

TAKE YOUR TIME IN **MONTPELLIER**



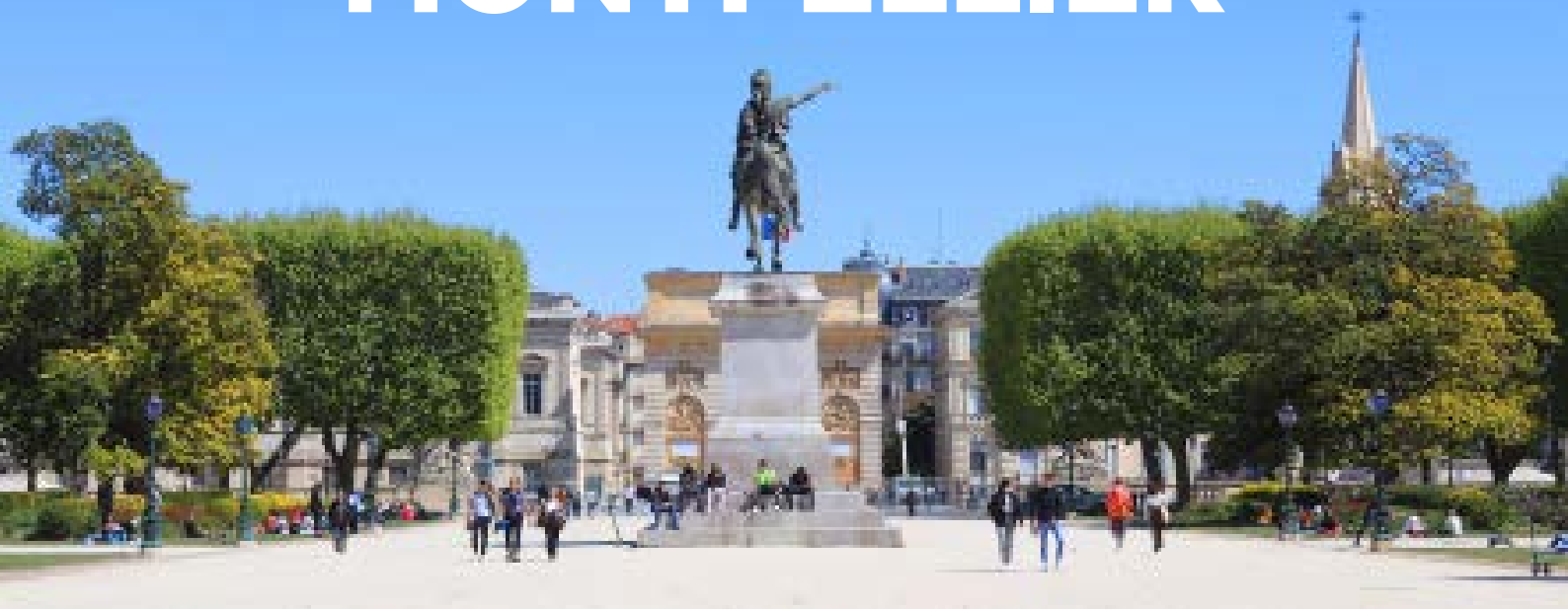
PRESS KIT 2023



montpellier
méditerranée
Tourisme & Congrès



TAKE YOUR TIME IN MONTPELLIER



EDITORIAL

Montpellier, located a mere 11 kilometres from the Mediterranean Sea, is the ideal spot to spend a holiday exploring an ancient yet youthful city with a variety of resources and plentiful hidden treasures.

A multi-faceted land in the South of France, a patchwork city, a place of culture and well-being, surrounded by some of the most prestigious nature sites in all our world heritage.

As France's seventh biggest city, Montpellier is an extraordinary destination full of character. Its stones speak for themselves. They speak of the destiny that the city forged for itself over the centuries, but also of the men and women without whom none of this would have been possible.



Because that's what Montpellier is all about. A land of new encounters. Of passion. Of sharing. A place where ideas and humanity continuously mix and mingle, always leaning toward the bold. But ambition is also no stranger to us.

Under the sun, between sea and grapevines, and in each of the 31 municipalities that form its metropolis, Montpellier is open to possibility, whether you are looking for historical discoveries, leisure activities, explosive flavours or simply quality time together.

CONTENTS

YOU'LL FIND WHAT YOU LIKE!

4	KEY FIGURES
7	MUST-SEE EVENTS
9	TIME FOR EXHIBITIONS
15	NEW DEVELOPMENTS IN HOSPITALITY
16	LUXURY ACCOMMODATION
17	GUEST HOUSES
18	NEW IN ACCOMMODATION
20	NEW IN RESTAURANTS
24	EVENTS IN 2023
24	SPORTING EVENTS
25	METROPOLIS & HERITAGE
26	RECLAIMED WASTELANDS
27	UNCONVENTIONAL EXPERIENCES
28	MONTPELLIER, LAND OF FESTIVALS
29	YEAR-END FESTIVITIES
30	SUSTAINABLE TOURISM
31	SUSTAINABLE TRANSPORT
32	ECO-RESPONSIBLE BUSINESSES
34	DESTINATION VINEYARDS
35	CHRONICLES OF THE SUN
36	GATHERING PLACES IN MONTPELLIER
38	TIME FOR TASTY TREATS
40	AN OPEN-AIR MUSEUM
41	STREET ARTISTS
43	A PLACE OF ART & HISTORY
44	MUST-SEE SPOTS IN MONTPELLIER
46	FACULTY OF MEDICINE
47	LIQUORICE & PERFUME
48	TIME FOR TRADITION
49	TIME FOR FAMILY HOLIDAYS
50	TIME FOR A DOSE OF SPORT
51	TIME FOR A DOSE OF NATURE
52	TIME FOR BUSINESS EVENTS
53	A LAND OF TOLERANCE



KEY FIGURES FROM 2022 FOR GREATER MONTPELLIER



500,000
inhabitants

in the metropolis

Source: INSEE

5,100,000
tourists

each year

Source: Orange Flux Vision Tourisme Générique

One of the leading
destinations for

FRENCH
language schools

31 municipalities

Montpellier

France's 7th biggest city

300,000 inhabitants

313,000
visitors in 2022

at the Tourist Office

AMONG THE TOP 5
startup incubators

WORLDWIDE

Source: UBI Global, 2020

7,400
new arrivals

each year

4,345
hotel rooms

Source: OTC

1,624,876
nights in hotels

Source: INSEE, 2019

2nd biggest
agronomic cluster
in France
2,800 researchers

80,000
university students

59%
of nights booked
for business

Source: INSEE, 2019

No. 1
winemaking
metropolis
in France

No. 1
city in France
for

studying

Source: Le Figaro, 2022

65.6%
occupancy

Source: INSEE, 2019

Biggest
wine region
in the world
(cultivated area)

Trams

4 lines

5th line under
construction



HERITAGE



CULTURE



CUISINE



CONTEMPORARY



STREET ART



NATURE



VINEYARDS



BEACHES



SQUARES

DISCOVER THE LATEST NEWS

MONTPELLIER, A CANDIDATE TO BE THE EUROPEAN CAPITAL OF CULTURE IN 2028

Montpellier
capitale
européenne
de la Culture
2028



Montpellier-Sète's candidacy for designation as France's European Capital of Culture in 2028 was short-listed from amongst the nine cities that submitted applications. Four are still in the running for this honour.

Multiple criteria were taken into consideration: the proposed organisation and the involvement of local actors, as well as the European dimension of each application.



Montpellier-Sète's application represents **a coalition of six parts of the Hérault region**: Montpellier Méditerranée Métropole of course, but also the Sète and Agde urban areas and the Pays de Lunel, Grand Pic Saint-Loup and Vallée de l'Hérault (around Gignac) district communities, for a total of 132 municipalities.

All are embarking on an adventure that is as exciting as it is new: an application to become the European Capital of Culture in 2028.

The other three French finalist cities are Rouen, Clermont-Ferrand and Bourges.

A REGION COMMITTED TO CULTURE

This candidacy will foster the emergence of new itineraries connecting the region's territories and residents. It will give our cultural ambitions a new lease of life by building a long-term joint strategy based on the belief that we share a common destiny.



MUST-SEE EVENTS IN MONTPELLIER



RUGBY WORLD CUP IN FRANCE

The biggest event of the year will undoubtedly be the Rugby World Cup.

Montpellier will be a base camp, with rugby union teams coming here to practice and train.

Australia's illustrious **Wallabies** will be holding a training camp here from 17-24 August 2023 in preparation for the Rugby World Cup. They will be returning for a pre-Olympics training camp in 2024.

And Samoa has chosen Montpellier as its base camp from 8 September to 28 October 2023.



MONTPELLIER TO HOST THE EUROPEAN JUDO CHAMPIONSHIPS IN NOVEMBER 2023

Montpellier's Olympic momentum has sparked additional projects like the 2023 European Judo Championships, which will be held at the city's Sud de France Arena from 2-5 November 2023. With nearly 700 judokas in attendance, this will serve as a dress rehearsal for all the continent's competitors, especially the France team, less than a year before the Paris 2024 Olympic and Paralympic Games.

TOP 7 NATIONS IN 2022

France – Netherlands – Georgia – Great Britain – Spain – Israel – Germany

Montpellier will also serve as the support base for French judo during the team's preparations for the Paris 2024 Olympics.

MONTPELLIER TERRE DE JEUX 2024

Montpellier is a land of sports which achieved a historic double last year, winning the French Rugby and Volleyball Championships of 2022.



When it won the label of Terre de Jeux 2024 (Land of the 2024 Games), Montpellier was named one of the official Games Preparation Centres qualified to receive international delegations for the Olympics and Paralympics. Olympic hopefuls will be training in some 25 disciplines across our region.

In December, the city hosted an international conference entitled Les Enjeux des Jeux ("The Stakes of the Games") and the Terre de Jeux 2024 forum with Tony Estanguet, Chairman of the Paris 2024 Organising Committee, and Amélie Oudéa-Castéra, French Minister of Sports.

Thanks to the city's ambitious sport policy, multiple training camps have been certified for the following disciplines: Artistic Swimming, Athletics, Basketball, Beach Volleyball, Breaking, Cycling BMX, Fencing, Football, Handball, Judo, Rugby Sevens, Skateboarding, Swimming, Table Tennis, Volleyball, Water Polo and Paralympics.

The Wallabies have already signed a contract for a rugby sevens training camp in 2024, and France's judo team has made Montpellier their pre-Games base camp. Other nations are expected to follow suit. To be continued...

Top secret: Montpellier's CREPS (Regional Centre for Physical and Sports Education) will be hosting Olympic contenders: Japan's intercollegiate volleyball team in late February, and then later on France's judo and women's and men's volleyball teams, New Zealand and South Africa for athletics, plus Australia and Israel for table tennis, with other delegations forthcoming.



The Paris 2024 Olympic Torch Relay will pass through Montpellier, Sète and Millau in spring 2024.

It will be carried across Place de la Comédie in spring 2024, and Montpellier will even be a "stopover city": the city will receive the Relay toward the end of the day and will organise a free, festive programme of activities that will be open to anyone, revolving around the values of sport and the Olympic spirit.

UNVEILING OF TRAM LINE 5

Barthélémy Toguo, renowned Cameroonian artist, was selected to decorate the tram cars based on the assigned theme of “science and botany”. He devised a leafy design featuring crocodiles, parrots, fish, salamanders and human faces.

In 2025, the future Tram Line 5 will stop at major parks from Clapiers to Lavérune, including the city’s botanical garden and its zoo.

MONTPELLIER, SOON TO HAVE EUROPE’S BIGGEST NETWORK OF FREE PUBLIC TRANSPORT

The conurbation’s public transport network will be completely free to local residents beginning on 21 December 2023. As a tool for combating climate change, this measure will also have an impact on its users’ buying power.



TRANSPORT: A NEW STYLE OF TRANSPORT IS COMING SOON TO MONTPELLIER MEDITERRANEE METROPOLE!



In line with its eco-friendly policy, the City of Montpellier is doing everything it can to accelerate the ecological transition and decarbonise modes of transport. Following the new tram line project, slated for delivery in 2025, Montpellier will be developing a new style of transport to offer ever better environmental protection, called Bus-Trams. Anyone looking for a greener, more economical alternative to driving a car will find this new option to be an excellent solution.

BUSTRAMS IN FIGURES:

- 60 electric vehicles
- 5 new lines
- 10 municipalities: Castelnau-le-Lez, Castries, Cournonsec, Cournonterral, Grabels, Lavérune, Montpellier, Le Crès, Pignan and Vendargues
- Nearly 60 km of routes

Montpellier, an ever more innovative and sustainable city.

TIME FOR EXHIBITIONS

MUSEE FABRE AN EXCEPTIONAL MUSEUM!

Montpellier Méditerranée Métropole's Musée Fabre was founded by the painter François-Xavier Fabre in 1828 and completely renovated in 2007. It is one of the region's iconic cultural monuments and is regularly featured in lists of Europe's most important museums.

The museum has one of the best French public art collections, which is continuously enriched by gifts from discerning collectors and artists, the likes of Fabre, Valedau, Bruyas, Bonnet-Mel, Cabanel, Bazille, and more. In that same spirit, the artist Pierre Soulages demonstrated his attachment to the museum and the city of Montpellier with a generous donation from his collection, providing an overview of his entire career.

<https://museefabre.montpellier3m.fr>

SPOTLIGHT

Manet, Monfreid and Serusier at Musée Fabre

Six new still life paintings have just been loaned to the modern art exhibition at Musée Fabre in in Montpellier. These pieces are on loan from the Musée d'Orsay for a period of five years.

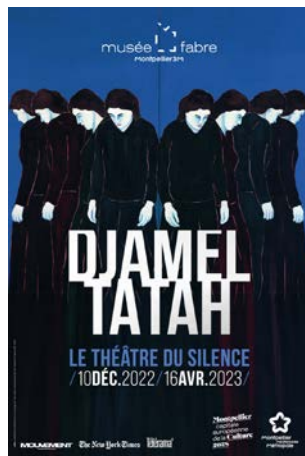
EXHIBITIONS AT MUSEE FABRE

DJAMEL TATAH, LE THEATRE DU SILENCE 10 December 2022

to 16 April 2023

Starting in the mid-1980s, his work has been based on extremely simple paintings, stripped down to the essentials, in which human figures are depicted against flat, coloured backgrounds.

Djamel Tatah's oeuvre questions our presence in the world and our empathetic connection to the humanity all around us. This exhibition of some 40 works of art displays different periods in the artist's career, taking a thematic approach that explores several of the conceptual components that appear in his body of work, fuelled by philosophy and art history, from painting to dancing, theatre and cinema.



VALENTINE SCHLEGEL, L'ART POUR QUOTIDIEN 12 May to 17 September 2023 Hôtel Sabatier d'Espeyran

For summer 2023, Musée Fabre is preparing an exhibition revolving around Valentine Schlegel, a native of Sète, at the Hôtel de Cabrières-Sabatier d'Espeyran, the museum's Decorative Arts Department.

Photo credit: Fabrice Lindor



GERMAINE RICHIER, UNE RETROSPECTIVE

12 July to 5 November 2023

The work of Germaine Richier (1902-1959) occupies a place in the history of 20th century sculpture that is both unique and essential. Trained in the tradition of Auguste Rodin and Antoine Bourdelle, the artist made a name for herself at barely 25 years of age. Since it reopened in 2007, Musée Fabre has had a room in its permanent collection dedicated to this sculptor who grew up just outside Montpellier. In fact, Richier began building her reputation as one of the greats at the ESBA Montpellier art school. Situated between the sculptors Rodin and César, Germaine Richier occupies a central place in modern sculpture.

ALFRED BRUYAS, COLLECTIONNEUR ET MECENE DU

SPOTLIGHT

Six pieces by local sculptor Germaine Richier will be travelling from Montpellier to the Centre Pompidou in Paris for a retrospective dedicated to the artist and featuring more than 200 works of art, from March to June 2023.

MUSEE FABRE

7 October 2023 to 11 February 2024

The year 2021 marked the 200th anniversary of the birth of Alfred Bruyas (1821-1877), one of the main donors to Musée Fabre. This native of Montpellier, who was a passionate collector of art from his era, acquired pieces by major artists the likes of Alexandre Cabanel, Eugène Delacroix and Gustave Courbet. He made a decisive contribution to the addition of modern art to Musée Fabre's collections, namely by gifting the museum two iconic paintings and manifestos of realism, *The Bathers* and *The Meeting* by Gustave Courbet.

