

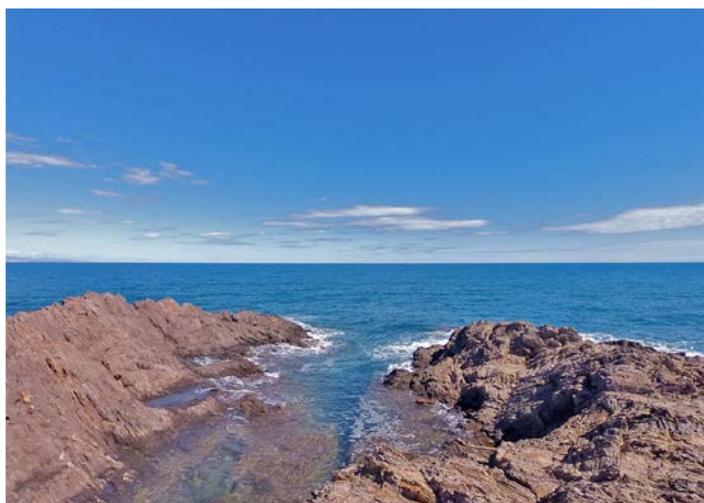
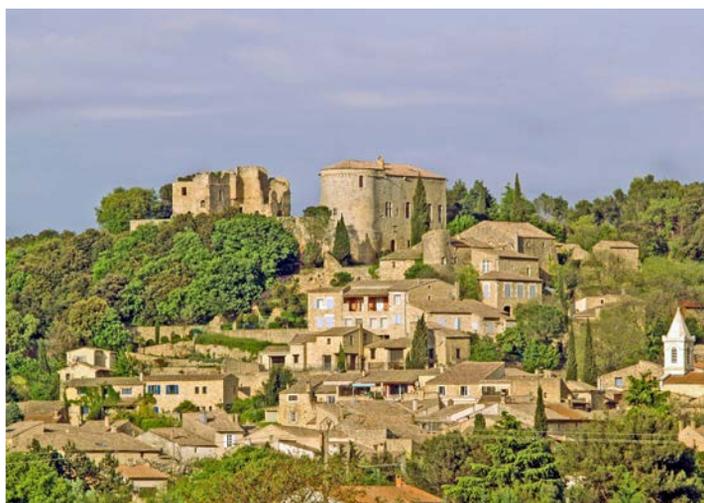
Oliver's Travels
YOUR GREAT ESCAPE

Languedoc
TRAVEL GUIDE

Languedoc-Roussillon is one of those areas of France where you can feel like you can totally get away from it all. Commercial tourism has been very slow to capitalise on the region, meaning you can still enjoy a slice of authentic French rural life at its finest. A mixture of landscapes also makes it a great place to visit, with a good stretch of coastline offering a totally different experience to its more bucolic interior.

LANGUEDOC 101

CURRENCY	EURO	TIME ZONE	GMT +1
ELECTRICAL	TWO PIN ROUND	HIGHEST TEMP.	35° C
LANGUAGE	FRENCH	LOWEST TEMP.	8° C
EMERGENCY	112	PEAK SEASON	MAY - SEPT





TRANSPORT TALK



BY WHEELS

Driving in Languedoc is a treat, and allows for access to the remote and rarely explored areas of the region. Well-known car hire operators like Hertz are available across the region.



BY BIKE

The ever-changing scenery means that Languedoc is never a dull place to cycle! There are plenty of shorter cycle routes and greenways in the region, though no dedicated long-distance.



BY TAXI

Hailing taxis is generally not the done thing in Languedoc; you'll have more luck finding them at taxi stands or by booking ahead by phone.



BY WATER

If you are considering travelling to Languedoc by ferry, your best bet would be to sail to Bilbao in Northern Spain. The 5 hour drive to Toulouse is a beautiful way to see the countryside.



BY AIR

Airports: Montpellier, Carcassonne, Nimes, Beziers and Perpignan airports all have frequent direct flights from the UK.



BY BUS OR TRAIN

Within the larger city centres such as Toulouse and Albi, bus services are regular, but in the more sparsely populated regions transport is less tourist-oriented.

HIDDEN GEMS AND ACTIVITIES

Assignan

Assignan is a village quite unlike any other in Languedoc. The buildings are coloured in pops of vibrant red, pink and purple reminiscent of the wines of the region.



St-Guilhem-le-Désert

One of the prettiest villages in the South of France is the quaint St-Guilhem-le-Désert. This remote settlement is a real sleeping beauty.

