



# Languedoc-Roussillon

Spread from the Spanish border to the Rhone Valley, the Languedoc-Roussillon is a natural amphitheatre facing the Mediterranean, made up of three natural terraces that slope down towards the sea. The countryside and rural traditions form a geographical and cultural unity.



## Access:

- By train : London to Nîmes, Montpellier, Narbonne & Perpignan (via Lille or Paris).
- By plane: to Nîmes, Montpellier, Béziers, Carcassonne, Perpignan from London, Liverpool, Edinburgh, Birmingham, Bristol, or Dublin.
- By highways: A61 Toulouse – Narbonne ; A75 Montpellier – Paris ; A9 Montpellier – Lyon ; A54 Montpellier – Marseille.

**Main cities:** Montpellier - Nimes - Carcassonne - Perpignan.

## 5 reasons to visit Languedoc-Roussillon

- **Major cities and character villages in Languedoc-Roussillon** are historic, picturesque and lively at the same time. Fascinating thanks to their numerous contradictions, each place is always rich in tradition and heritage.
- **Great Wines & Gastronomy:** The regional wine is one of the oldest in the world. Vines are grown at sea level and high in the hills, from the Rhône to the Pyrénées. Well-known for its culinary specialities, the chefs rival each other to create the best dishes from local produce, to be served with the region's excellent wines.
- **Environment & Wilderness:** beyond its lagoons and sandy beaches, Languedoc-Roussillon has an outstandingly beautiful countryside, formed by the elements over many thousands of years. The hinterland is full of exciting landmarks: gorges, valleys hollowed out of thick beds of limestone, rocky outcrops, basalt columns, peaks and summits.
- **Leisure & Relaxation:** whether you are with family or friends, Languedoc-Roussillon offers many different ways of relaxing and enjoying leisure activities: 300 days of sunshine per year, a water resource that creates astounding landscapes, mountains scarred by gorges, canyons, beaches and sand dunes, elevation from 0 to 3,000 meters and activities for beginners and experienced sportsmen alike.
- **Heritage, traditions and culture:** the rich variety of the region's landscapes has strongly influenced the architecture, lifestyle and culture of its people. The name of the region itself underlines its dual identity: Occitan and Catalan. The countryside is unspoiled and the coastline protected; historic and cultural richness is also important, including several monuments recognized as UNESCO World Heritage.

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## **SHORT BREAK**

### **Montpellier**

2 days in Montpellier including a charming B&B (Les 4 étoiles or Baudon de Mauny); a 3€ pass to discover the History and Heritage (Parcours Museographique), Mediterranean cookery class, coffee on the Place de la Comedie, well being in *Bain d'Epices*, and more...

## **ACTIVE HOLIDAYS**

### **Snow trekking in the Catalan Pyrenees where sun and snow belong to each other**

Snow-shoeing across the territory for 7 days with a qualified guide discovering plateaus, frozen lakes, fauna and flora... Diversified accommodations: from small charming hotels to mountain refuges.

### **Mondial du vent in Leucate, April 2010**

The Mondial du Vent was created in 1996 and has progressively become a major international kite surfing and windsurfing event. The annual Wind Fair offers several free shows to children and adults. Different workshops will be arranged in order to inform the audience on our wind, environment and all activities connected to the wind.

## **ACCOMMODATION**

### **Qualité Sud de France**

Plan your stay with Qualité Sud de France, Accommodations, Restaurants, wine tasting rooms... These establishments are committed to rigorous procedures, giving the best possible welcome of visitors.

### **Moulin de Maitre Cornille**

An authentic Provençal windmill of the XVIIIth century, facing the Pont du Gard in a magnificent wooded land, Castillon du Gard.

## **GASTRONOMY**

### **Le Clos du Moulin**

Spend a weekend dedicated to truffles and wine, while staying in a Gipsy Caravan (15km from Carcassonne). In order to learn more about the "Tuber mélanosporum" and its mysteries...meeting the truffle growers, visiting their plantations, participating in a truffle hunt with a dog...

## **ITINERARIES**

### **Historical routes in Languedoc-Roussillon**

The region is crisscrossed by important historical routes where human settlement and societies were located and developed, including: the VIA DOMITIA, the route to Santiago-de-Compostela and the Midi Canal, which makes up the backbone of this region, noted for its rich historical and cultural heritage.

## **FAMILY HOLIDAYS**

### **Discover the Lozère in 2CV**

One day in 2CV with your guide (driving a 2CV as well), to discover the Tarn Gorges, the Aubrac and Sainte Enemie... Accommodation in a self-catering gites.

## **WELLBEING**

### **Thermal Bath in Molitg-les-bains**

In the foothill of the Pyrenees, Molitg specializes in treatment around the thermal plankton, origin for the Biotherm© cosmetic products.

## **CREATIVE HOLIDAYS**

### **Boutis Workshop**

Discover the southern traditional hand embroidery at la Maison du Boutis, as a regional heritage introduction to the ancestral "boutis". Accommodation in B&B in Calvisson.

## **HIGHLIFE**

### **Luxury on the Canal du Midi, Alegria**

Travel from Béziers to Carcassonne on board of one of the most beautiful hotel barges. Alegria is docked near Poilhes, a charming village on the Canal du Midi, 12 km from Beziers, 20 km from the Mediterranean Sea and close to Narbonne. The days are split nicely between navigating the canal and visiting some of the exceptional sites in the region.