IN THE COLLECTIONS

Christian Jaccard

9 December 2023 to 7 April 2024

Temporary exhibition

Toni Grand

20 January to 5 May 2024



MO.CO., CONTEMPORARY ART IN MONTPELLIER

From training to collections, by way of production, exhibitions and art mediation, Montpellier Contemporain (MO.CO.) is an artistic ecosystem that includes an art school and two exhibition venues,

MO.CO. ESBA (art school), MO.CO. Panacée (contemporary art centre) and MO.CO. (which houses the collections and hosts large-scale exhibitions from around the world). Panacée is a free art centre that is open to the public.

<https://www.moco.art/en>

MO.CO. EXHIBITIONS

Immortal

11 March to 4 June 2023 at MO.CO.

and 11 March to 7 May 2023 at MO.CO. Panacée



Immortal offers a new and ambitious panorama of young French figurative painting. This is the first exhibition to span both MO.CO. art centres, divided into two parts. MO.CO. will present artists who are emblematic of the French art scene, born between 1970 and the early 1980s, with a clear taste for figurative painting in which humans hold an essential place.

MO.CO. Panacée will show the next generation, from the '80s to the '90s, revisiting different forms of genre painting (history, portrait, landscape, still life, etc.). This bountiful, sensitive exhibition is designed to pay homage to painting and its physical, materialist, erotic and romantic aspects.

Neo Rauch: Le Songe de la Raison » Germany

8 July to 15 October 2023



Known for his enigmatic scenes inspired by East Germany's past, in a blend of dreams and historicism, he is now the leader of the New Leipzig School, a movement in contemporary German figurative painting.

Rauch's recent shows include a solo exhibition at The Drawing Center in New York in 2019, entitled Neo Rauch: Aus dem Boden / From the Floor, and another from March to September 2021 at Gutshaus Steglitz in Berlin, called Neo Rauch: Der Beifang.

Huma Bhabha » Pakistan

18 November 2023 to February 2024



Pakistani artist Huma Bhabha is known for her uniquely grotesque figurative forms that often appear dissected or dismembered. Bhabha often uses found materials in her sculptures, including styrofoam, cork, rubber, paper, wire, and clay. She occasionally incorporates objects given to her by other people into her artwork. Her pieces have been exhibited at venues in New York, Paris and London, amongst others.

AFTER SCHOOL

2ND ARTPRESS BIENNALE OF YOUNG ARTISTS

MO.CO. Panacée

1 October 2022 to 8 January 2023

This event will showcase 32 graduates of French public art schools who have already launched their artistic careers, selected by a panel of judges chaired by the Spanish filmmaker and artist Albert Serra.

Partnering with the contemporary art review artpress, MO.CO. Montpellier Contemporain, Montpellier Méditerranée Métropole and the City of Montpellier, the Biennale will be taking over several rooms at Musée Fabre, all of MO.CO. Panacée and Espace Dominique Bagouet, treating visitors to a real urban art walk.

Ana Mendieta: Aux Commencements

3 June to 10 September 2023, MO.CO. Panacée



Ana Mendieta is a Cuban-American performance artist, sculptor, painter, photographer and video artist who straddles the intersection of land art and body art. She is best known for her "earth-body" artwork.

Her work, which explores the gender binary, adopts an essentialist vision of the body and gender relations. Ana Mendieta's art tends to be autobiographical

and performance-based, addressing themes such as feminism, violence, death and belonging.

Her political pieces are generally associated with the four elements of nature and are imbued with a strong spiritual dimension.

SOL! #2 at MO.CO. Panacée

8 October 2023 to 14 January 2024

SOL! The Territory Biennial celebrates the creativity that fills Montpellier and its region.

The first edition (2021), entitled "One Step Aside", explored the fringes of art through the work of 32 artists selected from within an area running from Sète to Alès and from Nîmes to Béziers. The second edition (2022) will provide an opportunity to discover a whole other aspect of the local artistic scene.

MO.CO. PANACÉE

Each Thursday evening at 7 pm, MO.CO. Panacée hosts special encounters and conferences relating to contemporary art. The programme for 2023 is currently under development.

MO.CO. regularly organises workshops for all ages, escape rooms, concerts and snack times.



PAVILLON POPULAIRE - FREE EXHIBITIONS

The Pavillon Populaire is a photography exhibition space that is free to the public.

Its programming is always at the highest level, with work by nationally and internationally renowned artists. An average of three exhibitions are held there each year.

La Surface et la Chair. Madame d'Ora, Vienna-Paris, 1907-1957 » Austria

18 February to 16 April 2023

Dora Kallmus (1881-1963), also known as Madame d'Ora,



was a renowned Austrian photographer who worked as a portraitist for high society, first in Vienna (then a major cultural centre and laboratory of modernity in Europe) and later in Paris during the Roaring Twenties. From her portrait of the painter Gustav Klimt in 1908 to the one of Picasso in 1958, she used the most modern techniques to capture her many different subjects over the course of an extraordinary career spanning more than 50 years.

The Endless War: Antoni Campañà » Spain

1 July to 24 September 2023

In 2018, a house near Barcelona was emptied out before being demolished.



Two red boxes were found there. What did they contain? An incredible discovery: 5,000 photographs taken by Antoni Campañà Bandranas (1906-1989) during the three years of the Spanish Civil War. Together, they form a fresco of daily life in wartime, from the perspective of one of Catalonia's greatest pictorial photographers.



LATTARA IN LATTES: LATTARA ARCHAEOLOGICAL SITE - MUSÉE HENRI PRADES

**WANT A BETTER UNDERSTANDING OF
THE HISTORY OF CURRENT CIVILISATIONS?**
Montpellier Méditerranée Métropole's Lattara
Archaeological Site - Musée Henri Prades, located in
Lattes, invites you to take a huge leap back in time to
discover the history of the women and men who came
before us in this region.
A fascinating experience awaits you!

A PORT OCCUPIED BY VARIOUS ANCIENT CIVILISATIONS

Active for more than 800 years, the port in Lattara was a major economic and cultural meeting place for the peoples who lived around the Western Mediterranean Basin (Etruscans, Greeks in Marseille, Iberians, Romans, etc.) and the local Celtic populations. After a break lasting several centuries, Lattes became Montpellier's port during the Middle Ages.



LATTARA, AN ANCIENT PORT BUILT IN THE 6TH CENTURY BC

The archaeological museum is located near Lattara, an important ancient port in the Western Mediterranean. Built in the old delta of the coastal river, the Lez (Ledum flumen in Latin), it was occupied from the 6th century BC to the 3rd century AD.

EVERYTHING IS CHAOS

19 November 2022 to 3 April 2023



Their voices in chorus resound, this night. Everything is chaos. This sentence coming out of a thousand throats is transformed into a song of struggle, handed down from generation to generation. The echo goes back much further, millennia, when sang the first peoples of water and sand.

Around queer archaeology, Aïcha Snoussi imagines the story of a vanished civilisation on the Mediterranean coast. Through the *kháos* - the gap - her work creates cracks in official narratives to accommodate other

narratives. Mirroring the objects in the museum, new vestiges tell of these bodies which still sing under the sea. An exhibition produced in partnership with MO.CO. Montpellier Contemporain.

STATUES-MENHIRS:

NEOLITHIC STONE MIRRORS

7 October 2022 to 6 March 2023

The statue-menhirs mark the beginnings of monumental statuary in Europe, a phenomenon which appeared almost simultaneously on the Atlantic seaboard and in the Mediterranean around 4700-4500 BC.

In Occitania, a few examples of these sculpted menhirs have recently been unearthed. Dating from the end of the Neolithic period (3300-2200 BC), they depict human beings through certain physical attributes (eyes, nose, hands, etc.), items of clothing (belts and coats) and objects (necklaces and axes).



MUSEE D'ART BRUT

This museum with 800 m² of space plus a Mediterranean garden gives visitors access to a major collection. With some 2,000 pieces in its possession, this collection provides a glimpse at various vernacular artists, singular creators and other visionaries, surrealists from every background, ranging from the “historical” period at the turn of the 20th century to today's international outsider art. In addition to the permanent exhibition, three temporary exhibitions are organised every year. Each one is presented by a curator who is well-known in the art world and is supported by a patron.

<http://www.musee-artbrut-montpellier.com>

Exhibitions are scheduled over the course of the year, so be sure to check the website.



PASCAL VERBENA

4 January to 30 April 2023

Pascal Verbena was born on 16 August 1941 in Marseille's Old Port district, where his mother was a fishmonger. He was nicknamed the “coal cherub”. A solitary child, he was sent to boarding school at a very young age and got into the habit of hiding his treasures in a beam in the attic that he used as a place of refuge. An experienced fisherman, he spent long stretches of time, whenever he could, in the wild rocky inlets of Marseilleveyre and Saintes-Maries-de-la-Mer, where he gathered driftwood

which he piled up in an old depot that served as his studio. Pascal Verbena has participated in many exhibitions (Les Singuliers de l'Art in 1978, Outsiders in London, New York and other countries, Galerie Chave in Vence, etc.).

PARCELLE 473

URBAN AND CONTEMPORARY ART CENTRE



It has been two years since the Parisian gallery owner Laurent Rigail embarked on an original adventure with his family: transforming the old family wine storehouse into a contemporary art centre.



ESPACE DOMINIQUE BAGOUET

DISCOVER THE REGION'S ARTISTS!

Espace Dominique Bagouet is an art and heritage exhibition space that is free to the public. Dedicated to regional artists from the 19th and 20th centuries, its success has continued to grow since it reopened in 2012.

<https://www.montpellier.fr/3945-espace-dominique-bagouet.htm>

ART GALLERIES

Montpellier has many independent art galleries.

Their landscape varies greatly, with each location having its own focus and arranging temporary exhibitions to the delight of art lovers.

Galerie de l'Ancien Courrier is known for featuring mainly figurative painters from the region, at Cabane Galerie you will be greeted by the artists whose work is on display, and don't forget the new Parcelle 473 with its emphasis on street art. And all of them boast amazing collections.

Find all our partner galleries on
en.montpellier-tourisme.fr



SPOTLIGHT ART GALLERIES ON DISPLAY AT ART MONTPELLIER

The 7th edition of this Mediterranean contemporary art fair will take place from Thursday to Sunday, 16-19 November 2023, in Hall B2 of the Parc des Expositions! Some 70 national and international galleries will be exhibiting their work there.

Parcelle 473 gets its name from the plot number on which it is located in Montpellier's Malbosc district – the last plot of farmland surrounded by greenery that is still safe from urbanisation. The venue is open to the public by appointment only. The storehouse's restoration was funded using Laurent's own money, with no grants.

Visitors are able to discover, amongst other things, the history of the street art and graffiti movement, as well as work by M. Chat, L'Atlas, JonOne, Nasty and many other references in the world of urban and contemporary art.

Parcelle 473 has a stock of about 100 pieces, donated or loaned by private collectors and artists. It plans to develop an acquisition policy for the future.

<https://www.parcelle473.com/en>

SEE MORE, SPEND LESS CITY CARD



©CHIRRIPO

TIME FOR EXPLORATION

- ✘ Guided tour,
- ✘ Climb to the top of the Arc de Triomphe,
- ✘ Discovery of the Fabre museum,
- ✘ Glass of wine on the 17th floor of l'Arbre Blanc...

montpellier-tourisme.fr

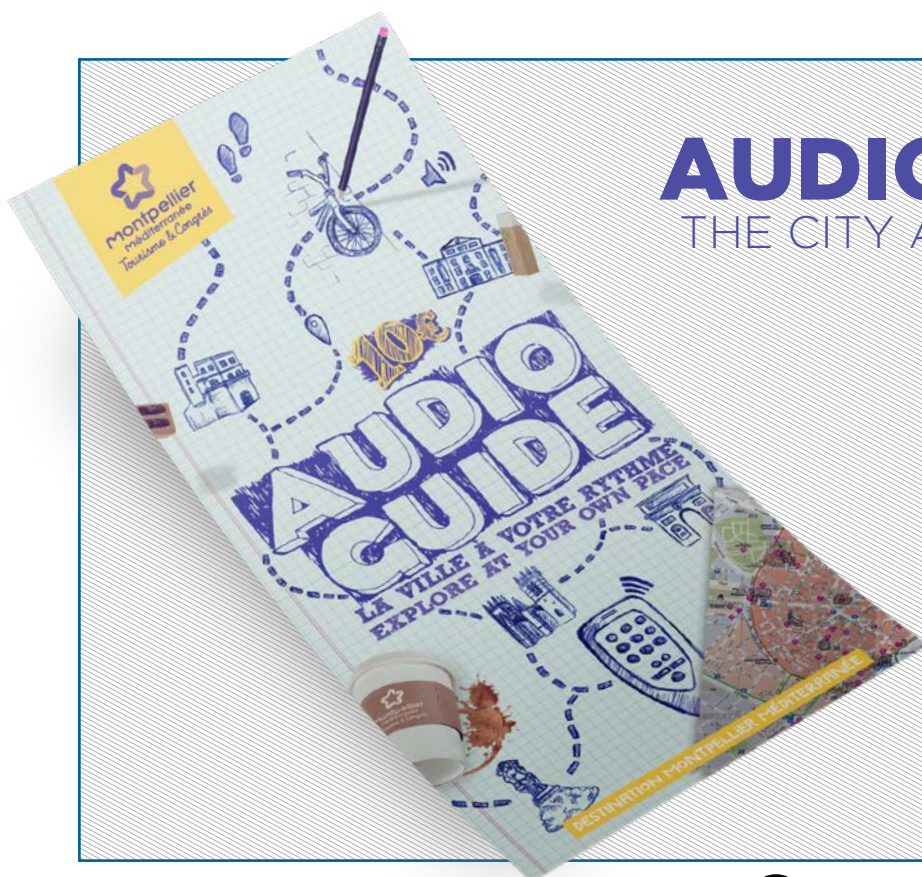
Your City Card
for Montpellier

19€*

30+ activities available for free
or at a reduced price



* See conditions on the website



AUDIO GUIDE THE CITY AT YOUR PACE



The perfect way to freely explore
the historic city centre

> Full price: €11

Reduced & ages 12-18: €9 / Ages 6-12: €6

> Security deposit: €70

NEW DEVELOPMENTS

IN HOSPITALITY

Montpellier is booming, with openings, expansions and renovations occurring at breakneck speed. 2022 and 2023 mark an important turning point in the

city's architecture, with three hotels, a youth hostel and luxury villas on the programme. Plus, new restaurants are popping up, not to mention chefs moving around.

LE MAJE HOSTEL

A youth hostel slated to open in April 2023



20 rooms (including two doubles) capable of sleeping up to 100 guests, with private bathrooms upstairs, a Mediterranean restaurant with 120 seats (60 in the dining room and 60 outside), not to mention a 250 m² basement set up as leisure and breakfast rooms for the hostel's guests.

Restaurant: Meraki, led by 27-year-old Chef Léo Guerquin-Kern, who previously worked at various bistronomic venues in Paris.

APARTHOTEL ADAGIO

6 RUE BAUDIN

Opening early April 2023



39 spacious, fully refurbished apartments for up to 4 people are stylishly decorated and come with a dishwasher and Chromecast TV. There are also lounge areas, a large patio, a shared kitchen, and leisure and coworking spaces.

<https://all.accor.com/hotel/COS9/index.en.shtml>

JOST HOTEL FROM THE MELT GROUP

Nouveau Saint-Roch zone, opening spring 2023



86 traditional hotel rooms, 2 flats that sleep up to 12 people each, and 52 beds in dormitories.

Hotel reception, beer bar and restaurant on the ground floor with 200 seats, an open-plan kitchen and a removable stage in the middle for artistic programming.

<https://melthotel.com/nos-hotels/montpellier-5.html>

EKLO IS COMING IN JUNE 2023 with a hotel near Montpellier St-Roch Train Station



With 110 rooms and 46 parking spaces, plus restaurants, a bar, a patio and a terrace, **Eklo continues to expand its innovative economical, eco-friendly lifestyle concept in France, with its tenth hotel expected to open in June 2023, across from Saint-Roch Station in Montpellier.**

Eklo will be converting an office building into a hotel with an ideal location for both business and leisure travellers. This project is part of an effort to revive the area around the train station, a historic district in the midst of a major transformation.

