



Languedoc-Roussillon

POP 2.7 MILLION

Includes ➔

Nîmes.....	710
Pont du Gard.....	714
Montpellier.....	717
Sète.....	724
Carcassonne.....	729
Parc National des Cévennes.....	733
Parc Naturel Régional des Grands Causses.....	740
Roquefort.....	743
Perpignan.....	744
Cathar Castles.....	749

Best Places to Eat

- ➔ L'Esprit des Mets (p716)
- ➔ La Mangeoire (p742)
- ➔ La Barbacane (p733)
- ➔ Le Marin (p727)

Best Places to Sleep

- ➔ Hôtel de la Cité (p731)
- ➔ Château de Creissels (p741)
- ➔ Rivages (p725)
- ➔ La Sousta (p714)

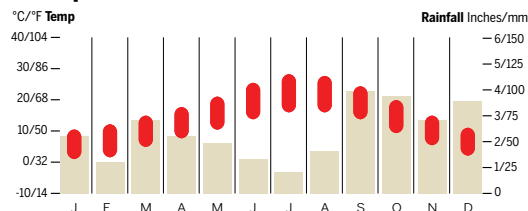
Why Go?

Stretching from Provence to the Pyrenees, this sultry, sun-baked region feels like a country in its own right. It's been a strategic border since Roman times and is awash with historical reminders, from Roman aqueducts to hilltop Cathar castles. These days it's best known for its vineyards, which produce a third of France's wines, and the busy beaches sprawling along its Mediterranean shore.

Each of Languedoc-Roussillon's three main areas has its own distinct landscape and character. Coastal Bas-Languedoc is home to the biggest beaches and the captivating cities of Montpellier and Nîmes. Inland lies the high, wild country of the Haut-Languedoc, home to the Parc National des Cévennes' hills, caves, gorges and forests. To the southwest is Roussillon, which shares close ties with Catalonia just across the Spanish border, including traditional *sardanes* folk dances and a passion for rugby, bullfights and vibrant summer *férias*.

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.

1 Musée

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2 Les Arènes

3 Pont du Gard

4 Parc National

des Cévennes
(p733) Trekking
in Robert Louis
Stevenson's footsteps
with a donkey
through wild, rugged
countryside.

