













Welcome to Perma Social Club, the first sustainable and permaculture Destination Management Company in France.

Focused on southern France, the agency offers trips and experiences that will bring meaning to your holidays and activities. While having a positive impact and reducing your carbon footprint at best, you will support our local farmers and tourism professionals who share and care for people and nature.

Our excursions and trips are packaged or tailor-made to suit our FIT, human-sized groups and other clients' needs. These are themed:

- Surprise
- Gourmet
- Adventure
- Wellness and wellbeing
- Culture

The following are samples of what can be offered and experienced...

Enjoy the journey!



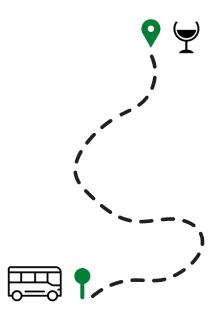






Your excursions and trips in and around Montpellier:

<ul> <li>Tailor-made</li> </ul>	p4
<ul> <li>Half-day excursions</li> </ul>	р6
<ul> <li>Full-day excursions</li> </ul>	p15
<ul> <li>Short escapes</li> </ul>	p19
<ul> <li>Extended getaways</li> </ul>	p25









# **TAILOR-MADE**









# TAILOR-MADE



# EVERYTHING TAILORED TO YOUR TASTE

Welcome to Perma Social Club, where one's dream holidays becomes a personalised reality. As a premier **Destination Management Company**, we provide crafting **tailor-made experiences and holidays** that transcend the ordinary and cater to unique preferences.

No two travelers are alike, that's why we pride ourselves on our ability to **curate bespoke holidays, activities, and experiences** that reflect individual tastes and desires. Whether you crave **adventure** in the great outdoors, seek **cultural immersion** in vibrant cities, or long for **relaxation** in luxurious settings, we have the expertise and resources to bring one's vision to life.

From hand-picked **accommodations** to exclusive **excursions**, from delightful dishes to **transportation** by train, bicycle, rental car... from **culinary** and wine **tours** to biodiversity discoveries, from wellness **retreats** to **cultural visits**... We offer a diverse range of options to suit every interest and budget.

Whether **traveling solo**, **with family**, **or in a group**, we'll work closely with our clients to design a bespoke itinerary that meets their expectations, and so one can focus on creating unforgettable memories.







### **KEY INFORMATION**

We deliver unique tailor-made holidays and experiences; all bookings are subject to availability and confirmation, and prices may vary based on the selected itinerary, accommodation, activities, size of the group and choice of food and transportation.

As a DMC, we can provide a full range of services: accommodation, food, transportation and/or activities. As we have a partnership with Enterprise Rent A Car, we can also book car rentals.

Here is your one-stop shop for your tailor-made experiences all year around!























# SENSES AWAKEN WINE EXPERIENCE

It's a **fun, sensory experience** in the world of wine, combining **tasting**, interactive **games** and the discovery of **aromas and textures.** Here is a full description of the experience:

In a warm and friendly setting, hosted by a specialist in wine events, you will be guided through the **5 basic stages of wine tasting in a multi-sensory game**. You will compare wine **colours** to fabrics, identify aromas by smelling **fresh food** and recognise textures by touching fabrics. The aim is to debate with the other participants to find the perfect combination corresponding to the characteristics of the wine.

You will have the opportunity to **taste a selection of organic wines** from different regions such as Languedoc, Val de Montferrand, Grès de Montpellier, Pic-Saint-Loup and other French regions, with detailed **explanations of vinification**, grape **varieties** and specific **characteristics**. The experience is suitable for groups of 2-15 people, with 1h30 sessions for 2-6 people and 2h sessions for 6-15 people.

In short, the experience is a unique opportunity to **discover wine** in a **fun, educational and interactive way**, while sharing convivial moments with other wine lovers.