<https://www.eklohotels.com>



LUXURY ACCOMMODATION



VILLA MASSANE DOMAINE DE MASSANE

A contemporary 270 m² villa with a view of the golf course that sleeps up to 8 people. Located in Baillargues, between vineyards and the sea a little outside Montpellier, Villa Massane has 4 bedrooms and 4 bathrooms, an enclosed patio and a fireplace, plus a swimming pool in a Mediterranean garden.

www.massane.com/villa-massane



LA MAISON VERCHANT DOMAINE DE VERCHANT

La Maison Verchant, the luxury guest house at Domaine de Verchant, is a unique place just a stone's throw from the Domaine (300 metres). The rooms, all new, are showcases for the most refined materials and craftsmanship. Breakfast is served in the sunroom.

The guest house is the perfect spot for a couple's enchanted getaway or a corporate seminar.

<https://www.domainedeverchant.com/en/maison-verchant-rooms-overview.html>



VILLA SARNELLY DOMAINE DE VERCHANT

At Domaine de Verchant, guests can rent Villa Sarnelly, a fully renovated 16th century manor house that combines modernity with authenticity, located close to the hotel.

In the heart of a 7,000 m² landscaped garden, the villa's interior measures 600 m² and features contemporary décor.

GUEST HOUSES



VILLA MAGNOLIA MONTPELLIER

This villa in Montpellier's Plan des 4 Seigneurs district features 5 immense guest rooms and a heated outdoor pool. The house itself is very modern and peaceful. Each of the rooms has its own ambiance.

<https://villa-magnolia.fr>



DOMAINE DES MOURES VILLENEUVE-LES-MAGUELONE

Rooms refurbished during lockdown

Three comfortable guest suites await in an authentic country house. Each suite has been decorated individually with its own theme: the Arnel is both spacious and cosy; guests can relax by the pool attached to the Grande Sophie; and large families can enjoy the space and the setting of the Maison du Payre.

<https://www.domaine-des-moures.com/index-uk.php>



NEW IN ACCOMMODATION CONSTRUCTION & RENOVATIONS

After the pandemic, given the age of the city's hotels, many of them decided to undergo renovations.

DOMAINE DE BIAR**** BOUTIQUE HOTEL



Upgraded to 4 stars, with three additional rooms in 2022 (for a total of 11), plus work scheduled for 2023 to build out two new suites and one more room, and other projects in the works.

New owners as of 2022.

New Chef Jodie Wadeh, former commis chef under the location's previous chef, Camille Tricot.

Signature events at Biar

Six annual editions of Art at Biar, Jazz at Biar, BBQ Parties (one Thursday night per month), Dance at Biar (one date) and Brunch (one Sunday per month)

DOMAINE DE VERCHANT CASTELNAU-LE-LEZ

An extension to double the number of guest rooms to 24 fabulous rooms and suites, plus a redesigned reception area. Work is expected to begin in early 2023 and last 18 months, for a total cost of €17 million. Other new developments will also be coming in 2023.

The new General Manager, Jean-Pascal Picollet, ran La Chèvre d'Or in Eze for 11 years.



The new chef at La Plage by Verchant, **Vincenzo Regine**, originally hails from Italy and has worked at many prestigious restaurants including La Chèvre d'Or and Rocco Forte Amigo****. He specialises in simple, and above all generous, Mediterranean comfort food.

Le Marcelle has a **new chef, Alexandre Caillaud**. And a **new pastry chef, Alan Lainé**, will be taking charge of the sweeter side of Domaine de Verchant. During his career, Alain has had the chance to work under Alain Ducasse in the kitchens at the Hôtel de Paris in Monaco.

NOVOTEL SUITES****

Floor by floor renovation, October 2022 to January 2023



MERCURE CENTRE COMÉDIE****



The hotel has launched a floor by floor renovation, from December 2022 to April 2023.

Next, the common areas – restaurant, reception and meeting rooms – will be refurbished, and a gym will be built.

PULLMAN MONTPELLIER CENTRE****



Complete renovation of the hotel, which will be closed from October 2022 to April 2023.

Creation of a spa and a swimming pool, 88 rooms (all convertible into twins) and a new lobby.

HOTEL GOLF FONTCAUDE JUVIGNAC - REOPENING IN JULY 2023



The Zenitude Hôtel-Résidences Group has just acquired the Hôtel Spa de Fontcaude, located just 15 minutes from Montpellier's city centre. This 4-star establishment nestled in the heart of the Fontcaude Golf Resort promises a peaceful stay in a lush green setting. It is slated to reopen in July 2023.

Its bright, spacious rooms (20-23 m²) will offer considerable modern comfort. The hotel's restaurant will serve up seasonal cuisine that guests can enjoy in the dining room or on the terrace, depending on the weather. It will be possible to set up its seven meeting rooms, all with great natural light, in any configuration, accommodating up to 140 people for cocktail receptions.

Its spa is being designed as the ideal place to relax with a massage and some time in the steam room.

GOLF DE MASSANE***** BAILLARGUES



Domaine de Massane has launched two years of work to upgrade its hotel from 3 to 5 stars and add a spa. It is slated to reopen in July 2024.

www.massane.com/en

NOVOTEL MONTPELLIER****



Four years of renovations: lobby, bar and restaurant in the 1st phase, 11 November 2023 to 31 March 2023; half of the meeting rooms and guest rooms in the 2nd phase; the other half of the meeting rooms and guest rooms in the 3rd phase; and the exterior in the 4th phase.

BEST WESTERN ST ROCH***



Three additional prestige rooms, work scheduled from September 2022 to June 2023.

IBIS MONTPELLIER CENTRE***



Renovation of nine rooms, one by one, so guests can gradually discover the new concept.

Agora is a personalised concept, built on the coherence of materials and colours. Attention to detail and the use of industrial materials give the rooms a contemporary feel. Thanks to adaptable elements, guests will stay in a changeable, personalised atmosphere. Employing a mix and match strategy, each room has blank walls, with special effects reserved for the ceiling, creating a surprising impact.

NEW IN RESTAURANTS

LA TABLE DES POETES



La Table des Poètes has undergone a makeover, with new opening hours (lunch and dinner, Tuesday to Friday) and wine bar evenings once a month.

Chef **Thomas Réa** organises haute cuisine and wine bar nights once a month.

<https://la-table-des-poetes.com>

LECLERE*



© GUILLAUME CANAL

Michelin-starred Chef **Guillaume Leclere** has moved to a new address at **8 rue André Michel**.

A new location serving cuisine that is ever truer and more sincere, food that focuses on what is essential and that makes the most of each day's fresh deliveries, to give free rein to the chef's creativity. A stylish venue featuring a skylight.

<https://www.restaurantleclere.com>

VR A VIN



46 rue de la Croix Verte

Chef **Clément Gély** promotes artisanal fine dining with strong combinations, serving textured, attractive dishes. For this endeavour, he has partnered with **Pierre Olivier Prouhèze**.

<http://www.restaurantlevravain.fr>

BONOBO



46 rue Saint-Guilhem

Nicholas is English, and **Gemma** is Scottish. And together, they run Bonobo.

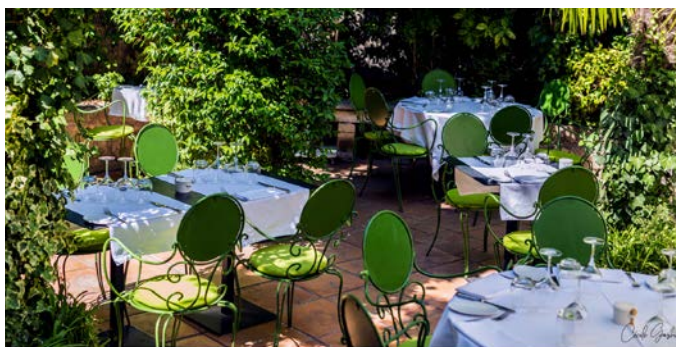
From 9 am to 3 pm, they serve brunch, full of sweet and savoury delights, in a friendly setting. There are even vegan options.



**OUR DINING
RECOMMEN-
DATIONS**



LE PETIT JARDIN



20 rue Jean-Jacques Rousseau

Clément Gueudré is the new chef at **Le Petit Jardin**, an amazing restaurant Montpellier's Ecusson district. He has created a bistronomic and gastronomic menu, preparing food from the heart, inspired by French traditions.

<https://www.petit-jardin.com>

ASA RESTAURANT



6 bd des Arceaux

The former chef at La Maison de la Lozère has set up shop on Boulevard des Arceaux. Chef **Thierry Marle** prepares meat selected for its quality, from short supply chains. His signature dishes include special cuts of meat, grilled on charcoal, a technique he learned during the five years he spent in Argentina.

<https://restaurant-asa.fr>

CENA



2 place Pétrarque

Céna's name comes from the Latin cena ("dinner" in English) and also refers to the stage (scène in French). Chef **Clément Briand-Seurat** has worked, amongst others, for **Gilles Goujon** at Le Burgundy in Paris.

Named a **Gault&Millau Young Talent of 2022**, he aims to rake in the stars.

Céna is part of the Tandem holding company, along with Casa Di Giorgio, Lady Shy, La Mamma St Roch, Le Bouchon St Roch, Le Joseph, Le Kiosque à Malices, Napoléon Dynamite and Giorgia Trattoria.

With restaurants like Pastis, Reflet d'Obione, Leclere, Le Jardin des Sens and La Réserve Rimbaud, Montpellier was already a culinary destination in its own right. And now, the arrival of **Clément Briand-Seurat** will make it even more appealing to gourmet palates.

LE CLANDESTIN

WINE BAR, COCKTAIL BAR & TAPAS BAR



18 rue de la Valfère

Le Clandestin was listed in the Terre de Vins Top 3 in Occitania for its special Pays d'Oc PGI wine menu.

Located in the Sainte-Anne district, in the heart of Montpellier's historic centre, this establishment is an extraordinary mix of wood, stone and metal, creating a warm and authentic New York-style atmosphere. Virginie will be happy to recommend organic wine from Languedoc and elsewhere.

Theme nights: Piano Bar every Friday and Saturday night, Open Mic Night every Thursday, and a musical Blind Tasting accompanied by the piano every second Wednesday of the month.

Oenology and wine tasting classes are also offered.

<https://www.leclandestin.fr>

CAFE JOYEUX



On Tuesday, 28 February 2023, the 14th Café Joyeux opened on **Place Laissac**.

This "solidarity" chain is based on a unique concept: hiring people with mental and cognitive disabilities. Its crew includes four skippers and eight team

members with Down's syndrome or an autism spectrum disorder. And they're all proud of who they are!

The Café Joyeux motto is "beautiful, good and real".

LE SOCIAL BAR



9 February 2023 marked the opening of this unusual venue, very popular with night owls, **at the base of Tour de la Babote**.

After Paris, Strasbourg, Biarritz and Dijon, it's now the turn of Languedoc's capacity city to welcome Le Social Bar and its incredible concept. Based on the belief that we (also) go out to meet new people, the creators of this concept came up with an idea for a bar where customers could have fun and interact with their fellow patrons.

L'ANSE SAUVAGE LATTES



L'Anse Sauvage is the new restaurant that has replaced Le Clos de Rignac in Lattes. In this timeless setting, enjoy an unbeatable view of ponds and Palavas-les-Flots. The surroundings make this spot astonishingly peaceful. The young Chef **Grégory-François Eninie** prepares a creative cuisine, forged by the region and sprinkled with faraway inspirations. The dishes served here are delicious, colourful and joyful, surprising and authentic.

<https://ansesauvage.com>

TRINQUE FOUGASSE O'UEST SAINT-JEAN-DE-VEDAS



This 130-seat wine bar and shop has more than 500 wines available. A spirit of "spur-of-the-moment toasts" (trinque fougasse) reigns here, with jazz dinner concerts and a private room with 20 seats for business meetings and wine tasting classes.

<https://www.trinquefougasse.com>

PICKY JOE HALLES DU LEZ



A showcase for low temperature cooking. Calling all barbecue lovers: Marché du Lez has a new restaurant that focuses on low temperature grilling and smoking... and the result is delicious! Chef **Fred Jauras** has become a master in the art of wood-fired cooking at low temperatures.

<https://pickyjoe.com>

PHANTOM COCKTAILS AND LIGHT REFRESHMENTS



14 rue des Sœurs Noires

Lucie and Christophe are always happy to welcome guests to their cocktail bar in the Ecusson, serving wine, local beer and light refreshments in a friendly, laid-back atmosphere. **Mixology classes** are available by request. Chef **Valentin Villanove** has curated a menu of seasonal dishes.

The bar's theme is hats, because they are also hat makers, creating headpieces made to order.

<https://www.phantombar.fr>

MA COCOTTE HALLES DU LEZ



Omelette lovers, this place is for you! Ma Cocotte prepares flavourful dishes where eggs reign supreme, including sweet and savoury brioche and chocolate fondue. Everything is made from scratch, true to traditional cuisine with an emphasis on indulgence.

Be sure not miss out on the brioche French toast.

VIN, WINE & VIN(H)O

4 place Chabaneau

A new wine shop in the Ecusson district, offering a selection of wine from the region and around the world, with more than 300 options from Spain, the rest of Europe, Asia and Africa. It also holds **tasting workshops** on red and white wine.

<https://www.caviste-montpellier.com>



SENSIBLE

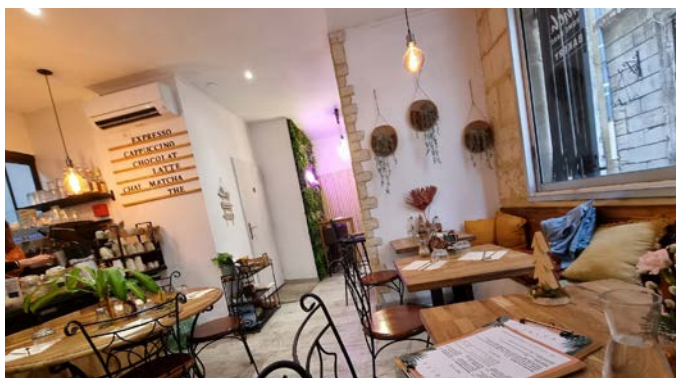


25 rue du Pila St-Gély

Sensible is a bistronomic vegetarian restaurant that serves creative, refined dishes. It is committed to an ecological approach that respects all living things, which is why each of its products is selected with care. The Menu Sens is the restaurant's signature 6 course menu.

<https://restaurantsensible.fr>

OLYA CAFE



6 rue Loys

Open from 10 am to 5 pm, Monday, Tuesday, Thursday and Friday, for brunch with an emphasis on toasts, pancakes and granola bowls.

<https://olya-cafe.eatbu.com>

BOULANGERIE 1860 LES HALLES 610, JACOU



Corentin Molina, the young baker from Les Halles 610 in Jacou, to the north of Montpellier, won Valrhona's nationwide first prize, and his team took home a silver medal from Sirha Européen Lyon in January 2023. He distinguished himself in those competitions with his "chocolate square" pastries.

Corentin's introduction to his future career came from his grandfather, a chocolatier and pastry chef. At the age of 15, he had already come in 1st as the "Best Young Baker in France". His next target is the Bakery World Cup 2024 in Paris.

<https://www.facebook.com/people/Boulangerie-1860/100078272370348>

DES REVES & DU PAIN



10 rue Eugénie Lisbonne

Long-time friends **Clément and Christophe** founded Des Rêves & du Pain in 1995. They won the M6 television competition for best bakery in 2015. They lead workshops on different baking themes like bread, baked goods and travel cakes.

They recently purchased a mill in Castries where they make flour from the wheat they grow on Clément's

family land in Ardèche.

And many local restaurants trust the bakery to supply them with bread, including Hôtel Richer de Belleval and Le Jardin des Sens*, L'Artichaut, Hôtel du Palais, Pastis*, Leclerc*, La Diligence, JB & Co, Aperture, La Table des Poètes and Ånga.

<https://desrevesetdupain.com>

JB & CO



17 rue des Etuves

Jambon-Beurre & Cornichons, the sandwich specialist

Emmanuel, the founder and manager sells only the sandwiches that gave the shop its name: the customer's choice of butter, ham, bread and pickles, made with traditional craft products made locally.

www.jbandco.fr

You can also buy them at the bakery Des Rêves & du Pain.

LES MARIE FROMAGERIE



Halles Castellane

Marine et Marion seemed in no way fated to work with cheese: they met in a whole other world, had babies born 12 days apart and became fast friends. After thinking about changing careers, the two cheese lovers made their choice. After undergoing training in the field, they first opened a stall at

Halles Laissac and have just launched a small shop in Saint-Jean-de-Védas.

There, you will find more than 140 French and foreign cheeses, with new gems regularly sourced from small-scale producers in the region.

