.

[www.visit-occitanie.com/en/discovering/major-sites/saint-bertrand-de-comminges-valcabrere](http://www.visit-occitanie.com/en/discovering/major-sites/saint-bertrand-de-comminges-valcabrere)



#### **CASTEL D'ALTI, A CLASSIC HOTEL IN CENTRAL LUCHON**

Castel d'Alti is one of the spa town's hospitality gems and is in a prime location on Allées d'Etigny (Luchon's very own Champs Elysees). Pass through the impressive railings into the 18th century building that surrounds a sprawling courtyard where you can unwind after a day out. The rooms have all the fixtures you'd expect from a 4\* hotel whilst the indoor pool and spa area (spa, Turkish bath, gym) bring you a haven of peace on your break.

<http://www.lecasteldalti.com/en>





**★ LUCHON, THE QUEEN OF THE PYRENEES**

You can't help but be won over by the age-old charm of Luchon, a pretty spa town with classic Belle Epoque architectural heritage. The world's greats, from Napoléon III to the author Gustave Flaubert, spent time here in the 19th century and the town's fame earned it the nickname the "Queen of the Pyrenees". Luchon is the start point for fantastic hikes and MTB rides (17 signposted trails) in the land of marmots, streams and waterfalls. The late August corso fleuri (flower festival) is definitely the highlight of summer in Luchon!

[www.visit-occitanie.com/en/discovering/major-sites/luchon](http://www.visit-occitanie.com/en/discovering/major-sites/luchon)

**LOURDES AND THE HAUTES-PYRENEES**

**🌿 LARGER-THAN-LIFE NATURE AND HOT SPRINGS: WELCOME TO THE HAUTES-PYRENEES**

From the secret and spellbinding valleys to the mountain lakes where the peaks are mirrored in the turquoise water... The Hautes-Pyrenees are a fabulous playground for anyone who's looking for unspoilt nature. Explore these stunning mountains your way with a walk on the hiking paths in the Pyrenees National Park or Neouvielle Nature Reserve or ride the legendary winding mountain passes. There's just one rule: take your time... and take a break with a dip in the thermal baths at one of the eight spas in the area.

[www.pyrenees-holiday.com](http://www.pyrenees-holiday.com)



**🏰 HAUTES-PYRENEES AND THE "GRANDE BOUCLE": A MATCH MADE IN HEAVEN**

The Hautes-Pyrenees may be a rugby region but it's certainly a cycling destination with a long and happy relationship with the Tour de France. Legendary ascents were born here. Tourmalet, Soulor, Peyresourde, Cols de Portet, d'Aspin, Hourquette d'Ancizan, Port de Bales, Aubisque... These names all have one thing in common: they're part of the Tour de France legend. In a declaration of love for cycling, every summer the Pyrenees Cycl'n Trip closes the mountain passes for keen cyclists to have to themselves for five days (July 25th-29th 2022).

[www.pyrenees-trip.com/pyrenees-cycln-trip-uk](http://www.pyrenees-trip.com/pyrenees-cycln-trip-uk)

**🍷 HAUTES-PYRENEES, CLASSIC MOUNTAIN LIFESTYLE**

Pyrenean cuisine is packed with world-renowned culinary delights. Noir de Bigorre pigs are the kings of the local food scene and make some of the best ham in the world. The feast continues with Pyrenean trout, foie gras and garbure stew, a classic that's passed down through the generations. For pudding it's classic spit cake or blueberry tart. Wash it all down with full-bodied Madiran from a little vineyard on the Pyrenean foothills whose wine ranks in the world's top 20.

<http://www.noirdebigorre.com/page/welcome>



## TAKE YOUR PICK FROM TWO LEGENDARY HOTELS!

Magical places to stay with classic Pyrenean interiors, luxury hotels where you can enjoy some R&R and good food, every valley here is bursting with premium hospitality. Lourdes is the gateway to the great mountain passes and the 5\* Belfry Hotel is your port of call for a trip to the sanctuary and famous grotto. The 4\* Hôtel du Cirque et de la Cascade in Gavarnie is opening in July 2022 to give you a night to remember in the awe-inspiring Cirque de Gavarnie with views of the tallest waterfall in Europe.