### **KEY INFORMATION**

Validity: 1 or 2 hours, all year around on request Size group: 2-15pax Price: 2-6pax  $\rightarrow$  65€/pax; 6-15pax  $\rightarrow$  45€/pax Dress code: As you want Difficulty: Easy Included: An immersive and sensory experience to discover local wines and the art of wine making and tasting 2-6pax  $\rightarrow$  Tasting of 3 organic wines in 1h30 6-15pax  $\rightarrow$  Tasting of 5 organic wines in 2 hours









# CASTLE, WINE AND MUSHROOMS

Welcome to one of the **oldest vineyards in Montpellier** that works towards preserving and developing **biodiversity**.

As an historic site of the 17th century, where some of the tapestries are **UNESCO classified**, the estate practices agroforestry and works to maintain and develop biodiversity in collaboration with an **urban permaculture farm.** 

Hosted by the head of the estate and his team, you can enjoy a **guided tour of the winery** as well as a **wine or juice tasting.** 

After a stroll through the **gardens of the Château**, you will visit the **permaculture farm** where you will be welcomed for an unusual experience: discovery of **mushroom farming in a bunker**! You will be taken through the production method of a species of edible mushroom farmed on site, and which production is shared with the restaurant of the Château.

And for the more physically inclined, you can **go into the bunker** built during the WWII to visit the mushroom farm.

And depending on the season, you will finish the tour with **wine or beer tasting** that are **made on site!** 







### **KEY INFORMATION**

Validity: 1/2day, all year around on request Size group: 4-15pax Price: 59€/pax Dress code: casual with comfortable shoes Difficulty: Hard. One needs to be able to climb down/up a ladder. Included: 3 hours of guided visit with discovery of wine cellar, wine and/or beer tastings, visit of the farm and underground mushroom farming.









# WINE AND TREE PLANTING

Located close to Montpellier, this 23 hectares organic family vineyard has embarked on a major permaculture project. **Animal traction**, **olive grove**, **vegetable garden**, **pasture**, **wwoofing**, **agroforestry**...

Winner of the "Trees of the Future" competition in 2017, the estate will be delivered with **thousands trees**, which are to be planted between the November and spring.

We invite you to join this agroforestry adventure, for a meaningful operation.

You will **contribute to the maintenance and development of biodiversity** and you will be able to choose the species of **tree you wish to plant**. Its GPS location will be communicated to you so that you can come back year after year to see it grow.

This exercise of immersion in nature will be followed by a **tasting in the cellar of the domain**, so that you will discover the wines of the domain.

You will then be able to enjoy a convivial time around a **packed and shared picnic.** 



### **KEY INFORMATION**

Validity: 1/2 days, january till early spring 2024 Size group: 4-15pax Price: 49€/pax Dress code: casual with comfortable shoes Difficulty: Easy Included: a learning and practical tree planting workshop, the possibility to track the growth of your tree, visit of the wine cellar and wine tasting, before enjoying a shared packed lunch.

This activity is also available across different vineyards and can include a winegrower's lunch.

Around Omotpellier









# WINE AND WILD EDIBLE PLANTS

Here is a **gourmet and educational experience** between the world of **wine and wild edible plants**. These nature-immersive activities can take place around Montpellier and across the county of Hérault.

At one of our partner wineries in the Hérault, chosen by us, our friend and colleague Alicia will guide you on a **half-day instructive and practical experience**.

You will be led on a **guided visit of the winery and vineyards**, where you will be introduced to **wild edible plants** and learn about the **art of winemaking** and **wine tasting**.

In a convivial setting and depending on the season, you will enjoy local produce from our local and ethical producers, or produce based on edible wild plants prepared by Alicia.