EVENTS IN 2023

SPORTING EVENTS



2023 EUROPEAN JUDO CHAMPIONSHIPS

In November 2023, Montpellier's Arena will be hosting the European Judo Championships. Between 500 and 700 judokas are expected to participate.

LATE MAY 2023: CONSTRUCTION OF A SKATE AND CYCLE PARK

The future Grammont site will include the creation of a bowl, a street park and a bike park, all three capable of hosting international competitions, as well as a modular skate park and a pumptrack, all of them connected by skatable paths.

A total area of 9,000 m² will be dedicated to roller sports and cycling in a landscaped setting. A central square will be the finishing touch, for breakdancing, flatland BMX riding, food trucks and concerts when events are held here.

The site will be home to France's BMX Freestyle Hub and will serve as a training ground for the 2024 Olympics.

A NEW SMART ATHLETICS TRACK FOR ALL USERS OF THE STADE PHILIPPIDES

In addition to a series of repairs and adjustments carried out within the stadium, the recently completed renovation of the athletics track will be of benefit to everyone. The smart track, designed by the German firm Polytan, will be usable in "leisure mode" or "professional mode".





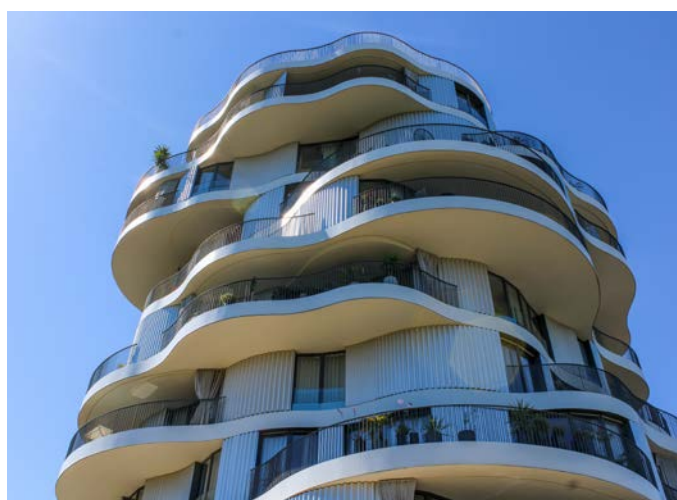
CONSTRUCTION OF 13 NEW ARCHITECTURAL FOLIES

After La Folie Divine by Farshid Moussavi and L'Arbre Blanc by Sou Fujimoto in the early 2010s, Montpellier is reinitiating its architectural Folies with a presentation of the 13 future sites of these new buildings.

These 13 new Folies, designed by big names in the world of architecture, will be contributing to the city's urban history.

For decades now, Montpellier, a city that welcomes contemporary architecture, has been working on an ambitious urban development project, based in particular on the creation of an extraordinary, contemporary built heritage across its territory.

As a reminder, the Montpellier Folies are the expression of middle-class architectural creativity which began in the 18th century with the construction of holiday homes in landscaped parks that were once on the outskirts of the city (now within its limits following its growth).



CHATEAU DE CASTRIES



Renovation of the Château de Castries

Over the past five centuries, this château, with its imposing elegance and massive allure, was the birthplace of the La Croix de Castries family. Nowadays, it is owned by the town of Castries. Les Amis du Château is an association that is dedicated to promoting the site and sharing its history.

Tours are available by private appointment with Les Amis du Château.

Its grounds are open seven days a week.

The Tourist Office also organises guided tours of the château beginning in the spring.

<https://www.amischateaudecastries.fr>

ANATOMY CONSERVATORY AT THE FACULTY OF MEDICINE



Extensive work is in progress (2022-2023) to protect the conservatory's scientific treasures.

At the University of Montpellier's historic Faculty of Medicine building, work of vital importance is under way to preserve its heritage. Its anatomy lab will be closed for an unspecified period of time.

The guided tour offered by the Tourist Office, "Voyage into the Heart of Anatomy" will lead participants into the dissection room.



NEW BUSINESSES ON RECLAIMED WASTELANDS

LES HALLES 610 IN JACOU



On an industrial wasteland that had been abandoned for 10 years, Les Halles 610 is now a 900 m² market building with 17 stalls dedicated to fine cuisine and products sourced from short supply chains.

There's something for every taste: low temperature cooking, Italian and Indonesian delicatessens, a bakery, a cheesemonger, a butcher, a shellfish stall, a pizzeria and a food truck.

Les Halles has two lovely terraces for on-site dining, as well as a kids' play area. Les Halles 610 is open daily from 7:30 to at least 10 pm.

LES NOUVELLES GRISETTES... THE JEWEL IN OUR TEXTILE CROWN



Spanning 1,000 m² on the ground floor of the old Halles Sud de France, Les Nouvelles Grisettes offers unique and totally innovative services and activities.

It is, first and foremost, a participatory textiles workshop aimed at both professionals in the sector and companies. It is also a showcase for fashion and creativity in the region. Les Nouvelles Grisettes sells a wide range of products made along a short supply chain, and also puts on fashion shows and craft markets, as well as providing a complete range of training and workshops. An eco-friendly venue including a community restaurant, Mon Cuisinier, Les Nouvelles Grisettes supports creations made in Occitania.

Latest news: December 2022 to June 2023: Les Nouvelles Grisettes will have a pop-up shop on Place de la Comédie, featuring some 30 brands produced by creators from the region.

<https://www.lesnouvellesgrisettes.com>

Suggested articles

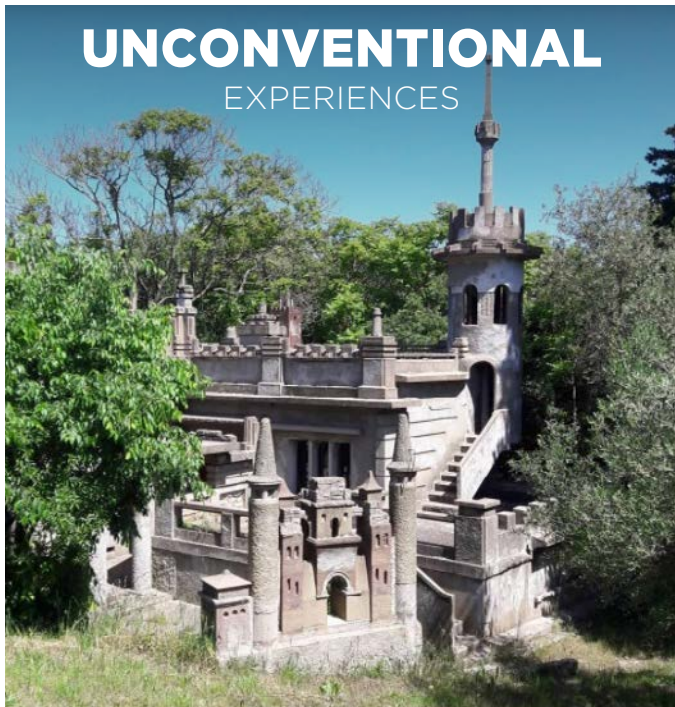
Tours of the workshop or the pop-up and its 30 brands made by regional creators, or an interview with the site's founder

DID YOU KNOW? In the 18th century, a grisette was an elegant, hardworking shopgirl. They were ambassadors for Montpellier-style beauty and elegance up until the end of the 19th century.

At the time, they were independent women who managed to escape their modest living conditions through their willpower and their desire to learn.



UNCONVENTIONAL EXPERIENCES



VILLA DES CENT REGARDS

Construction of this villa began in 1936-1937 and was carried out by a particularly imaginative Italian builder. He was so imaginative that the Villa des Cent Regards, tucked away in Montpellier's Aiguelongue district, continues to be stuff of dreams for many young children. Its owner, Victor Grazzi, christened it the "Villa of a Hundred Views", because you just have to wander around to get 100 different views. He also claimed that, between the different buildings, there were 100 little windows offering so many views. The villa was looted in 2017, but in early 2020, a Middle Ages enthusiast named Alain Viricel began work to restore it to its former glory.

An association offers tours of the villa and organises exhibitions, conferences and art workshops there.

<https://lavilladescentregards.fr>

LA THERIAQUE - UNUSUAL SPIRITS

La Thériaque Spiritueux was founded by **Lana**, a sommelier, and Sunshine, who worked in publishing. Both are Americans who moved to Montpellier. They have created to "eaux de vie" similar to gin, one made from juniper and arbutus berries, and the other a little more complex, made with flowers from the garrigue (scrubland).

<https://latheriaque.com>

CURIOUS ACCOMMODATION AT DOMAINE DE L'ARBOUSIER



Located on the heights above Castries, just 10 kilometres from Montpellier, four little treehouses are perched up high over the vineyard at Domaine de l'Arbousier, with views of Pic Saint-Loup and Mont Ventoux. Staying there is like an invention to get away and unwind. Don't worry about breakfast or cocktail hour: just use the winch to pull up your basket of delicious local goodies. The treehouses are ethical and eco-friendly, and the property is certified organic.

<https://www.domaine-arbousier.fr>

SLEEP IN A SCHOOL... NELSON MANDELA TEACHING HOTEL

The hotel and its 12 rooms are open Monday evening to Friday morning (four nights a week) during the school year from November to April. The rooms must be vacated by 8:30 am.

<https://www.lyceehoteliergeorgesfreche.fr/hotel-mandela>

PRETEND YOU'RE HARRY POTTER

Astride a magical broomstick, challenge opponents to a game of muggle quidditch with your friends as you immerse yourselves in the world of witchcraft and wizardry. What could be better than slipping into the garb of a Slytherin or Gryffindor as you compete in the Quidditch World Cup?!

Facebook : <https://www.facebook.com/montpellierquidditch>

NEW VERTICAL WIND TUNNEL



Installed in Montpellier's Odysseum district, Twist'air simulates the sensations of a real freefall two or three times longer than the actual tunnel, but without fear or vertigo and without needing an aeroplane. It is the only one of its kind in Europe and can be enjoyed by anyone ages 5 and up! With Twist'air, you will fly in a clear glass tube that stands 6 metres tall, with 360° views.

www.twist-air.com



MONTPELLIER LAND OF FESTIVALS

JANUARY

■ Urban Trail Montpellier

A night-time trail running race (7 or 12 km) set to a soundtrack orchestrated by a DJ, on 14 January

■ Millésime BIO organic wine fair at Parc des

Expositions Montpellier,
30 January to 1 February

The virtual edition will take place a week earlier, on
23-24 January.

FEBRUARY

■ Tropisme music festival 3-5 February

■ Open Sud de France tennis tournament 5-12 February

■ International Magic Festival

11 February, Salle Berlioz, Le Corum, Montpellier

MARCH

■ Foire de Printemps spring fair 17-20 March

■ Montpellier Marathon 18-19 March

■ Comédie du Rire comedy festival 27 March to 1 April

APRIL

■ I Love Techno Festival, three explosive nights at some of Montpellier's most iconic venues, 7-9 April:

Opéra Comédie, Parc des Expositions and Halle Tropisme. Acid Arab and Charlotte de Witte have already been announced for the lineup.

Three after-parties will give partiers the chance to keep each night going...

■ Saperlipopette family festival 26-30 April

MAY

■ Battle of the Year May 2023

■ La Comédie du Livre book fair 5-14 May

■ Long Night of Museums 13 May

■ Boutographies photography festival 6-28 May

■ FISE (Action Sports Festival World Series) 18-21 May

Once again, some 500,000 spectators and 2,000 competitors are expected this year.



JUNE

■ La Montpellier Reine breast cancer run 4 June

■ Festival des Fanfares brass band festival 9-10 June

■ Pride Parade 17 June

■ Festival des Architectures Vives 14-18 June

In 2023, this architectural festival will explore sacredness, a theme that should provide plenty of inspiration.

■ Printemps des Comédiens theatre festival

1-6 June

JULY

■ Abracadabra kids' festival 1-2 July

■ Festival Radio France Occitanie Montpellier 17-28 July

■ Swinging Festival 21-23 July

■ O'Millésimes Montpellier wine event 29-30 July

AUGUST

■ Family Piknik 5-6 August

■ O'Millésimes Montpellier wine event 19-20 August

SEPTEMBER

■ Internationales de la Guitare

16 September to 14 October

■ What a Trip! travel festival and trade show

27 September to 1 October

■ Arabesques Festival

■ Festikite

OCTOBER

■ Foire Internationale de Montpellier 6-16 October

A romantic theme for this year's fair: Venice

■ Cinémed Mediterranean film festival 20-28 October

NOVEMBER

■ European Judo Championships 2-5 November

Sud de France Arena, Montpellier

■ Art Montpellier 16-19 November



MONTPELLIER SPECIALS YEAR-END FESTIVITIES

HIVERNALES

From the last weekend in November to 26 December

CHRISTMAS MARKET More than 80 stalls run by merchants and craftspeople

LES FÉÉRIES DU PEYROU

Throughout December – A walk decorated with holiday lights

ENLIGHTENED CITY

The last weekend in November – A magical sound and light show projected on 15 monuments across Montpellier
Illuminated, artistic parades in the city centre, plus the Nadal Occitan and special Christmas guided tours led by the Tourist Office



Non-exhaustive list
Find all of the region's big events on en.montpellier-tourisme.fr



TOURISM AND SUSTAINABLE DEVELOPMENT

The Montpellier Tourist Office has begun the ISO 20121 certification process, a prerequisite to obtaining the “Sustainable & Innovative Destination” label. Many other French metropolises have already embarked on the label’s certification process.

The whole region is banking on sustainable development to serve as a better host for future events.

MONTPELLIER AIRPORT TARGETING EVERY ASPECT OF BIODIVERSITY

Montpellier-Méditerranée Airport (MPL) has confirmed its commitment to the ecological transition.

MPL has achieved ACA Level 3: On 18 November 2022, MPL was upgraded to Airport Carbon Accreditation Level 3 (out of 6). Early in 2023, the airport’s Corporate Social Responsibility Department will be beginning its carbon emissions inventory for the year 2022, with the goal of renewing its certification this coming June.

Installation of hotels and nesting boxes for small animals

In November, 12 hotels were installed for small land-based animals. They are made of materials – wood, earth, blocks of stone and branches – that were reclaimed after the demolition of buildings belonging to INRA (French National Institute for Agricultural Research).

The airport’s property spans 4.6 km² and serves as a habitat for remarkable flora and fauna. The airport takes special care to protect its surrounding environment:

- by systematically monitoring the quality of the natural environment
- by committing its teams and its service providers to a “zero herbicides” policy beginning five years ago
- by using ecological processes to combat erosion (at the banks of its ponds)
- by setting up various habitats for protected species.

SPL OCCITANIE EVENTS

Eco-responsibility: A profound commitment at every level!

ISO 20121 certified for all its property management and event organising activities since January 2021. The results of its 2021 audit confirmed that its certification would be extended to 2022.

Substantial work has been done on waste reduction and recovery:

- microfiltered water fountains with the institution of eco-cups at food service locations
- work to reduce food waste in partnership with our caterers, for example by providing doggy bags in the venue’s box seating areas
- continuation of work to offer more ethical food options to visitors and spectators.

MONTPELLIER EVENTS

Montpellier Events, the company that manages Le Corum and Le Zénith Sud, has earned its ISO 20121 certification. To embody this new ethical reality, Montpellier Events has defined three main action areas: the environment (consuming less and better), labour (operating under the best possible conditions) and society (acting in a responsible manner).

SPEAKING OF SUSTAINABILITY

Visit Les Jardins de Costebelle for a look at truly sustainable agriculture.

In the town of Villeneuve-lès-Maguelone, **Sébastien and Cédric** decided to rethink agricultural production methods. They follow lunar cycles to plant their crops for a maximum yield. Then, they add plenty of organic matter, covering the soil with straw and plant shavings, and sowing plants that, when flattened, break down and then act as completely natural fertiliser. A dozen or so great restaurants in Montpellier buy produce here, and chefs bring their peelings and crates back to the farm afterwards, in that same spirit of sustainability. A small market takes place on site every Sunday.

<https://lesjardinsdecosteb.wixsite.com/costebelle>

COMPAGNONS DE MAGUELONE

An association with three main missions, relating to medical/social, heritage and cultural issues

Disability solidarity strategy: 75% of workers have disabilities.

Maguelone’s working groups grow organic crops on 6 hectares of land, cultivate a vegetable garden with organic baskets, and run two restaurants and a shop. They also work to preserve and promote the peninsula and the cathedral.

