

Occitanie is a region of striking contrasts, where Roman antiquity, medieval spirituality, Mediterranean landscapes, and contemporary innovation coexist within a remarkably rich cultural fabric.

This curated journey explores southern France beyond the expected, moving between historic cities, coastal landscapes, Roman heritage, monastic architecture, exceptional gastronomy, and moments of surprising modernity.

From the red brick elegance of Toulouse to the atmospheric streets of Narbonne, from ancient salt marshes and Roman archaeology to secluded abbeys high in the Pyrenees, the journey reveals a region shaped by movement, trade, spirituality, and artistic continuity.

Architecture, landscape, gastronomy, and history are woven into a carefully composed narrative, offering a journey that combines intellectual depth with the sensory pleasures of southern France.

This sample itinerary is intended as inspiration. Every journey can be individually tailored to your interests, preferred pace, and specific wishes.

Sample Itinerary

Day 1

Arrival in Toulouse and First Encounters with Southern France

The journey begins in Toulouse, one of France's most distinctive cities, where red brick architecture, Renaissance hôtels particuliers, and a vibrant southern atmosphere create an immediate sense of place.

A first exploration may include architectural discoveries in the historic centre, elegant private mansions, and selected cultural institutions that introduce the artistic and urban identity of the region.

The day concludes with a scenic transfer toward Narbonne, allowing the Mediterranean south to gradually unfold.

Day 2

Narbonne Between Roman Heritage and Mediterranean Traditions

This day explores Narbonne and its surrounding coastal landscapes through history, architecture, and gastronomy.

Experiences may include a discovery of Narbonne's historic centre, its Gothic cathedral, lively covered market, and traces of its Roman past as one of the most important ancient settlements in southern Gaul.

The journey may continue toward the Mediterranean coast, where salt marshes, fishing traditions, and exceptional seafood culture reveal another dimension of regional identity.

A visit to the remarkable Narbo Via Museum offers a powerful encounter with Roman archaeology within a striking contemporary architectural setting.

Optional evening experiences may include refined gastronomic dining in one of the region's acclaimed culinary destinations.

Day 3

Romanesque Monasteries and the Pyrenean Landscape

A day dedicated to spiritual architecture, mountain landscapes, and the extraordinary silence of the Pyrenees.

The journey may lead to the dramatic Benedictine abbey of Saint Martin du Canigou, perched high above the valleys and accessible only through a more intimate approach into the mountains. Here, architecture and landscape form a uniquely contemplative encounter.

Further discoveries may include the majestic abbey of Saint Michel de Cuxa, one of the most important Romanesque monuments in southern France, where sculptural forms, cloister architecture, and monastic history reveal the intellectual world of the medieval south.

Regional wine experiences and encounters with local producers may complete the day.

Day 4

Innovation, Engineering, and a Different Vision of France

The final day introduces an unexpected contrast.

Returning to Toulouse, the focus shifts from ancient stones to contemporary innovation. Experiences may include exclusive access to one of Europe's most important centres of aerospace engineering, offering a fascinating perspective on technological ambition, industrial design, and the future of European mobility.

This final chapter creates a deliberate dialogue between historical heritage and modern achievement, completing a journey defined by remarkable contrasts.

Interested in a tailored cultural journey through Occitanie?

Each itinerary is individually curated for private travelers, small groups, and special interest cultural programs.