Optional: on demand, additional activities can be included such as **yoga, ornithology, wild plant cooking classes...** 







### **KEY INFORMATION**

Validity: 1/2 days, all year around on request Size group: 6-15pax Price: 79€/pax Dress code: casual with comfortable shoes Difficulty: Easy Included: a learning and practical experience around wine and wild edible plants, guided tour of the vineyard and cellar with wine tasting and picnic Not included: transport, drinks during the experience









# MASTERCLASS WINES AND OENOLOGY

Discover an extraordinary wine-growing adventure with Florence, Benoît and Alice, a **passionate and cheerful team**, in Mathieu's lush **vineyard** close to Montpellier, in southern France, just **a stone's throw from the sea**. This visionary young winegrower is fully committed to **agroforestry and polyculture,** creating a vibrant ecosystem where vines harmoniously rub shoulders with young trees, shrubs and herbs.

Immerse yourself in a spellbinding **sensory experience** during a **tasting masterclass**, orchestrated by a passionate **historian winegrower**. In this exceptional setting, dedicated to innovation and the **preservation of biodiversity**, every moment is an ode to **nature**.

Awaken your taste buds to the delights of **3 local organic wines**, real jewels of the terroir, magnified by **subtle and refined food pairings**. Let yourself be transported on an unforgettable **gourmet journey**, where each sip reveals the secrets and flavours of this exceptional terroir.

Here is a **unique and immersive experience** that give you unforgettable memories in the heart of the vineyard.







### **KEY INFORMATION**

Validity: 1/2 day, between march and july and in october Size group: 2-8 Price: 2-4pax → 99€/pax ; 5-8/pax → 59€/pax Dress code: casual with comfortable shoes Difficulty: Easy Included: A masterclass and introduction to wine tasting given by wine

professionals. Discover an agroforestry project and life in the vineyard. Tasting of 3 wines, complemented by their matching dishes. Meet winegrowers and wine professionals, all of whom are committed to ecoresponsible values.











# WINE THROUGH 4 SEASONS

Nestled within this family-owned vineyard, spanning seven generations of winemaking tradition, awaits an unforgettable experience that blends **education**, **sustainability**, **and gastronomic delight**.

It is not just a vineyard; it's a vibrant ecosystem teeming with life and diversity, bustling **vegetable gardens**, from the **happy sheep** to the **cheerful chickens**... they are truly committed to being in harmony with **nature**.

Join us for an **exciting and educational adventure** led by our passionate winemakers. Depending on the season, you'll participate in activities such as **grape harvesting**, **olive picking**, **or vine pruning**, immersing yourself in the agricultural process.

Throughout the experience, you'll learn about our **sustainable practices** and deep **connection to the land**.

As the day draws to a close, your immersive experience culminates in a **feast for the senses**: a **winegrower's meal** enjoyed under the shade of ancient trees.





### **KEY INFORMATION**

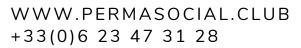
Validity: 1/2 day, all year around, depending on the season and availability Size group: +2 pax Price: 65€/pax

Dress code: casual with comfortable shoes

Difficulty: Easy to medium

**Included**: visit, wine tasting and meal. Starter, main course, dessert, wine and coffee. The meal is mainly made with organic produce from the estate (seasonal fruit and vegetables, eggs, etc.). Vegetarian option available on request.









# **SLOW 2CV EXPERIENCE THROUGH VINEYARDS**

Here are a couple of options around Montpellier: **Option 1** 

Your wine expert driver guide will pick you up at your accommodation in or around Montpellier in a 2CV. For 3,5 hours, you will be accompanied throughout the excursion to answer your questions about the terroirs and wines of the Languedoc.

You'll enjoy the countryside from the convertible top, visit and taste wines from 2 traditional Languedoc wineries.

#### **Option 2**

Here is a fun and original experience located on a unique family owned wine estate: climb aboard our 2CVs, symbols of a charming retro past, to experience some wine tasting and a tour around vines!

Aboard this legendary car, you will set off to discover the 17 vineyard plots that make up the wine estate. You'll discover their tree plantations, sheep, chickens and horses. And to round off this discovery, a refined selection of their wines awaits you for tasting.