<https://belfry.fr/en/>



## UNMISSABLE: 4 GRANDS SITES OCCITANIE IN THE HAUTES-PYRÉNÉES

The heady Pic du Midi peak, the awe-inspiring colossal Cirque de Gavarnie, the fantastic garden of Eden in Cauterets-Pont d'Espagne and mystical Lourdes whose fame needs no introduction (just take the Tour de France's 18th stage starting deep in the Sanctuary for the 2022 event); the Hautes-Pyrénées is home to 4 out of 41 Grands Sites Occitanie on its own!

<https://www.visit-occitanie.com/en/discovering/our-universes/mountains/>

## THROUGH THE LOT'S VALLEYS

### LOT & DORDOGNE VALLEYS: A LIFE-SIZE PLAYGROUND

Indulge in your favorite outdoor activities against the backdrop of breathtaking scenery. A walk on the way to St Jacques, cycling in the vineyards of Cahors, mountain biking on the Causses or horse riding in the Cele Valley... The Lot, it's 1500 kms of marked trails "trekking" (GR) and equestrian. You prefer the pleasures of water, then go down the Lot by boat or opt for a descent in canoe on the Dordogne or the Cele, the Lot is an unrivalled destination for outdoor leisure pursuits.

[www.tourisme-lot.com/the-must-sees/the-great-outdoors-en](http://www.tourisme-lot.com/the-must-sees/the-great-outdoors-en)



## THE LOT IS RICHNESS AND BEAUTY ON THE GROUND AS WELL AS UNDERGROUND

On the surface, six villages\* are classified "Most Beautiful Villages of France" because their brown tile roofs, their ochre stones, their windows decorated with sculptures or their square dovecotes give them an exceptional character. The Lot is also its small towns of human size where one likes to stroll and which offer beautiful visits: Cahors, Gourdon or Figeac... Underground, how to imagine, while walking in its causses and valleys, that an incredible underground life exists? If the most famous caves are Padirac, Cognac, Lacave or Pech Merle... there are many others which will keep their secrets forever.

[www.tourisme-lot.com/en/explore](http://www.tourisme-lot.com/en/explore)

## THE LOT AWAKENS THE TASTE BUDS

From the market stalls to the starred restaurants, you will be able to taste the black truffle, the Quercy melon, the saffron, the farm lamb of Quercy or the Rocamadour cheese accompanied by a glass of wine of Cahors. This wine is well known to the Royal Family of Denmark who has owned a magnificent estate, the Château de Caix, in the heart of the vineyard since 1974. The Lot is a land of excellent local products and gastronomy where all the flavor and quality are found in your plate.

[www.tourisme-lot.com/en/prepare-your-stay/savour](http://www.tourisme-lot.com/en/prepare-your-stay/savour)



\* Carennac, Loubressac, Autoire, Saint-Cirq-Lapopie, Capdenac-le-Haut et Cardaillac

## IN THE LOT, ENJOY AMAZING NIGHTS

Staying with a local in a bed and breakfast, in a holiday rental, with the children in a campsite or holiday village, or in a charming hotel... in the Lot, the accommodation on offer is rich, varied and of high quality. For lovers of the exotic, houseboats, yurts, teepees and tree houses complement the more traditional accommodation options. Camping car drivers have not been forgotten, with areas specifically designed for them.

[www.tourisme-lot.com/en/prepare-your-stay/accommodations](http://www.tourisme-lot.com/en/prepare-your-stay/accommodations)



### MUST-DO

The Lot Valley bike route (160km) introduces you to the Lot's most unspoilt scenery as you ride through vineyards (Cahors-Malbec) and utterly charming little villages with a stop at Château de Caix (near Luzech) where the Danish royal family spend their holidays.

## PADIRAC, ROCAMADOUR, CAHORS AND PECH MERLE: THE MUST SEES OF THE LOT

Exceptional places that make the reputation of the Lot and that you really shouldn't miss:

Padirac Chasm not far from Rocamadour, a place unique of its kind in Europe takes you 103 meters below ground for a boat ride on the underground waters. A unique experience. The Valentre Bridge in Cahors a masterpiece of the medieval period, is classified as a UNESCO World Heritage listed site and on the route to Santiago de Compostela. Finally, the Pech Merle Cave in Cabrerets one of the finest examples of cave art in France. An authentic cave with paintings dating back to 29 000 years BC.

[www.tourisme-lot.com/en/the-must-sees](http://www.tourisme-lot.com/en/the-must-sees)

# Occitanie, heaven for bike touring

Five major French and European cycling routes run through Occitanie: three for cyclists and one for mountain bikers. The Route des Cols in the Pyrenees gives you the chance to ride along the mountain passes in the tyre tracks of the greatest Tour de France champions. We add our must-do : the Lot valley bike route.