Special feature: Tours of the vineyard with a tasting of wine produced on site.

<https://compagnons-de-maguelone.org>

OASIS CITADINE DE FLAUGERGUES

A collaborative vegetable garden open to one and all. At this urban farm, visitors are guided by permaculture experts. It covers about 4,000 m² of gardens. Oasis Citadine regularly organises workshops on subjects like an introduction to permaculture, training on agroecology and beer brewing classes.

<https://oasiscitadine.fr>





Montpellier has one of the biggest pedestrian zones in all of Europe

THE TRAM...

THE FOUR ELEMENTS: LINE 1 AIR - LINE 2 EARTH - LINE 3 WATER - LINE 4 FIRE

With its four tram lines, 84 stations and 56 kilometres of track, our tram network serves seven municipalities in the metropolitan area. It's the ideal mode of transport for getting from one location to the next whilst exploring the region. Not to mention travelling in style, in veritable rolling works of art created by renowned artists, symbolising the importance of art to the city.

TOP SECRET: A fifth tram line will be brought into service by the end of 2025. It will stop at 10 parks and gardens as well as Montpellier's main scientific centres. Designed by Barthélémy Toguo, this line will be dedicated to science, research and nature, based on the theme of "science and botany".

PEDICABS... TO EXPLORE THE ECUSSON

What would you say to rediscovering the city in a pedicab from Petit Trip?

Nathalie offers an alternative way to explore Montpellier with Petit Trip, an eco-friendly transport service that uses an electric tricycle to carry passengers around the city along different sightseeing routes! 45-minute tours for 2 adults and 1 child.

<https://petit-trip.fr>

VÉLOMAGG A BIKE SHARING SERVICE

Vélomagg lets its users hire a bicycle, 24/7, for up to 24 hours in a row.

57 stations are scattered through the city. 24-hour maximum hire period.

CYCLING...

There are already over 180 kilometres of cycle paths in Montpellier. And don't forget about the many routes that cyclists can take to reach the sea or set off to explore the area's Mediterranean scenery. The choice is yours!

MONTPELLIER TOURIST TRAIN

Let yourself be carried around the historic centre known as the Ecusson. The name (which means "coat of arms") comes from the district's shape like a heraldic shield. Following the ultimate tourist itinerary, hop aboard the tourist train to discover a rich, lively city centre. An audio guide provides the commentary in 10 languages.





DOMAINE DE BIAR LAVERUNE



The Domaine has 50 hectares of organically farmed meadows, a garden where the chef grows vegetables and herbs, a chicken coop where a few families of hens cohabitate with two small goats, a gorgeous orchard at the edge of the fields and beehives where honey is collected and then enjoyed on the property. The deep water table is tapped, filtered and tested before it is bottled to supply the château with drinking water.

<https://domainedebiar.com/biar/en>

REFLET D'OBIONE

Rue Jean-Jacques Rousseau

Seasonal products are carefully selected from local farmers who employ integrated or organic agricultural techniques. Out of concern for the future of our planet and the well-being of all its citizens, the restaurant aims to serve food that is as creative and delectable as it is environmentally conscious and responsible. The chef can create vegan, vegetarian and gluten-free dishes at customers' request and has been rewarded by a Michelin Green Star for sustainable gastronomy.

www.reflet-obione.com/en

DOMAINE DE L'OULIVIE COMBAILLAUX

A family history paved the way for this endeavour. A biodiversity assessment conducted by Les Ecologistes de l'Euzière forms the basis for the farm's shift to agroecology. Over the years, a permaculture vegetable garden, horses, a chicken coop and a beehive have been set up in the shade of the olive trees. The spirit of the place, its family values and its drive have attracted leading figures and new friendships. All the team's talents are put to good use here. Mylène, a sales assistant and artist, creates the property's visuals. Karim, an engineer and DIYer, made the models of the mill and confectionery. Four team members are trained as gourmet guides in Occitania. Chefs and artists contribute to designing new recipes and labels. Domaine de l'Oulivie truly has its own little ecosystem. Agricultural practices here are implemented with care.

<https://oulivie.com>

PHLOEME

16 rue de la Monnaie

Phloème is an eco-responsible concept store located in the centre of Montpellier, just a short walk from Place de la Comédie. The shop sells a carefully curated selection of engaged, ethical and primarily vegan brands of cosmetics, food and accessories in a beautiful 110 m² space divided between two storeys.

<https://phloeme.eco>

LES DEMOISELLES DE MONTPELLIER

A friendly tea room that caters to people with allergies and food intolerances, to those who have opted for a vegan diet, as well as to anyone who loves fresh, healthy products, plus foodies and people who are simply curious about these diets. The products served at Les Demoiselles de Montpellier are made from scratch by the pastry chef and are all gluten-free (made with certified GF flour) and dairy-free. In addition, most of the items contain no eggs and so are suitable for vegans. And 70% of the ingredients used are organic.

www.lesdemoisellesdemontpellier.fr



COAVENTURE



Mathilde and Alexis help tourism companies that have embarked on an eco-responsible adventure. Out of its commitment to responsible, sustainable tourism, the Tourist Office has established a

partnership with CoAdventure, a platform that specialises in eco-responsible activities for small groups. CoAdventure assists us with our referencing of tourism and leisure professionals that have adopted an eco-friendly approach, including wineries and providers of outdoor, sporting, cultural, water-based and other activities. Enjoy unique experiences that preserve the environment!

www.coaventure.fr

DOMAINE DE L'ARBOUSIER



After shifting from integrated agriculture to organic farming in 2010, the wine made on the property has been certified organic since 2013. Respect for nature is a priority here. That organic certification provides recognition for the cultivation practices that the vineyard is proud to employ. Spur pruning and a choice of high quality clones limits the yields to around 35 hectolitres per hectare. Substantial ploughing prevents the need for chemical weed control.

Treehouses are hidden away on this property full of character, encircled by strawberry trees and umbrella pines, with views of Pic St-Loup and the Mediterranean surrounded by grapevines.

Animals – horses, cows and goats – live here all year round, clearing unwanted vegetation and contributing to the vineyard's upkeep.

www.domaine-arbousier.fr

DOMAINE D'ANGLAS



Camping du Domaine d'Anglas is committed to preserving the environment, as witnessed by its EU Ecolabel, and encourages sustainable production and consumption. It is a charming campsite, located on a listed, protect site, the Hérault Gorges, surrounded by 115 hectares of unspoilt nature! This campsite is a haven of peace that fits perfectly into its amazing landscape, where an organic vineyard, rivers, forests and scrubland invite you to take a break and immerse yourself in the sensory worlds of wine and nature. Agropastoralism is practised here, with a flock of sheep grazing amongst the vines.

<http://www.campinganglas.com/en>

LE COMPTOIR ALARYK HALLES DU LEZ



In the heart of Languedoc, between the Black Mountains and the Mediterranean, La Brasserie Alaryk offers a range of 100% organic, local and responsible beers.

Alaryk's brews are inspired by the Languedoc wine region's terroir and, beyond that, the excellence for which France is known.

Like good wine, Alaryk beer is presented in elegant bottles that promise a delicious experience. The brewery also makes gluten-free and non-alcoholic beer.

And all its products are certified organic, with no additives or preservatives.

They are top-fermented, with no added CO₂.

Alaryk Blanche just won an award in the 'Wheat Beer' category at the Challenge Millésime BIO 2023. With more than 70 medals brought home in just six years, La Brasserie Alaryk continues to reap more than its share of rewards!

DESTINATION VINEYARDS



Languedoc wines, Grés de Montpellier, wineries, wine tasting courses, wine bars, wine shops, excursions through the grapevines, regional products, and more: Let your palate discover Montpellier Méditerranée!

Under the banner of good cheer, Montpellier is a wine destination that invites travellers, families and the “epicurious” on a casual getaway, where they can meet winemakers who are committed to sustainable, quality viticulture, and where they can discover a unique cultural heritage that revolves around knowledge of wine.

MONTPELLIER, THE CAPITAL OF WINE

With 200 winemakers operating on nearly 3,000 hectares of land, our wine region is the gateway to Montpellier, evidence of the close ties between city and countryside. Montpellier's metropolitan area is the second largest agronomic research hub on the planet. This covers more than half of world's vitivinicultural research and includes a vine and wine research cluster that is unmatched in Europe (with 250 researchers and engineers working on oenology, viticulture and the socio-economics of wine).

The Domaine du Vassal collection at the INRA (National Institute for Agricultural Research) in Montpellier is the biggest in the world for *Vitis vinifera* L., the species of grapevines grown in Europe. It is also a one-of-a-kind conservatory with 3,000 varieties of grapes.

SPOTLIGHT ON... A BIT OF HISTORY

The history of wine in our region has been triumphant at times, like after the Great French Wine Blight, and dramatic at others, like during the Winegrowers' Revolt of 1907, and has close ties to men who, although separate from the world of wine, left a strong imprint on it: Arnaud de Villeneuve, Rabelais and his “holy bottle”, Jacques Cœur, Edouard Adam who improved the design of stills in the 17th century, and Jules-Emile Planchon who discovered phylloxera on 15 July 1868, etc.

Square Planchon, across from Saint-Roch Station, has a bust overlooking the entrance to the square, depicting the famed local botanist Planchon who, along with his team, fortuitously saved France from the phylloxera blight.

Other iconic places also make reference to wine, like the Faculty of Medicine with its portrait of a well-known chemist, Jean-Antoine Chaptal, the graduate of the University of Montpellier who gave his name to chaptalisation, a process of adding sugar to increase the alcohol content of wine.

WINE TOURISM

At the heart of France's biggest wine region, Montpellier Méditerranée Métropole offers getaways amidst the grapevines, local wine tastings at extraordinary wineries like Domaine de Verchant and the various châteaux, like Montpellier Folies such as Château de Flaugergues and Domaine de l'Engarran. From the Pic Saint-Loup and Grés de Montpellier appellations by way of the Languedoc AOC, Montpellier the capital of wine has five PGIs and five PDOs, more than 200 winegrowers and 3,000 hectares of vineyards... enough to delight any taste bud!

Each winery has its own special activities. For example, you can go cycling through the vines at Domaine de l'Arbousier, take a wine walk with the Compagnons de Maguelone on the Villeneuve-lès-Maguelone peninsula, participate in a yoga and wine class or blending workshop, walk in the shows of a winemaker for half a day at Domaine de l'Engarran, visit an 18th century country house and a Montpellier Folie with a listed park and gardens at Château de Flaugergues, witness luxury in its purest state at Domaine de Verchant with its wine cellar that contains more than 1,600 wines, do a blind tasting at Château de Fourques or enjoy a winemaker's meal. Not to mention excursions into the grapevines, a great way to explore our region and its amazing wineries. A little farther away, you can discover the vineyards of the Pic Saint-Loup and Terrasses de Larzac regions that helped build the Hérault's reputation and that offer other appealing activities.

AND NOWADAYS?

The Montpellier metropolitan area earned the Vignobles & Découvertes (Wineries & Discoveries) label on 14 March 2022. This was a first for Montpellier, confirming its commitment to the development of wine tourism and the promotion of its unique wine cultural heritage.



WINE EVENTS

May: Culinary walks in the Grés de Montpellier region

July & August: O'Millésimes at Domaine d'O

July & August: Estivales night markets in many of the area's municipalities

October: Les Rencontres Vignerones (vineyard open days)

November: Fabulous weekends this month and all year round, with festive and gourmet events at wineries and Folies

December: Noël en Grés de Montpellier



WINE TOURS

Download our wine tourism map



WINE TOURISM

See all our region's wine tourism options and providers

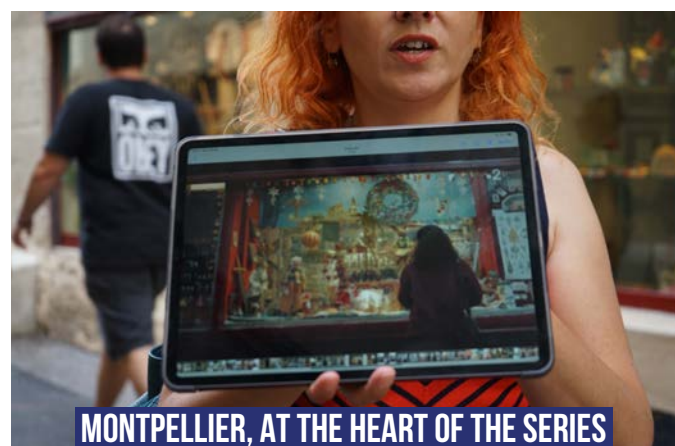




Discover Montpellier Méditerranée by visiting the filming locations of the series *Chronicles of the Sun* (Un Si Grand Soleil). You will be taken to the neighbourhoods where scenes were shot from the flagship series that airs on France 2 from Monday to Friday and that takes place in the Montpellier region. The series shines a spotlight on Montpellier, with nearly 4 million fans tuning in weekday nights to watch the adventures of their favourite characters and, in passing, discovering some of the gems of our destination: our charming streets and squares, the immense Port Marianne, the freshness of the nearby Mediterranean, our sustainable tram network, etc. As you walk through the city, you will learn about its history as you visit some of the series' most iconic locations.

A collection of merchandise from the series is available for purchase exclusively at the Tourist Office's gift shop.

Two guided tours are given on a regular basis: "Montpellier, at the Heart of the Series" and "Filming Secrets in Contemporary Neighbourhoods".



A little farther afield, in Saint-Laurent-d'Aigouze, the TF1 series *Ici Tout Commence* is filmed in a château, *Tomorrow is Ours* is shot in Sète, and of course *In Tandem*, which prominently features tourism in our beautiful region.

GATHERING PLACES IN MONTPELLIER



Montpellier
Méditerranée
Tourisme & Congrès

MARCHÉ DU LEZ / HALLES DU LEZ A MUST-SEE VENUE!



With its four different spaces – the Marché du Lez marketplace, a food court, the corner shops of Les Halles du Lez and a rooftop area – this is Montpellier's latest trendy location.

The concept: A creative hot spot with shops, second-hand goods, a farmers' market, restaurants, food trucks, startups, entertainment, events and exhibitions, all located on old industrial and agricultural premises.

The new place to be in Montpellier!

www.marchedulez.com

HALLES PLAZA, THE NEW ADDITION TO THE GRISETTES DISTRICT



A lively social hub revolving around healthy, responsible food, the covered market of Halles Plaza celebrates all the flavours of the region, making it a great place to get a taste for quality products. Its authentic approach, fuelled by passionate artisans, comes to life in the spirit of a modern-day French food hall. Halles Plaza is the new temple to eating well, where customers can fill their baskets with the freshest goods.

www.hallesplaza.fr

HALLE TROPISME: ART AND CULTURE TRY IT FOR YOURSELF!

Halle Tropisme is a 10,000 m² village inhabited by more than 200 creative types, a village that welcomes professionals, families, inquisitive minds, students, neighbours and more, each and every day.

Tropisme has an artistic and cultural programme for everyone, joyfully mixing music with culinary experiments, contemporary art with clubbing, scholarly debates with after work drinks, and the list goes on.

Be sure not to miss the Tuesday night market!

www.tropisme.coop



COWORKING SPACES IN MONTPELLIER



If you need to work for a few hours while you're in Montpellier, several coworking spaces are at your disposal.

COME'N'WORK MONTPELLIER



31 rue de l'Aiguillerie

Between day passes, assigned desks, open seating areas, private offices and meeting rooms, everything here is designed to ensure that this community of professionals from wildly different sectors have a friendly, cosy and convenient place to work.

Various events are organised throughout the year, like breakfasts, happy hours, and so on.

www.comenwork.com

LA TRIBU



A CREATIVE COWORKING SPACE

42 rue de l'Aiguillerie

In the heart of Montpellier, right near Musée Fabre, is a shared workspace that emphasises creativity. La Tribu is a friendly and extremely flexible coworking space that aligns with the needs of mobile workers. It includes a coffee shop that serves a selection of free drinks and snacks. Every Thursday, Friday and Saturday, La Tribu is transformed into a comedy club.

You can come and work by the hour, the half day or the day. Weekly and monthly memberships are also available.

www.latribu-coworking.com

LE PAON



AN ORIGINAL WORKSPACE

4 rue Maguelone

Located in the city centre between Saint-Roch Station and Place de la Comédie, this gorgeous Haussmann-style flat boasts three chic, comfortable rooms. One has a video conferencing system, another is a shared workspace, and the last is a private office.