### **KEY INFORMATION**

Validity: 1/2 day, all year around on request Size group: 2-3pax **Dress code**: casual with comfortable shoes. **Option 1**. Price:  $2-3pax \rightarrow 150 \notin pax$ 

Included: 3h30 of touring Pic-Saint-Loup in a 2CV with a qualified wine guide, visit of 2 vineyards, tasting of 8 wines

**Option 2.** Price 2-3pax  $\rightarrow$  45€/pax

Included: 2h of touring one wine estate and its 17 plots, discovery of the culture around tree planting, sheep, chickens and horses, tasting of wines **Around VMontpellier** 





WWW.PERMASOCIAL.CLUB +33(0)6 23 47 31 28



**Difficulty:** Easy



# BEER BREWING WORKSHOP

Welcome to an urban farm in Montpellier which hosts an array of workshops: vegetable gardening, yoga, agroecology, and **beer brewing!** 

On this occasion, you will immerse yourself in the exciting **world of beer brewing** during this comprehensive session, combining **theoretical learning, immersive practice and rewarding tasting.** 

Guided by our **local agronomy engineer** and **experienced brewer**, you will be introduced to the nuts and bolts of all-grain brewing, from the basics of ingredient selection to controlled fermentation.

Through interactive demonstrations and sound advice, you have the opportunity to **put your knowledge into practice,** using accessible equipment to **brew your own beer.** 

Finally, you can **taste beer** prepared by previous participants or when bottled, you can come and collect 3 bottles of your own mixture.

The whole workshop promises to be a **tastiful**, **enriching and memorable experience**!







### **KEY INFORMATION**

Validity: 1/2 day, all year around on request
Size group: 4-12
Price: 2-4pax → 55€/pax 5-8/pax → 49€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: a brief introduction of the urban farm, 1/2 day full detailed beer brewing workshop and beer tasting









# FULL-DAY EXCURSIONS











### FULL-DAY EXCURSION



# WINE AND COOKING BETWEEN CASTLE AND FARM

#### Morning

Discovery of a **17th century wine château in Montpellier**, which practices agroforestry and works to maintain and develop biodiversity in collaboration with **an urban permaculture farm**.

After a **guided tour** of the winery and a **wine tasting**, a professional chef will deliver a **participatory and zero waste culinary masterclass** and will accompany you in the **preparation of vegetarian dishes**.

#### Lunchtime

You will have the pleasure of **tasting the preparations created during the masterclass**. The products are **organic and in season**, and depending on the time of year, lunch is served on a shady terrace or in one of the rooms of the castle.

#### Afternoon

Your agency director Alice, can guide you on a short stroll through the gardens of the Château and the discovery of its permaculture urban farm. A nugget of biodiversity where you can discover polyculture with a henhouse, vegetable gardens, aquaponics system, edible forest, associative kitchen and bar... there is plenty enough to arouse your curiosity!







### **KEY INFORMATION**

Validity: 1 day, all year around on request Size group: 6-15pax Price: 75€/pax Dress code: casual with comfortable shoes Difficulty: Easy

**Included**: Guided tour of the wine cellar, tasting of 3 wines from the Château, culinary masterclass with a chef, light vegetarian lunch, walk in the gardens and discovery of a permaculture urban farm, accompaniment and French-English translation by Alice, your agency director



WWW.PERMASOCIAL.CLUB +33(0)6 23 47 31 28



Montpellier

### FULL-DAY EXCURSION



## WINE AND HONEY GOURMET DAY AROUND THE SALAGOU LAKE

#### Morning

Welcome to an **interactive wine tour on an organic wine estate** in Canet. **Walk** through the vineyard with your phone or tablets provided by the estate, followed by **an hour of tasting in the cellar**. nb: colouring books can be provided for the children during the tasting.

#### Lunchtime

Around a shady table in the middle of the vineyards, a **"gastro-cool" picnic** at the Domaine (starter/main course/dessert) for the parents. nb: child/children picnic can be booked on request.