The bike paths or trails range from 160 to 670km so you can soak up all that Occitanie and its heritage have to offer. Ride through unspoilt landscapes with the Southern French sunshine and community vibe to boot!

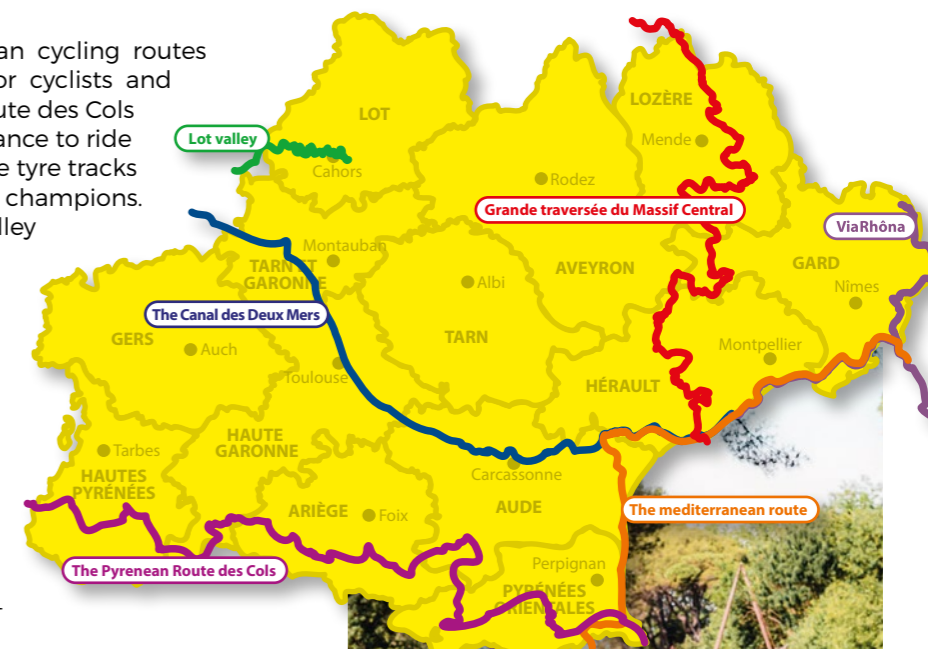
- **THE HISTORICAL ONE:** Canal des Deux Mers à vélo (320km in Occitanie) including the UNESCO Canal du Midi

- **THE RIVERSIDE ONE:** Via Rhôna (94km in Occitanie) along the most powerful river in France's from Lake Geneva (Switzerland) to the Mediterranean Sea

- **THE SEASIDE ONE:** Euro-Vélo8 or the Mediterranean Route (360km in Occitanie) along the Mediterranean coast from Italy to Spain

- **THE LEGENDARY ONE:** Pyrenean Route des Cols (670km in Occitanie) on the famous mountain passes ridden by the Tour de France competitors

- **THE SPORTY ONE (MTB):** Grande Traversée du Massif Central or GTMC (540km in Occitanie): a trail through the Massif Central's gorges and lofty plateaus



## MAJOR CYCLING EVENTS IN 2022 IN OCCITANIE

**JUNE 5TH**  
**WISH ONE GRAVEL**  
**"MILLAU GRANDS CAUSSES"**  
<https://wishonegravelrace.com/en>

**JUNE 12TH**  
**LOURDES GRAN FONDO**  
**NEW YORK**  
<https://lourdes.gfny.com/>

**JULY 16TH**  
**23RD TOUR DE FRANCE**  
[www.letour.fr/en](http://www.letour.fr/en)

**JULY 25-29TH**  
**CYCL'N TRIP**  
[www.pyrenees-trip.com/pyrenees-cyclin-trip-uk](http://www.pyrenees-trip.com/pyrenees-cyclin-trip-uk)

**AUGUST 20TH**  
**WISH ONE GRAVEL**  
**"DES CAUSSES À L'AUBRAC"**  
<https://wishonegravelrace.com/en>

**SEPTEMBER 4TH**  
**LA CASARELLI BIKE RACE**  
[www.cyclosportive-la-casarelli.fr/english](http://www.cyclosportive-la-casarelli.fr/english)

**SEPTEMBER 10TH**  
**11TH LA GRAVEL PYRÉNÉES**  
<https://gravel-pyrenees.com/en>



-  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



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#VoyageOccitanie