



Languedoc-Roussillon

POP 2.8 MILLION

Includes ➔

Nîmes.....	716
Alès & Around.....	723
Montpellier.....	724
Sète.....	732
Agde.....	734
Béziers.....	734
Narbonne.....	734
Carcassonne.....	736
Gorges du Tarn.....	746
Roquefort.....	750
Perpignan.....	751

Best Places to Eat

- ➔ Jardin des Sens (p730)
- ➔ Auberge du Vieux Puits (p736)
- ➔ Saveurs et Sens (p729)
- ➔ Le Cerf à Moustache (p719)
- ➔ Bistro d'Alex (p759)

Best Places to Stay

- ➔ Baudon de Mauny (p728)
- ➔ Le Relais des Chartreuses (p755)
- ➔ La Buissonnière (p722)
- ➔ Château de la Caze (p747)
- ➔ Château de Palaja (p739)

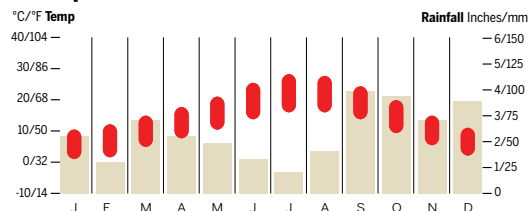
Why Go?

Stretching along France's southwestern coastline from Provence to the Pyrenees, Languedoc feels like a country in its own right. Sultry and sun-baked, it's been a strategic border since Roman times, and the area is littered with historical reminders, from Roman aqueducts to hilltop Cathar castles. These days it's best known for its vineyards, which produce a third of all French wine, and its busy beaches, which sprawl all along its Mediterranean coast.

Modern Languedoc-Roussillon is really three areas in one, each with its own distinct landscape and character. Bas-Languedoc is the coastal area, home to the biggest beaches and the cities of Montpellier and Nîmes. Inland lies the high, wild country of the Haut-Languedoc and its hills, caves, gorges and forests, exemplified by the wild Parc National des Cévennes. To the west is Roussillon, which shares close ties with Catalonia just across the Spanish border – not least a passion for rugby, bullfights and summer ferias.

When to Go

Montpellier



Apr Hike in the hills of the Cévennes before the summer heat and crowds.

Aug Head for Sète to watch the annual *joutes nautiques* (water-jousting).

Sep Celebrate the *vendange* (grape harvest) with vineyard parties and viticultural festivals.

Languedoc-Roussillon Highlights

- 1 Soaking up the art and architecture of **Montpellier** (p724)
- 2 Paddling a canoe through the **Gorges du Tarn** (p747)
- 3 Marvelling at the architectural ambition of the **Pont du Gard aqueduct** (p721)
- 4 Following in the footsteps of Robert Louis Stevenson in the **Parc National des Cévennes** (p741)
- 5 Driving across Sir Norman Foster's futuristic **Viaduc de Millau** (p749)
- 6 Travelling back to the Middle Ages among Languedoc's crumbling **Cathar fortresses** (p756)