#### Afternoon

Visit of the **Honey factory** of Salagou in Clermont l'Hérault, Ecocert certified, with an **exhibition** dedicated to **apitherapy**, **hives** visible outside, a **projection room**, a relaxation area and a bookshop... An **introduction to the world of bees** and discovery of the fascinating profession of beekeeper!

#### Suggestions for the end of the day:

You will be 3Km from the Salagou lake, so why not visiting or going for a swim, kayaking or pedal-boating in one of our most beautiful preserved natural sites and finish your day at the Guinguette du Salagou in Octon?







### **KEY INFORMATION**

Validity: 1 day, 7/7 days mid-june till mid-sept. Mon. to Fri. all year around Size group: 2-20pax Price: 69€/pax Dress code: casual with comfortable shoes Difficulty: Easy Included: a learning and interactive visit of the wine estate, tablet on loan or

interactive link on a smartphone, a 3 courses gastro-cool lunch at the estate, visit of a honey house and discovery of the world of bees and the beekeeper's job and organic honey and wine tastings









### FULL-DAY EXCURSION





# MIXED FARMING, THE NEW WAY OF MAKING WINE

Welcome to a **mixed farming domaine**, located at the foot of a protected massif and **biodiversity reservoir** that stretches from Montpellier to Sète. You will spend the day discovering an **organic polyculture farm** where **wineyard**, **vegetable market gardening**, **pig** and **goat farming** meet in one place. You will get to enjoy a learning and tasty experience.

An explicative visit of the vocational rehabilitation estate to understand how **biodiversity** is maintained and developed by practicing mixed farming.

You can enjoy a shared packed lunch, while you will be provided with **produces made on site: cheese and wine.** 

Depending on the season, you could even watch the **milking of goats** and **sheep**. And during the visit, you get to interact and learn from the **winemaker** and the **cheese**, **pig**, **vegetable market farmers**. Alice, the director of your agency will gladly assist you with the translation when and if needed.

Moving forward some of the activities on the farm will have an educational vocation with participative workshops. This day out excursion can be adapted according to your needs.





### **KEY INFORMATION**

Validity: 1 day, all year around on request Size group: 6-20pax Price: 75€/pax Dress code: casual with comfortable shoes Difficulty: Easy Included: Guided tour of the estate, the wine

**Included**: Guided tour of the estate, the wine cellar, the goat/sheep house and the vegetable farm and its bioclimatic greenhouse. Tasting of wines from the Domaine, cheese, wine and juice to accompany your packed lunch, and the presence of Alice for any translation required.























# PERMA SURPRISE

Here is a surprise **treasure-hunt** like trip!

On a half-board basis for a weekend, for two or with friends, plunge into the unknown for a **surprise gourmet weekend getaway**. Like a treasure-hunt, at each step, your next destination is revealed to you with a letter. **From surprise to surprise**, you will discover our region through its flavours and colours. You tell us your preferences, and our culinary partners will make you eat **organic**, **seasonal and/or local food!** 

#### Accommodation

In a natural place, the time of a night, you will appreciate the quietness and the **beauty of nature**. A delicately decorated room with its bathroom and **ethical products** awaits you.

#### Activities and dress code

The surprises of this trip are there, so **get ready for everything**! And for your spare time, we can recommend **cultural**, **wellness or more active experiences.** As for the dress code and regardless of the season, we suggest that you pack smart, casual, sporty and even a swimming suit!





### **KEY INFORMATION**

Validity: 2 days, 1 night, all year around Size group: 2-6pax Low season price: €459/2pax, or €229/pax High season price: €479/2pax, or €239/pax Dress code: prepare for everything, flip-flops, classy and sporty shoes! Difficulty: Easy Included: meeting a local producer, suggestions for local cultural and active experiences, fine dining... and a whole bag of surprises!