<https://www.lepaon-coworking.com>

DOTANK



AN UNUSUAL WORKSPACE JUST STEPS FROM THE CENTRAL TRAIN STATION

2 rue du Pavillon

Immerse yourself in the industrial atmosphere of DoTank, just a short walk from the train station. 110 m² of configurable space, including a shared workspace, meeting rooms for up to 8 people and an area for pop-up shops.

<https://dotank-coworking.fr>

THE BABEL COMMUNITY

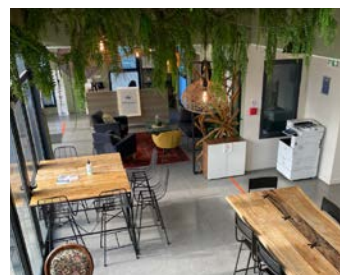


954 av Jean Mermoz

A place where you can live, work, exercise, party and above all meet new people. Everything here has been planned so you can flourish, from turnkey shared or private flats to flexible shared workspaces. There are also plenty of friendly, shared

spaces, including a restaurant, a gym, a cinema, a break room and more. Events are also organised here.

www.thebabelcommunity.com/montpellier/en



BUREAUX & CO

Six coworking and office locations in Montpellier featuring restaurants, offices, shared workspaces, meeting rooms, gyms, child minding, concierge services and the option to use the location as a business address. Stylish places to work with complete peace of mind.

<https://www.bureauxandco.fr/montpellier>



TIME FOR TASTY TREATS

In the city centre or in the neighbourhoods of Montpellier, each area has its own market with southern regional products. Stroll through the stalls at the four covered markets in the heart of town, at daily outdoor markets and at an essential spot for tasting local food:

the Arceaux organic market, under the aqueduct just below Place Royale du Peyrou. Every Tuesday and Saturday morning, regulars gather around stalls selling local products!



METROPOLITAN FOOD FESTIVALS



TOURIST OFFICE GIFT SHOP

TRUFFLE FESTIVAL

Saint-Geniès-des-Mourgues
JANUARY

TOMATO FESTIVAL

Clapiers
SEPTEMBER

OLIVE FESTIVAL

Pignan
OCTOBER

LES RENCONTRES VIGNERONNES

Montpellier
NOVEMBER

ESTIVALES

Estivales night markets in the area's towns showcase local products
JULY & AUGUST





OUR LOCAL TASTY TREATS

OLIVES FROM DOMAINE DE L'OULIVIE

A multigenerational family legacy has unfolded on this 30-hectare property with around 10,000 olive trees. The family, who are very attached to the values of the land, have embarked on the adventure of organic agriculture: pesticide-free farming that preserves nature! Horses graze in the olive groves, controlling the vegetation and providing manure for fertiliser. Over the years, the children have updated the farm's cultivation practices, for example by switching from integrated to organic agriculture. A permaculture vegetable garden and another for medicinal plants and herbs have been planted in the shade of the olive trees. **Be sure to try their tapenades, olive purées and oils.**

<https://oulivie.com>



VINEGAR FROM VINAIGRERIE MONTPELLIERAINE

Nicolas Robinson is a former rugby player turned vinegar maker. Since 2017, **Vinaigrierie Montpelliéraine** has been patiently crafting organic wine vinegar by means of a sustainable, responsible agricultural process. The goal is to restore the nobility of this age-old product that enjoys a longstanding tradition in Languedoc.

ORGANIC SELECTION PROCESS

Vinaigrierie Montpelliéraine selects wines and blends grape varieties sourced from organic winemakers in the Hérault, in order to naturally produce its vinegar and distribute it along short supply chains. The business is designed to be completely eco-responsible.

<http://vinaigrierie-montpellieraine.fr>



LIQUORICE FROM AUZIER CHABERNAC

Auzier Chabernac was founded by Léon Auzier in 1923 and is now run by Magali Auzier. All its sweets are made in accordance with recipes from days gone by, that have been jealously guarded by three generations of confectioners. They have been awarded Ecocert certification and have been named a "Living Heritage Company", recognition that is bestowed on French companies for their outstanding craft know-how. **Their flagship products are their vanilla fudge with conventional or organic liquorice and their liquorice sweets with honey.**

www.auzier-chabernac.com



ZEZETTES DE SETE FROM LA BELLE EPOQUE

Another wonderful family affair!

Gaston Bentata has been making biscuits since 1978. He is devoted to tradition and to sharing **the little biscuits he bakes from old family recipes, that have been savoured through La Belle Epoque for decades now.** Since its creation, La Belle Epoque has regularly been honoured at the Hérault Gourmand competition, especially in 2012, when the Zézette de Sète® took home the Trophy in recognition of its inimitable taste. From zézettes to kémias (savory products), a multitude of delectable treats await you at La Belle Epoque.

www.belleepoque.fr



CLAPAS CHOCOLATES FROM AMANDEOUS

Clapas is a speciality of Montpellier, crunchy, melt-in-your mouth chocolate pralines filled with crisped rice and a turrón nougat cream. Available in milk, dark or white chocolate, they are decorated with Montpellier's famous Three Graces.

www.amandeous.fr

ESCALETTES FROM LES ESCALETES

An ancient treat updated to suit today's tastes, escalettes are "the waffles of Languedoc". They are delicious, delicately flavoured biscuits with an unusual, well-crafted look that are baked in cast iron moulds. **A culinary speciality of Montpellier, escalettes** are the traditional dry waffles of the Midi region. An authentic and original biscuit from yesteryear for you to try and try again!

<https://lesescalettes.fr>



HERBAL TEA FROM INFUSE

Géraldine and Nathalie are pharmacists who went to university together and then founded their own pharmacy. After spending years in their dispensary, they felt a need for a challenge and so they decided to go into the world of herbs. That was the birth of Infuse, **a herbal tea bar and herb shop!** Both women are passionate about plants and so made the choice to work with local organic producers. They will be happy to give you tips on preparing infusions that you can enjoy on site or take away with you. After talking with you, they will create a blend just for you, based on your preferences, your needs and any conditions you may have.

Added bonus: Special events are led by practitioners in the upstairs area. Downstairs, you can enjoy treats made from scratch all day long.

<https://infusemontpellier.fr/therapeutes-animation>





MONTPELLIER, AN OPEN-AIR MUSEUM

Montpellier has bicycles embedded in walls, a gaggle of hearts taking flight up a wall, rocks replaced by giant critters, illuminated rubbish bins, and more. Here, you can find permanent or ephemeral, abstract or figurative art on any street corner, some of it sanctioned, some of it not.

QUAI DU VERDANSON, DEDICATED TO GRAFFITI

One of the most off-the-wall spots in Montpellier is like an outdoor graffiti museum. If you're curious, take the time to park your car and wind your way down to the serpentine channel to discover the treasures hidden there. Like a real living museum, the walls of the canal are completely covered with graffiti, tags and other extraordinary frescoes. This is a place of perpetual creation, with new artwork regularly covering up the old. Street artists practice here, where their creative talent can be unveiled to all!

RONDELET DISTRICT

Near the post office, oversized artwork by Mist and Zest dominates the scenery. Mist treats passers-by to a creative explosion in which paint drips meld with letters. And just a few steps away, Zest employs geometric shapes to suggest a mysterious female figure.

Montpellier is one of a handful of cities in France where all the latest trends in street art appear around every corner. Whether it's old or new, amateur or professional, street art is spreading in Montpellier.

ECUSSON DISTRICT

The Ecusson district is a favourite playground for street artists in Montpellier. There's something for every taste: frescoes, stencils, graffiti, collages, trompe-l'oeil, and more. Street art culture is everywhere here, on the ground, on the walls and hanging in the air. Look up and let your footsteps be guided by a bicycle embedded in a wall by Monsieur BMX, the mocking appearance of a mosaic space invader, and the trompe-l'oeil images at Saint-Roch or on Place Edouard Adam...

MEDITERRANEE NEIGHBOURHOOD

The Méditerranée neighbourhood abounds with frescoes, stencils and graffiti painted by Montpellier's street artists. Moke, Ose, Sunra, Arkane and Nubian are just some of the artists who have left their mark here, to the great delight of anyone walking by.

AROUND MONTPELLIER THERE'S MORE TO SEE!

Street art can never be confined one place, never mind a city. And for good reason: graffiti artists are constantly on the lookout for new "canvases". For example, for the inauguration of Languedoc's new motorway in Lattes, artists were given the chance to occupy the columns holding up the motorway overpass at Avenue Georges Frêche. That work is still visible today.

In **Pérols**, the town council has also allowed artists to express themselves on a wall dubbed "Le M.U.R.", resulting in an immense fresco that can be seen from the motorway to the beaches.

Juvignac hosts 34°, a festival featuring an art walk through town with five frescoes by five artists.

Since **Baillargues** put on a group show entitled L'Art du Graffiti with work by three local artists, Zest, Smole and Gum, the town has continued to support street art.

As a mediaeval town, Baillargues is very attached to its heritage, so the town called on painter Claire Aton to beautify its centre based on the themes of Baillargues during the Revolution, a fresco dedicated to olive-growing traditions and a large-scale fresco of the Napoleonic era.

Saint-Jean-de-Védas plans to create an urban art walk through its streets and its neighbourhoods, in the form of frescoes painted on walls.

In **Fabrègues**, in the Gardiole mountain range, Cit'Art has created a hiking trail that passes by the cisterns that were taken over by street artists chosen by the association Line Up (Eackone, Honk, Maye, Momies, Vania and Zest) and by Reda from Collectif FU.

A WALL OF THE TOURIST OFFICE!

The Montpellier Tourist Office has provided a wall in its garden that street artists can use for self-expression.

It's currently the turn of Enaert, a local street artist who painted a piece for us that will remain in place until summer 2023.

THEY'VE GOT STREET ART UNDER THEIR SKIN! LINE UP

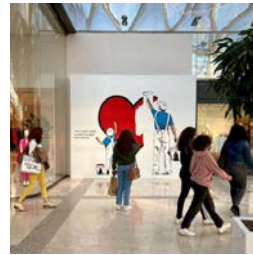
Active on the urban and contemporary art scene since 2015, Line Up is committed to helping make ideas a reality. They help beautify sites, for example by refurbishing urban furniture. The association's artistic support project also includes inviting artists to participate in occasional residencies.

SPOTLIGHT ON OUR STREET ARTISTS



SALAMECH

Born in Montpellier in 1985. Weaned on urban cultures and fuelled by intensive graffiti work, Salamech creates a universe that comes to life with the energy of the city. As a street specialist, he has an attentive yet offbeat perspective on his environment.



SUNRA

The most poetic of street artists, Sunra has flooded the city with hearts. He draws inspiration from artists like Banksy, a pioneer in the world of street art, Basquiat and his colourful, naive and highly expressive world, and Picasso for his modern brushstrokes.



ZEST AKA FRANCK NOTO

This native of Montpellier is firmly oriented towards abstract painting, although he never loses sight of the early days of graffiti and the figurative outbursts that watched him grow up. Zest puts colours together as if they were words and gracefully conveys a visual language that is structured, nuanced and intentionally sparkling.



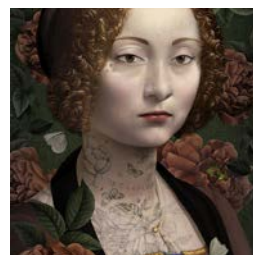
MONSIEUR BMX

Monsieur BMX collects and restores old bicycles every day before attaching them all over the streets of Montpellier. Be sure to look up as you're walking around!



OUPS

Around Montpellier, everyone has seen his painted rocks. Over the past decade or so, Oups has been painting rocks that he calls "Cox" (from the French coccinelles, or ladybirds). The artist is a painter and a sculptor and occasionally collaborates with other creatives, like Sunra, to produce collages that express notions such as love, sharing, respect for the environment and music. Although Montpellier is where Oups is most active, his Cox form a sort of treasure hunt all across France.



VOGLIO BENE

Bénédicte Piccollillo's new brand is a decorative one inspired by street art. It is an attractive mix of her work as a street artist and her research into art history. She has a predilection for a sort of revisited Renaissance style. These days, Bénédicte Piccollillo's creations are winning fans in France and abroad (in Italy, Germany, Switzerland, United Kingdom, Australia, New Caledonia and more).
www.vogliobeneart.com

KEEP THE ADVENTURE DIGITALLY ALIVE ON OUR SOCIAL MEDIA!



Stay up to date with the latest news: every day, we post our suggestions for the best places to visit and fantastic outings.

And you can share your favourite pictures
and anecdotes with us!



Montpellier Méditerranée Tourisme

Our selection of the best sights to see

Vivez Montpellier Méditerranée

All the latest activities and goings-on



@MplTourisme



@montpelliernow

The most Instagrammable spots

@vivez_montpellier

Our partners' locations



Office de Tourisme de Montpellier



@montpelliertourisme



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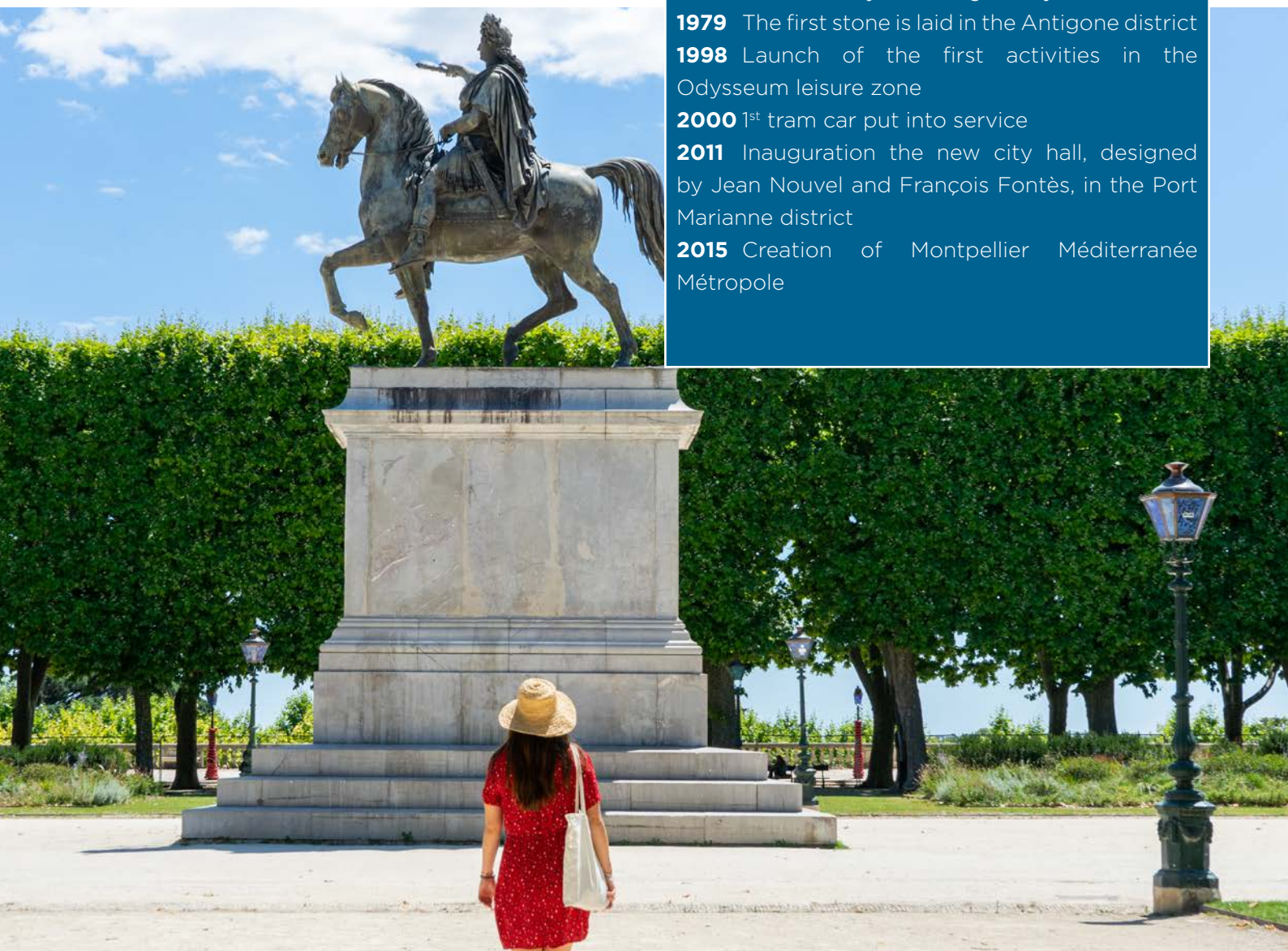
A PLACE OF ART & HISTORY

MEDIAEVAL MONTPELLIER

Mediaeval Montpellier was a crossroads of cultures, knowledge and goods. With the increasing popularity of pilgrimages, the city became a major stop along the Camin Roumieu, one of the four routes of the Camino de Santiago (the southern route). Pilgrims would find room and board there, the protection of Notre-Dame des Tables, and the possibility of exchanging money and obtaining medical treatment. The remnants of this prosperous era can be found on the façades and in the courtyards of the old “hostals”, like Gayon’s bedchamber at the Ostal des Carcassonne, a home built in the 13th to 14th centuries that contained a bedchamber in which paintings recounted the life of Saint Eustace, the patron saint of drapers.