Lac Du Salagou

One of the most gorgeous lakes to swim in while in Languedoc is Lac Du Salagou. The deep blue of the lake's water contrasts with the lunar-like red volcanic rock around it's shores.

Abbey of Saint Martin du Canigou

The peaceful Abbey of Saint Martin du Canigou requires you break a sweat to get there! The guides are only in French but don't worry; the gobsmacking views are the primary draw, and they need no explanation.

- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights



TOP PICKS FOR KIDS

Trek the Forest



You're bound to find something to fire up the kids imagination in Languedoc! [Le Vallon du Villaret](#) is a sculpture park in the middle of a forest. Enjoy a nature walk while taking in some artwork.



Play in the Ruins



For a spin on a historic day out, try the ruins of the [Chateau de Peyrepertuse](#). Sitting atop a rocky peak they're delightfully picturesque and offer great views. Bear in mind the climb to the top might be a challenge.



Adventure Fun



There are a good few theme parks and adventure trails around Languedoc. [Argelès Aventure](#) will take kids high into the treetops, and they even offer a special 'Ouisiti' course for kids under 5.



Spot Sharks



Languedoc has some fantastic beaches and seaside attractions just waiting to be explored. The [Seaquarium](#) means there's plenty to do even if the weather isn't on your side and the kids will love it!



Scour the Plains



With zebras ambling across the plains, lions roaring from the rocks and ostriches pecking at the car window, [Reserve Africaine de Sigean](#) makes the perfect family day out!



Enjoy Thrills



This amusement park is as fun for older children and teens as it is for toddlers. [Europark's](#) noise, flashing lights and white-knuckle rides will keep everyone entertained.



MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS



CROWD-PLEASERS: BEST ACTIVITIES

Go Underground



Ever wondered what's going on underneath the ground? [Grotte de la Salamandre](#) is a fairly recently opened cave attraction, and its impressive central chamber is well worth a visit!



Ride in a 4*4



Staying above ground, there are plenty of ways to see Languedoc's landscapes in a new and exciting way. [Camargue Autrement](#) offers 4x4 safaris through some of the wilder corners of Languedoc.



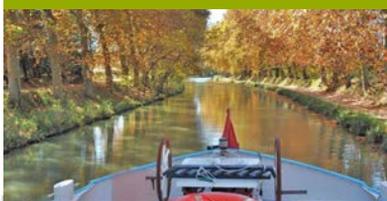
Cycle Along



There's no better way of exploring Languedoc than by bike! [Relax Bike Tours](#) will not only rent you a bike, they'll give you some great ideas for routes too – as well as dropping off the bikes and picking them up.



Cruise the Canal



A lovely lazy day can be found on the serene water of the Canal Du Midi. [La Compagnie des Les Bateaux du Midi](#) do great canal tours and you can enjoy lunch served on board.



Traverse the Tarn



Try [Canoe Blanc](#) if you feel like lazily drifting down the waterways enjoying the scenery, all powered by your own steam. There is white water to be found, but you don't have to tackle it unless you really want to!



Sail the Seas



Rally together your crew and hoist the sails for an adventure on the high seas. On a tour with [Navivoile](#), you'll travel by catamaran south from Canet en Roussillon, along the astoundingly beautiful coast.



MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS





BEST FOODIE DELIGHTS



L'Atelier de Valérie

[L'Atelier de Valérie](#) offers group cooking classes that give you an insight into continental flavours and techniques. And after the hard work, reward yourself by dining on your creations!



La Marquière



At [Restaurant la Marquière](#) the menu features a lot of game and beef cooked in classically French style, and locals and visitors alike rave about the homemade foie gras.



Domaine de l'Arjolle

[Domaine de l'Arjolle](#) in Hérault is a great vineyard to go for a tasting. L'Arjolle was one of the early new-wave winemakers to focus their attentions on creating unique, quality wines.



Le Bistr'AU



[Le Bistr'AU](#) in Nimes offers top-notch bistro-style food at reasonable prices. The farmhouse in which it's situated is also the home of it's sister haute-cuisine restaurant if you're after something fancier!



Dishes to Try

Cassoulet is one of Languedoc's most celebrated dishes. Or, embrace the region's Mediterranean roots with **boles de picolet**, a French version of meatballs served in a hearty tomato sauce.

La Table Saint Crescent



If you're looking for more refined eating, [La Table Saint Crescent](#) boasts a Michelin star and puts freshness and seasonal local ingredients right at the heart of its menu.



MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES





We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From villas and [chateaux in Languedoc](#) and [luxury holiday homes in the UK](#), to Mediterranean [villas with pools](#) and [Caribbean beach villas](#), we have something for everyone, everywhere.



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