# HAVE A BREAK BETWEEN LAND AND SEA

Enjoy a **4-day, 3-nights break** in the heart of the Montpellier region, **between unspoilt countryside and sea.** Immerse yourself in a sustainable trip filled with experiences that offer its share of authentic discoveries and unforgettable moments.

You will stay in a **converted wine cellar** in the heart of a small village south of Montpellier, **15min bike ride from the sea.** 

From there, we have selected picturesque villages for you to visit. You will **follow the rhythm of the sun and nature** during water sports activities at **Lac du Salagou**, sampling local produces in **craft breweries** and restaurants in **Saint-Guilhem-Le-Désert**, enjoy the discoveries of Maguelone and its **Cathedral**, along with its surroundings between **flamingos and ponds**.

With a **guided tour of an urban farm** located on an ancient wine chateau and a **city tour**, you will be enchanted by the timeless charm of Montpellier, a city of **tastes, history and culture.** 







### **KEY INFORMATION**

Validity: 4 days, 3 nights, all year around Size group: 2pax Price: from 800€/2pax Dress code: casual Difficulty: Easy to moderate Included: 3 nights in a converted wine cellar, wine an

**Included**: 3 nights in a converted wine cellar, wine and beer tastings, guided tour of Montpellier, visit of gardens and permaculture farm with Alice. Visit to the Cathedral of Villeneuve-lès-Maguelone (audio guide)











Welcome to your **half-boarded nature and gourmet** weekend trip close to the mountain **Pic-Saint-Loup.** 

Located in a **small picturesque village** 20 minutes north of Montpellier, you are close to the few **best hiking spots and viewpoints** our local area has to offer. Hosted by our friend and colleague Lionel, who is also a **winegrower and beekeeper** by trade, you will stay in a **bioclimatic ecobuilt gite**.

Discovery of a **local vineyard**, its practices and wines, its commitment to **sustainability**, followed by a commented **tasting**... **Slow and natural activities**: swimming in a local lake, botanical hike, trip on a steam train... And if you **enjoy cycling**, feel free to bring your own bike, or we could arrange for one to be available to you!

Here is a weekend to enjoy **meeting local producers**, **food** and **wine tastings**, **sports activities in nature**...







### **KEY INFORMATION**

Validity: 2 days, 1 night, all year around on request Size group: 2-6pax Price: 399€/2pax Dress code: casual with comfortable shoes Difficulty: Easy Included: One night's accommodation in a bioclimatic Gîte de France with a

terrace overlooking a field of olive trees. Half-board (2-courses diner and a home-made breakfast) Wine tasting, botanical walks, experience on a steam train and our best recommendations in the area









# **BEER AND HERBAL TEA**

Come and discover the world of permaculture, beer and aromatic plants in a relaxed atmosphere, north of Montpellier.

You will go to a **collaborative permaculture farm** in Montpellier, created on a vineyard estate. Surrounded by **vegetable gardens**, a **greenhouse**, a community bar and many other projects, our permaculture and agricultural engineer will guide you through a **beer brewing workshop**. After **tasting some beer**, brewing will no longer hold secrets from you!

For 2 nights, you will then stay at Lionel's, in a natural setting in pitoresque Saint-Jean-de-Cuculles. In the middle of an olive grove, here is his bioclimatic gîte where you will be lulled to sleep by the rhythm of the sun and the cicadas. It comes with its own bathroom, fully fitted kitchen and living room opening onto a terrace overlooking the olive grove... the garden will offers a green setting!

The following day, you will meet with another local who will take you through the **discovery of aromatic and medicinal herbs**. During this **workshop**, you will enjoy **picking different wild plants** so you can **make and enjoy some fresh herbal tea**.







### **KEY INFORMATION**

Validity: 2 days, 1 night, all year around (best during the wings of seasons) Size group: 2-6pax Price: from 600€ Dress code: casual with comfortable shoes Difficulty: Easy Included: 2 nights in a sustainable gite, beer brewing workshop and tasting, Aromatic and medicinal herbal workshop and tasting, Discovery of a permaculture farm located on one of the oldest wineries in Montpellier.