KEY DATES

- 985** The Count of Melgueil gifts Mons Pestellarium to Count Bernard of Melgueil, marking the birth of Montpellier
- 1196** Construction of a wall known as the Commune Clôture, a fortification that quadrupled the size of the city
- 1220** Foundation of the Faculty of Medicine
- 1593** Creation of the Jardin des Plantes, France’s oldest botanical garden, by Pierre Richer de Belleval
- 1753** Construction of the first royal square called Promenade du Peyrou, designed by Etienne Giral
- 1799** The first stone is laid in the Antigone district
- 1998** Launch of the first activities in the Odysseum leisure zone
- 2000** 1st tram car put into service
- 2011** Inauguration the new city hall, designed by Jean Nouvel and François Fontès, in the Port Marianne district
- 2015** Creation of Montpellier Méditerranée Métropole



MUST-SEE SPOTS IN MONTPELLIER

VIDEO

Secrets of
the Mikvé



A PRESERVED GEM: The MIKVE

Montpellier's mediaeval mikveh, a 13th century ritual bath designed for the Jewish rite of purification, is evidence of the size of the Jewish community, that played a major role in the development and influence of Montpellier. Montpellier has one of Europe's most beautiful mikvehs that is still in excellent condition today. The mikveh is fed by a continuously renewed groundwater source. The water comes out through an aperture,

symbolising its passage. You enter by going down 15 ritual stairs leading to the undressing room, with the bath itself visible below through the gemelled window. It was discovered by chance under the floor of a basement in a private home in 1985.

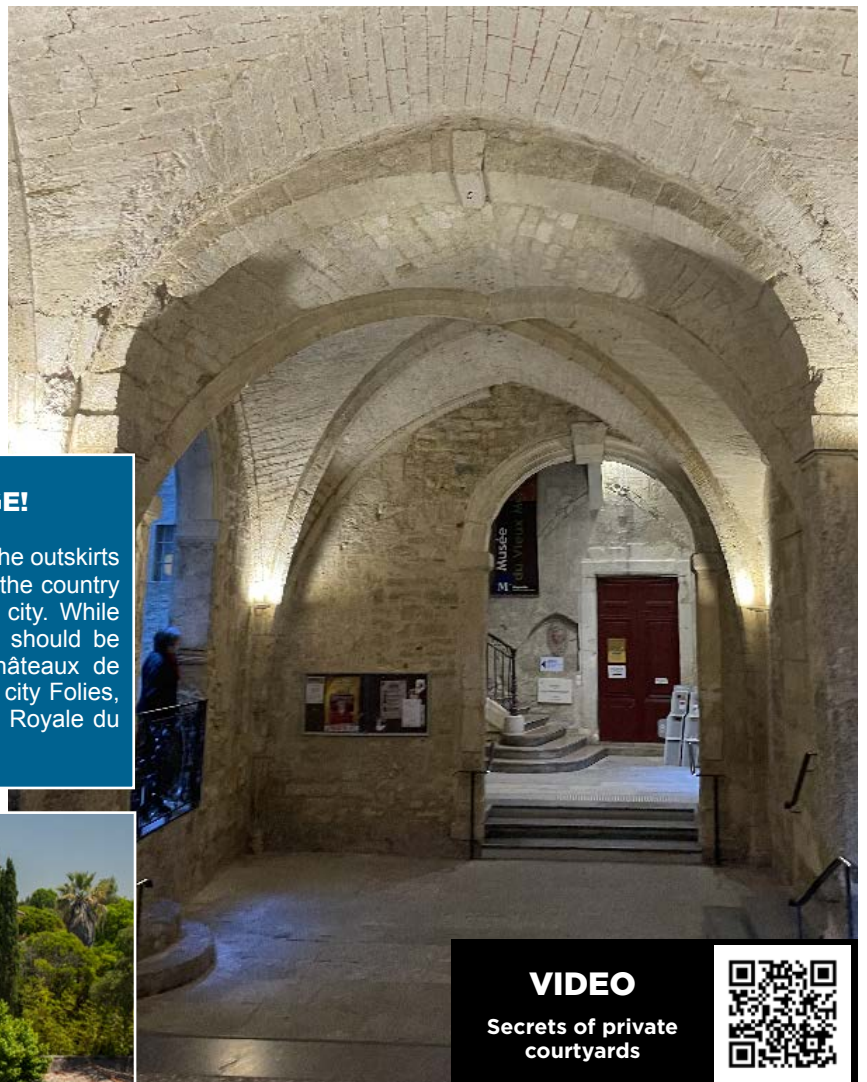
It can only be visited on an "Essential Montpellier – Historic Centre" tour or on special open days!

PRIVATE COURTYARDS

Montpellier has nearly 80 private manors built during the classical era, hiding behind massive gates and featuring wide, well-lit courtyards and staircases with wrought iron railings. Those private courtyards are real hidden gems that can only be visited today on a guided tour led by the Tourist Office. But still, keep your eyes peeled! Because you never know when you'll come across one of these gates opening or closing and be able to sneak a quick peek inside. A simple stroll around town can suddenly take an unexpected turn...

MONTPELLIER FOLIES... WITH FOLIAGE!

These "houses amidst foliage" first appeared on the outskirts of Montpellier during the 18th century, becoming the country counterparts to notables' private manors in the city. While all of them boast superb gardens, a difference should be made between the country Folies, like the Châteaux de Flaugergues, la Mogère and l'Engarran, and the city Folies, such as Hôtel Haguenot along the side of Place Royale du Peyrou.

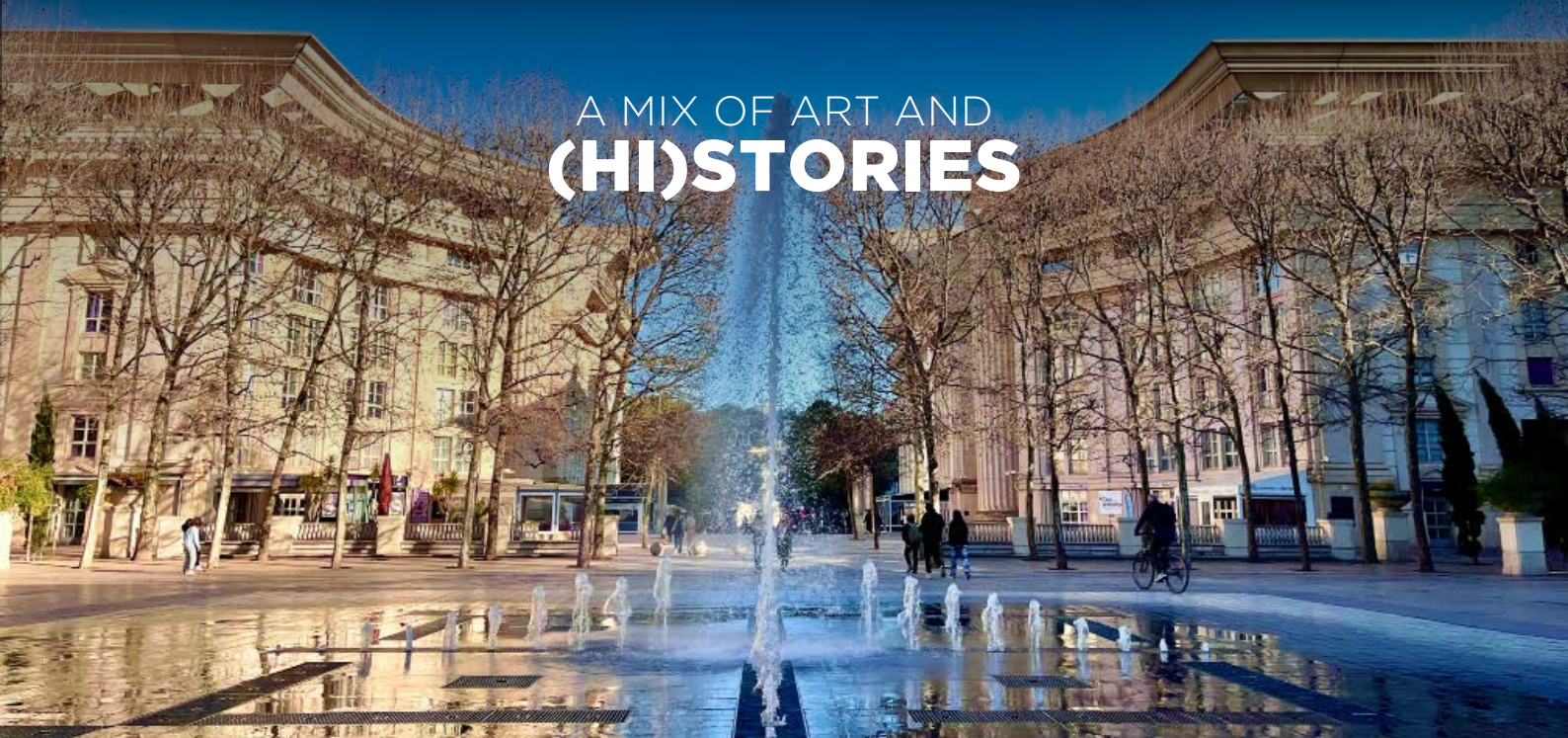


VIDEO

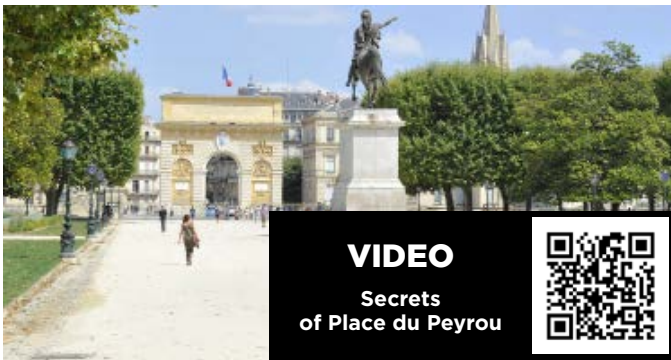
Secrets of private
courtyards



A MIX OF ART AND (H)STORIES



PLACE ROYALE DU PEYROU



Thanks to its location and the amazing views that it offers, Place du Peyrou is an iconic place in Montpellier. In 1685, King Louis XIV chose Montpellier to receive a statue of himself astride a horse. Building a royal square, the most complete expression of monarchical glory, meant creating a setting that would be worthy of a statue of the sovereign. Work began in 1689 to level and expand the space. It was only 75 years later, in 1766, under the reign of Louis XVI, that the beautification work was able to begin. Once it was completed in 1775, Place Royale du Peyrou was considered to be one of the most stunning squares in the kingdom, for its location and its fantastic views. And the story didn't end there...

SQUARES LARGE AND SMALL



Montpellier cultivates delightful options for strolling, from Place de la Comédie (arguably the biggest sight in town) to Place Royale du Peyrou (a dream for anyone who loves history or wide open spaces), by way of Place de la Canourgue and its view of the rooftop of Montpellier Cathedral. Walk through squares large and small, because they all have a story to tell!

A TRAMWAY NAMED DESIGN



With its four tram lines, 84 stations and 56 kilometres of track, our tram network serves seven municipalities in the metropolitan area. It's the ideal mode of transport for getting from one location to the next whilst exploring the region. Not to mention travelling in style, in veritable rolling works of art created by Garouste and Bonetti (Lines 1 and 2) and Christian Lacroix (Lines 3 and 4).

ANTIGONE, A CONTEMPORARY DISTRICT



Nicely complementing Montpellier's historic centre, Antigone district has a Greco-Roman feel to it, with huge buildings made of white stone, plus cornices, statues and fountains alluding to ancient mythology... And yet, this district only saw the light of day in the late 1980s, under the impetus of Georges Frêche, then Mayor of Montpellier. Another large-scale has been Port Marianne (1992-present). The Port Marianne concept can be divided into five distinct neighbourhoods: Consuls de Mer, Richter, Blaise Pascal, Jardins de la Lironde and Jacques Cœur.

FACULTY OF MEDICINE

VIDEO

Secrets of the Faculty of Medicine



HEALTHCARE: A RICH HISTORY

From its early days, medicine played a dominant role in Montpellier's development, as witnessed by its Faculty of Medicine, the oldest one in the Western world that is still active today. An ancient tradition whose ties to the present and future have only grown.

Although Hippocrates was born in Kos, Montpellier has claimed him as our own, since we have been a cradle of medicine for the last eight centuries. We have also had famous students here, like François Rabelais and Nostradamus, and instructors the likes of Arnaud de Villeneuve and Gui de Chauliac, after whom two of our hospitals are named. Our region has put this historic legacy to use and developed it to become a reference in the field.

FACULTY OF MEDICINE

The Faculty of Medicine came to be in 1220. Over the years, it also served as a Benedictine monastery founded in the 14th century, a bishopric and then a school of health. It is the oldest medical school in the Western world which is still operating today. It celebrated its 800th anniversary in 2020. Its Anatomy Conservatory has nearly 5,600 anatomical pieces and wax models meant to be used for teaching.

The conservatory is currently closed for renovations, as is the Musée Atger art museum.

Montpellier owes its fame as the cradle of medical instruction to its school, the oldest faculty of medicine in the Western world to be continuously in operation since its beginnings. This is such a historical treasure that the city aims to have it included on UNESCO's World Heritage List.

Tours are available exclusively through the Tourist Office.

DID YOU KNOW?

AN ASTONISHING EDICT

Montpellier was only two centuries old when, in 1180, its lord, Guilhem VIII, signed an astonishing edict, stating that anyone, regardless of their origins or religion, had the right to teach medicine in Montpellier. Thus was born the Faculty of Medicine, and with it, the destiny of the city.

ANATOMY CONSERVATORY

Originally designed for anatomical instruction, the conservatory was an incredible educational tool for generations of students before the development of modern techniques for exploring the human body. The collection, which houses nearly 5,600 anatomical pieces and wax models, has been a listed historic monument since 2004.

Tours are available exclusively through the Tourist Office. Under construction through June 2022.



JARDIN DES PLANTES



VIDEO

Secrets of the botanical garden



The Royal Garden of Montpellier was created by edict in 1593, making it the oldest establishment of its kind in France. This botanical garden opened to the public in 1841 and continues to receive large numbers of visitors, including botanists, doctors, pharmacists and students, as well as plant lovers and tourists. The garden has undergone a whole series of improvements ever since the 16th century, namely including a pond (populated by frogs) and a Second Empire landscaped garden.

PHARMACIE & CHAPELLE DE LA MISERICORDE

The historic Miséricorde complex is home to Montpellier's last working apothecary. Since the Sisters of Charity of Saint Vincent de Paul left the site in 2001, this place of remembrance, a listed historic monument, has been managed by the City of Montpellier. The pharmacy is made up of two rooms (an 18th century dispensary and a 19th century one) and contains an extremely rare collection of assorted apothecary and pharmacy jars, pitchers and spouted jars, evidence of centuries of pottery in Montpellier.



LIQUORICE & PERFUME

LIQUORICE AND PERFUME: THEIR STORY BEGINS IN MONTPELLIER

LIQUORICE

In 1923, Montpellier had five confectioners who all made liquorice, gumdrops, marshmallows and panned candy. They were the last remnants of a guild dating back to the Middle Ages, when confectionery was not too different from pharmacy, in a city where Jacques Cœur had introduced products from the East.

This story truly started with Jacques Cœur, a merchant based in Montpellier who made a fortune in the city. At the time, Jacques Cœur had a fleet of ships that traded throughout the Mediterranean Basin. He himself went as far as Sudan, where gum arabic is harvested, an ingredient that forms the base for all liquorice candies. From his travels, he brought liquorice root, which grew along the Mediterranean, and gum arabic from Sudan.

