



66, Rue de Verdun
11000 Carcassonne - France
Tel. 04 68 26 92 47
Fax.04 68 26 92 54
E-mail: nathalie.cielbleu@orange.fr
Site: www.voyages-carcassonne.com

SPORTS AND OENOLOGICAL INITIATION: 3 days/2 nights

This mini tour has been especially designed as an Incentive package “to break the ice” and to reinforce team spirit.

DAY 1: GOLF AT CARCASSONNE

You arrive at **Carcassonne** in the morning and start with a **gourmet lunch** in the spectacular “Relais et Châteaux” hotel in its delightful leafy setting. All the ingredients are there for a perfect moment of relaxation.

This hotel has an 18-hole golf course, where you can challenge other teams during the afternoon.

After this challenge, you go to the medieval City of Carcassonne for an introduction to wines of our region and a tasting session featuring our best vintage wines.

Afterwards, there is a **gourmet dinner** in the City.

Sample menu:

Goat Cheese Croustillant on a bed of Salad

Languedocien Cassoulet (Haricot bean stew) with Duck Conserve

Assorted Cheeses

Raspberry Bavarian cream

Night in a beautiful hotel in the middle of the City

DAY 2: 4x4 RALLY AND OENOLOGICAL INITIATION

After breakfast you go to **Corbières** for a day full of excitement. You can match your skills with your colleagues during the **4x4 Rally** on an exceptional circuit in the middle of the Corbières.

Arrival at the **Lastours Castle**, lying in the middle of 600 hectares of steep hills and deep canyons. The site has been used several times for the preliminary stages of the Paris-Dakar rally.

After a briefing on the techniques of cross-country driving, you set off on a trip during which change-over zones make it possible to allot points to each team.

Presentation of a gift box to the winner, and a bottle of wine from the vineyard to each

participant.

Tasting of wines from the vineyard cultivated in a traditional way.

***Corbières:** From the gates of Carcassonne to the ancient island of Leucatel. Corbières is a vast rectangular area with evidence of a turbulent geological history. The “terroir” (soil) is especially suited to red wines. The Carignan grape type is used up to 50%. More and more often the wine is matured in oak casks. This is evidence of the high quality approach used by the vine growers of Corbières for over a century. The red wines are rich, aromatic, balanced and fruity.*

A gourmet lunch will be offered to you on the heights of the estate.

Sample menu:

*Asparagus Salad with Salmon marinated in Vinaigrette with chopped eggs
Or Red mullet salad with marinated fish and Tapenade croutons (starter made with olives, anchovies and capers, with olive oil and lemon juice)*

*Fillet of Scorpion fish coated with herbs, with creamy leeks and potatoes
Or Crispy Duck with Onion Conserve and Pan-fried Vegetables*

*Moist Dark Chocolate Cake and Vanilla Ice-cream
Or Lavender-flavoured Crème Brûlée*

Wines, still water and sparkling water included

After lunch, the day continues at the **Abbaye de Fontfroide**. You should not leave Corbières without visiting this old Abbey, a Cistercian masterpiece famous for its state of excellent preservation.

Close by can be found a superb vineyard at the foot of **Mirouze Castle**, where you will be welcomed to a tasting session of Corbières wines. **Your private oenologist** will initiate you into “professional” tasting and will teach you some rudiments of the trade. Return to Carcassonne. Dinner and night at the hotel.

DAY 3: DEPARTURE

After breakfast your guide will take you on a guided tour of the **Medieval City**, where you can explore its 52 towers, 3 kms of ramparts and the Saint-Nazairien basilica. This Medieval City acquired ramparts in the 4th century, then the fortified castle of the Vicomtes de Trencavel in the 12th century. It was saved from destruction in the 19th century and restored by Viollet Le Duc. It was classified as a World Heritage site by UNESCO in 1997. The 52 towers and 3 kilometre-long rampart point to its dominant role in the history of Languedoc. Lunch in the city.

Sample menu:

Green Asparagus Soup with Turmeric

Sea Bass with Garden Peas, Beans and Lemon Conserve

Pan-fried Loin of lamb with gravy cooked in Tagine style

Moist Chocolate Cake with Caramel

Departure.

PRICE PER PERSON - INCLUDING ALL TAXES	3-STAR HOTEL	4-STAR HOTEL
MINIMUM 20 PERSONS	Us to consult	Us to consult

Possible with at least 20 participants.

THE PRICE INCLUDES:

- ← Private coach from Carcassonne
- ← Wine tasting session in the City
- ← Meals from lunch on day 1 to breakfast on day 3
- ← The guided tours indicated in the program
- ← Initiation with personal oenologist for Mirouze
- ← Stay in 3-star or 4-star hotel in the City of Carcassonne (based on double room)
- ← 4x4 Rally in teams
- ← Afternoon golf in teams

THE PRICE DOES NOT INCLUDE:

- ← Travel to and from Carcassonne
- ← Personal expenses
- ← Drinks
- ← Cancellation and repatriation assistance insurance
- ← Tourist tax

Stay subject to availability at the time of the reservation