# **IN A WINEGROWER'S SHOES**

Enjoy a **natural and immersive experience** in a **wine château** close to **Carcassonne** and its medieval city.

Welcome to a wine château run by Pierre, an **artist winemaker**. During your stay, you will stay in one of the converted isle of the château, surrounded by its **lake**, **forest and vineyards**. Just the thing to recharge your batteries!

You'll discover his practices and **his organic and natural wines**. Enjoy a wine **tasting** and **discover the life of a winemaker** through the seasons, from pruning to bottling and harvesting.

Visit the medieval town, have lunch at one of our recommended restaurants, go hiking or take part in outdoor activities.

Situated 15 minutes south of Carcassonne, your guest rooms: one or two comfortable double rooms with a carefully decorated bathroom. The lounge and terrace will welcome you for moments of relaxation and for your meals, carefully prepared by your hosts, which can be paired with the château's wines; enough to make your taste buds sing!







### **KEY INFORMATION**

Validity: 3 days, 2 nights, all year round on request Size group: 2-4pax Price: €480 for 2pax €845 for 4pax Dress code: casual with comfortable shoes Difficulty: Easy

Included: Two nights' accommodation in guest rooms located in a wine château with its own lake, forest and vineyards. Half-board (organic and/or local), wine tasting, discovery of the life of a winegrower through the seasons...

















# WINE AND GASTRONOMY BETWEEN AVIGNON AND MONTPELLIER

Discover the wonders of the Occitanie region **from Avignon to Montpellier** during an unforgettable week's holiday! This journey of discovery and indulgence will take you through **breathtaking landscapes**, renowned **vineyards**, historic **monuments** and local **culinary specialities**.

You'll explore the cultivated countryside of a **typical village of the south** of France, marvel at the famous **Pont-du-Gard**, wander through the **medieval streets of Aigues-Mortes** and discover the hidden treasures of **Montpellier** and its surrounding area.

Throughout your trip, you'll meet **passionate professionals** who will help you discover the treasures of the region. You'll stay in **comfortable accommodations** and enjoy **tasty local cuisine.** This trip promises to be a **memorable** experience, **respectful** of the **environment** and **local culture.** 

Discover the South of France through its colours, scents and flavours!







### **KEY INFORMATION**

Validity: 8 days, 7 nights, on request, best during the wings of seasons Size group: 2 pax Price: from 2 315€/2 pax Dress code: Casual Difficulty: Easy Included: 7 nights' accommodation in 3 and 4-star botels. 7 breakfar

**Included**: 7 nights' accommodation in 3 and 4-star hotels. 7 breakfasts, 7 dinners and 2 lunches. 4 visits to historic sites/monuments. 9 wine tastings and 1 olive oil tasting. One ticket for the "salt marshes little train"









# **ROAD TRIP ACROSS OCCITANIE**

Immerse yourself in the heart of the **Occitanie region** during this **8-day**, **7-night holiday**, where **relaxation** and **discovery** are perfectly combined, with respect for the **environment** and a commitment to **local producers**.

Start your adventure in **Toulouse**, where a haven of peace awaits you for a restful first night. Discover the pink city before heading for **Carcassonne**, where you'll be enchanted by its medieval history.

Next, head to Lac du Salagou for a day of relaxation by its turquoise waters. Then explore Montpellier and the surrounding area from your unique accommodation in a renovated wine cellar.

Finish on a high note in Villeneuve-lès-Maguelone, where you will visit its cathedral and then be guided on a tour of a permaculture urban farm in Montpellier. From cultural discoveries to gourmet delights, this holiday promises incredible moments while supporting the local economy and preserving our beautiful natural environment...







### **KEY INFORMATION**

Validity: 8 days, 7 nights, on request, best during the wings of seasons Size group: 2 pax Price: from 2 300€/2 pax Dress code: Casual Difficulty: Medium

**Included**: 7 nights between Toulouse and Montpellier. Guided tour of Toulouse, Carcassonne and Montpellier, electric and normal bike hire, food and organic wine and beer tasting. Visit the gardens and permaculture farm with Alice.









# SUPPORTED CYCLING TRIP FROM TOULOUSE TO MONTPELLIER

Welcome to the **Toulouse - Montpellier cycling adventure** where you will cycle for 7 days. You will **cycle 5 days** with an average of **60 km/day**, for a total of **295 km**.

Most of the **route is flat,** with no major climbs, and most of the road is tarmac. Although there are mostly green roads, there are many towpaths along the dirt canals and some sections are on small local roads with very few vehicles, and some more busy roads.

During all this trip, our friend and colleague **Ryan will be supporting you** and providing you with an overall briefing before departure. He will also carry your belongings from A-Z and ensure you are safe on the roads.

At your leisure, you can enjoy a **budget or a comfort accommodation** and you will be given addresses to stop by to **visit our local producers** and **try their products** 

Optional: the cycling trips could include bike hire, dinners, a shorter, less intense and/or not supported itinerary. **We can adapt to one's needs!** 







### **KEY INFORMATION**

Validity: 7 days, 6 nights, on request, best during the wings of seasons Size group: 8-12 pax Price: €992 Comfort option/pax or €905 Budget option/pax Dress code: sporty and casual Difficulty: Hard, an average 60Km/day cycling for 5 days Included: Welcome and departure dinners, 6 breakfasts and overnight stays all luggage transfers from Toulouse to Montpellier tour quide on

stays, all luggage transfers from Toulouse to Montpellier, tour guide on hand, downloadable .gpx itinerary with cultural and gourmet stops. This can be available without being supported by a cycling guide.









# 17-DAY HOLIDAY THROUGH FRANCE AND OCCITANIE

Coming from the north of Europe, this is the perfect trip to **experience France differently.** This trip to the south of France takes you past **Orléans**, through the highlights of the region of **Occitanie** and a stop over in **Dijon**.

You visit different cities and stay in **sustainable accommodations** just outside the city.

During the tour you will discover **several vineyards** where you can **taste organic wines**. In **Carcassonne** you can explore the city during a **bike ride** past various **abbeys**. When you arrive at **Lac du Salagou**, take a dip and take a nice walk around the lake.

The village of **Saint-Guilhem-le-Désert** is one of the most beautiful villages in France, where you can meet **local producers** and **taste local beers** at a brewery.

You will find the city of heritage between sea and mountains in Montpellier, and explore the **salt flats** before heading to **Marseille** and **its local cliffs.** 

And when heading back north, you will make a **stopover in Dijon** where you can taste **delicious local produce** and stay in a **green environment**.







### **KEY INFORMATION**

Validity: 17 days, 16 nights, on request, best during the wings of seasons Size group: +2 pax Price: € 4 519/2 pax Dress code: casual Difficulty: easy to medium

**Included**: an entire journey through France, from Orléans, to Toulouse, Carcassonne, Montpellier, Marseille and Dijon including major landmarks and off the beaten track addresses to indulge in food, wine and local culture, with a dose of sustainability!













# CONTACT

Alice Benisty-Triay +33(0)6 23 47 31 28 contact@permasocial.club www.permasocialclub.com

ZAC Maumarin, 3 rue du Maquis, 34920, Le Crès, France 848 617 379 - IM034190015



### CREDITS

Grégory Montigny, Morgan McIlwain The Icon Z, Ludovic Séverac

All prices are net of commissions. We reserve the right to make adjustments to the pricing and availability of our excursions and trips for reasons including, but not limited to, the size of the group, our partners unavailability, changing market and/or weather conditions. Please contact us and we'll be delighted to cater to your needs.