At that point, Montpellier was known for its Faculty of Pharmacy and Medicine, and the spices that Jacques Cœur brought with him were used to prepare medications. In Montpellier, in the days of Rabelais, apothecaries were highly inventive, and students gave out panned candy to celebrate completing their theses. Today, Auzier Chabernac continues this local tradition, with its know-how and its traditional recipes for vanilla fudge, liquorice fudge, liquorice sweets with honey, marshmallows and of course panned candy. **(Find more information about this confectionery under “Time for tasty treats”).**

The medicinal properties of liquorice have been recognised since Antiquity. The Babylonians supposedly used it to cure the plague, and the Romans to help with digestion. Today, the European Commission acknowledges that liquorice is very good for digestion. Wild liquorice began to grow around the edges of Montpellier in the Middle Ages. The city's apothecaries used it as an ingredient in their medicines. As an added bonus, gum arabic has no caloric value.

<http://auzier-chabernac.com>

PERFUME

Although it may have been forgotten, Montpellier was the capital of perfume, long before Grasse. The local scrubland (garrigue) was teeming with fragrances, and spices from around the world transited through Mediterranean trading posts. This allowed spice-selling apothecaries to begin making their own remedies and elixirs.

Arnaud de Villeneuve, a chemist and scholar, developed the process of distilling alcohol and flower water. Then came the era of the University of Medicine and the Jardin des Plantes, the creation of Hungary Water and the famous Theriac of Montpellier. In the 17th century, there were around 100 parfumeurs in Montpellier, and in 18th, local man Jean-Louis Fargeon even became the darling of Marie Antoinette and the royal family.

Some of the city's other most famous parfumeurs included Sébastien Matte La Faveur, who reformulated Hungary Water, also known as Eau de Montpellier, which King Louis XIV and Madame de Sévigné both really enjoyed, and Jean Fargeon, perfumer to Mademoiselle d'Orléans. This history is told by Arthur Dupuy and Caroline Redon Jauffret in their book, **Montpellier: The Time-Honored Capital of French Perfume** (EdiSens).

For some time now, Arthur Dupuy has been filling the Montpellier Tourist Office with the scent of Balsamum. Imagine a drop of incense that summons the yellowed pages of old manuscripts and the cold wax of candles, the smell of beautiful black liquorice mixed with damp wood and the enveloping sweetness of dried fruit. This perfumed composition combines a waft of sweetness with powerful spicy and balsamic notes.

Scents: Incense – Black liquorice – Wood – Spice – Balsamic – Myrrh – Patchouli

<https://arthurdupuy.com>

TIME FOR TRADITION



AN EXPERIENCE WITH MANADE FANGOUSE IS PURE MAGIC!

This manade (bull and horse farm) has some 180 heads of cattle, including around 30 calves.

Each year, the bulls are taken to Courses Camarguaises (see Glossary). The farm, located in the birthplace of the Camargue breed, has some 50 semi-free-ranging horses, a dozen or so brood mares and as many births per year.

They regularly hold Camargue evenings with Romani music and a horse show.

<https://domainedefangouse.fr>

GLOSSARY

Course Camarguaise: A frenzied dance with a bull, in which the razeteur (bullfighter) attempts to pull off ribbons attached between the animal's horns.

Encierro: Bulls are released into a street that is closed off on either end, where they are inflamed and challenged by youths from the villages.

Abrivado: Bulls from the fields are escorted to the arena by riders in a V formation.



TIME FOR FAMILY HOLIDAYS

SEE
all our family
recommen-
dations



In Montpellier, we bend over backwards to make family holidays unforgettable for kids and adults alike... Take the time to enjoy amazing experiences with your family!

PARKS AND PLAYGROUNDS THROUGHOUT THE CITY

Between sightseeing activities, your kids will appreciate stretching their legs at one of the many urban parks and playgrounds specially designed for them.

WILDLIFE PARK FREE



At the Parc Zoologique de Lunaret, you'll find all your favourites: lions, giraffes, zebras, brown bears, birds of every imaginable colour, and more! Free to everyone!

<http://zoo.montpellier.fr>

FANCY A CUDDLY ACTIVITY? L'ATELIER DE LA PELUCHE

What if your child could make their own cuddly toy? L'Atelier de la Peluche promises a moment of magical pleasure with soft toys. The "birth" of a cuddly toy is a truly unique and giggle-inducing experience!

www.paraty-peluche.fr

LOOKING FOR LEISURE ACTIVITIES? MAD MONKEY

Mad Monkey will introduce you to the joys of climbing, in a crazy but completely safe setting.

For guests 4 years and older, the Fun Climb room awaits, with its 24 insane walls, all fitted with an automatic belay system. With its giant punching ball, see-through walls, a speed course, columns like something out of Survivor, Tetris and more, there's something here for everyone!



FAMILY-FRIENDLY TRANSPORT THROUGHOUT THE CITY

Between the tourist train that criss-crosses the historic centre, the open-top mini-bus for an alternative way to see the city, pedicabs for when little legs are tired, and a bike sharing service, getting around as a family is child's play!

PLANETARIUM AND AQUARIUM PLANET OCEAN MONTPELLIER

Planet Ocean Montpellier continuously expands its programme of activities and promises more than 2½ hours of exploring and wonderment for young and old alike. It features more than 400 species, 30,000 sea animals and a giant (1.8 million litre) pool, not to mention all the spectacular cultural and educational activities that are so popular with visitors, like penguin training! A must-try experience for the whole family.

Pass through the aqua-stellar airlock and leave Earth to dive into the vastness of the cosmos! Feel the emptiness of space, admire our globe as you've never seen it before and be hypnotised by the asteroid belt... You'll leave with stars in your eyes, completely astonished by this unique journey into space!

www.planetocceanworld.fr/en



TIME FOR A DOSE OF SPORT



**CYCLING
TRAILS
in the Hérault**



Montpellier Méditerranée is a medley of colours and atmospheres. Thanks to the River Lez, the city's green lung, you can go canoeing, kayaking, hiking or cycling.

Just a few kilometres away, on the Mediterranean coast, you can try out a Polynesian canoe, stand-up paddleboarding, sea kayaking or kitesurfing!

SPORT IN MONTPELLIER WITH WISUD

Wisud organises holidays, day trips and excursions around Montpellier on the themes of nature and exploring the region. They work with quality partners to offer original activities for everyone and every taste: adventure sports, longboarding, rock climbing, hiking, yoga, fishing, wine, and more.

www.wisud.com/en

DID YOU KNOW?

Montpellier has an extremely difficult climbing route. For the route in the Pic Saint-Loup sector, the grade is estimated at 9b+ (5.15c). It is one of the most challenging in France, if not the world. It is located on the Pic Saint-Loup mountain in the Hérault, a short distance from Montpellier. The region's cliffs are heaven for climbers, with more than 700 identified routes.

DID YOU KNOW?

THE TOURIST OFFICE HAS EARNED THE ACCUEIL VÉLO (CYCLISTS WELCOME) LABEL and even has a bike repair station for visitors to use. This label guarantees you a warm welcome and advice specially tailored to you, as cycling enthusiasts.

<https://en.montpellier-tourisme.fr/discover/montpellier-by-bike/accueil-velo-label>

MONTPELLIER, THE SPORT CITY

For many years now, Montpellier has been the only French conurbation other than Paris to be ranked amongst the elite of the main team sports, including football, handball, rugby, volleyball, water polo and ice hockey. As a result, you can watch matches of your favourite sports every weekend here.

CYCLING ACCESS TO THE CITY

THE MEDITERRANEAN CYCLE ROUTE

In France, the EuroVelo 8 (Cadiz-Izmir) connects the Pyrenees to the Alps, from Le Perthus to Menton, along 850 kilometres of cycle paths and small low-traffic roads.

Montpellier is one of the stops along the way, like other historic sites that forged the history of this part of the Mediterranean Basin. In ecotourism mode, come and explore the city's narrow mediaeval streets and fragrant markets with your bicycle! Ready, steady, ride! The Mediterranean Cycle Route will take you from Palavas, along the Lez, to Montpellier.

<https://en.montpellier-tourisme.fr/discover/montpellier-by-bike/the-mediterranean-cycle-route>

CAMINO ROUTES

The Camino de Santiago connects the Mediterranean to the Atlantic. The Arles Route, also known as Via Tolosana, links Arles to Puente la Reina in Spain, where it meets up with the French Way after just shy of 1,000 kilometres. This southern route runs through Montpellier, Castres, Toulouse, Auch, Oloron-Sainte-Marie and Jaca.

<https://www.cdrp64.com/sentiers-et-topoguides/les-gr/les-grandes-voies-jacquaires>

VIARHONA

This cycle route follows the Rhône along 815 kilometres, connecting the shores of Lake Geneva in Switzerland to the beaches of the Mediterranean. This lengthy journey alternates between secure greenways and shared paths, where you can admire incredible scenery, from the Alps to the Camargue, riding through the Côtes du Rhône and Provence wine regions. ViaRhôna passes close to Montpellier, between Aigues-Mortes, La Grande-Motte, Palavas and Sète, by way of Villeneuve-lès-Maguelone.

en.viarhona.com



TIME FOR A DOSE OF NATURE

**OUR
SELECTION
of nature
outings**



EXPERIENCE NATURE FROM THE WATER WITH LOCABOAT

Departing from Lattes aboard an electric houseboat, you will enter the wilderness of the Camargue. Be sure to take in the breathtaking scenery, but also leave yourself the option of spending a day at the beach if you get the urge, or head to Villeneuve-lès-Maguelone and its cathedral for a cultural tour of magnificent heritage surrounded by grapevines right by the beach.

www.locaboat.com/en



A WALK IN THE SHADOW OF THE CASTRIES AQUEDUCT



On foot or by mountain bike, this is the ideal setting for getting some exercise while admiring the site's heritage. The Castries Aqueduct winds through the garrigue and offers beautiful walks in the hinterland. It was built by Pierre-Paul Riquet in 1676, right after the Canal du Midi, and stands 6,822 metres tall.

<https://en.montpellier-tourisme.fr/discover/montpellier-at-the-heart-of-nature/walking-hiking/a-walk-in-the-shadow-of-the-castries-aqueduct>

MEJEAN NATURE RESERVE



Want to watch some white storks just outside Montpellier? No problem! Maison de la Nature in Lattes was built between lagoons and a salt marsh, at the edge of the Méjean lagoon. Waymarked trails guide visitors through this remarkable area, including a 2.5 kilometre loop that is wheelchair accessible. The nature reserve has been protected since 1985, thanks to the Conservatoire du Littoral and the site's manager, the Town of Lattes. It is home to a variety of amazing flora and fauna, such as pink flamingos, black-winged stilts, European pond turtles, summer snowflakes, bunch-flowered daffodils, and especially the white storks that are traditionally associated with Alsace.

www.ville-lattes.fr/maison-de-la-nature

GLIDING ON THE LEZ OR THE LAGOONS



Outings on a stand-up paddleboard or in a Polynesian canoe or sea kayak, in the early morning or at sunset, are a magical way to discover the environment and its flora and fauna, surrounded by unspoilt nature between the sea and the city.

TIME FOR BUSINESS EVENTS

Montpellier The Place to Business



MONTPELLIER, A BUSINESS DESTINATION

An extraordinary southern city brimming with character, Montpellier Méditerranée Métropole has established itself as one of Europe's top cities for business travel. Ours is a unique destination for event planners, with its blend of modernity and lifestyle. A city of medicine that is at the cutting edge of research and digital technology, Montpellier has facilities capable of hosting large-scale national and international events, as well as any business meetings aiming for excellence. An unforgettable trip is guaranteed.

EASY ACCESS

Montpellier is a real gateway to Southern Europe, half-way between Provence and Catalonia, in a strategic location in the middle of the Mediterranean arc, thanks to its two high-speed train stations, Montpellier Sud de France and Montpellier Saint-Roch in the city centre, its international airport just 10 minutes from the centre of town, and its motorways (the A9 to Lyon, Montpellier Saint Roch, Toulouse, Spain and Italy, and the A75 to Paris).

The city also has one of France's biggest pedestrian zones, four tram lines, 36 bus lines and 160 kilometres of cycle lanes.

A MIX OF WORK AND RELAXATION

Montpellier is a sunny city between land and sea, with plentiful ideas for incentives and team-building. Between cultural activities, winery tours, traditional Camargue entertainment, electric bike rides to the sea, and sporting challenges, there's something for everyone! As for the city's hotels, a wide selection is available, from budget accommodation to boutique hotels. Lastly, our Mediterranean cuisine and the region's great wines are sure to awaken visitors' taste buds.

MONTPELLIER CONVENTION BUREAU

Want to organise unique events that will surprise your staff? Our Convention Bureau and its energetic team respond to invitations to tender for business events and conventions, and provide free advice and support to event planners to make every gathering an unforgettable one.

www.bureaudecongres-montpellier.com

A CLOSER LOOK AT...

ECONOMIC RANKINGS: MONTPELLIER MEDITERRANEE METROPOLE IS:

- no. 1 in research with institutions like: INRA, CNRS, CIRAD, INSERM and IRD
- the no. 1 European destination
- the 4th top startup incubator in the world
- home to five business clusters: healthcare, agronomics, environment, water and new technologies.

MAJOR EVENTS IN 2023

CONGRES DE LA SOCIETE FRANCOPHONE DU DIABETE
21-24 March (Arena, 4,000 participants)

CONGRES NATIONAL DES PHARMACIENS
9-11 June (Arena, 2,000 participants)

CONGRES DE L'ORDRE DES EXPERTS COMPTABLES
27-29 September (Parc des Expositions, 4,500 participants)

JOURNEES DE LA SOCIETE FRANCAISE DE SENOLOGIE
& PATHOLOGIE MAMMAIRE
7-11 November (Le Corum, 1,200 participants)



A LAND OF **TOLERANCE**

Montpellier must continue to cultivate diversity!

On 29 May 2013, the **first gay marriage in France took place in Montpellier**, following the enactment of the country's marriage equality law. Ours was the first city to fly the rainbow flag from city hall in 2016. This is further confirmation of our region's open, trailblazing side, making it a great place to be free

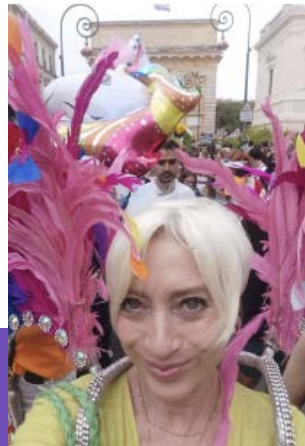
and cultivate our differences! With our gay-friendly shops, bars, clubs and outings of all kinds, Montpellier attracts visitors from all across Europe who enjoy festive experiences, especially the EDM scene! A little slice of heaven for everyone. Plus, the pride of being free!

PRIDE PARADE 17 JUNE 2023

YOU DON'T WANT TO MISS OUT!

<https://www.fiertemontpellierpride.com/restaurants>

At the Tourist Office gift shop, we sell all sorts of Pride gear (like reusable water bottles, pins and flags). And the whole city turns all the colours of the rainbow!



GOOD TO KNOW!

The Tourist Office is a member of the IGLTA network. IGLTA was founded

in 1983 and is the world's leading network of LGBTQ+ welcoming tourism businesses. They provide free travel resources and information while continuously working to promote equality and safety within LGBTQ+ tourism worldwide.

A SELECTION OF GAY-FRIENDLY BUSINESSES

COXX

GAY BAR WITH AN OUTDOOR AREA
An LGBT+ bar in the Saint-Roch district!

LA VILLA D'OC - GAY ONLY

TEA ROOM & PASTRY SHOP

The idea was to create a place for the gay community in the South of France.

CAFE DE LA MER

GAY BAR

Located on a pleasant, relatively quiet square.

SCANDAL BY POURCEL

Cabaret nights at the restaurant Terminal #1.

BEACHES

A nudist/gay beach in Villeneuve-lès-Maguelone (10 kilometres from Montpellier's city centre).

MOOM CLUB

GAY CLUB

A holiday atmosphere against a backdrop of pounding music.

MARVELOUS

GAY RESTAURANT

This restaurant and bar serves a bistro menu to its gay clientele, surrounded by décor inspired by superheroes.

Other gay-friendly businesses: Les 4 Etoiles Guest House / Bistro La Canourgue / Le Jardin des Sens / Le P'ti Taureau / Hotel Pullman Montpellier Centre / Hotel Oceania Le Métropole / Hotel Mercure Montpellier, and the list goes on... More information is available at:

<https://www.fiertemontpellierpride.com>

INSTAGRAMMABLE

SPOTS IN MONTPELLIER

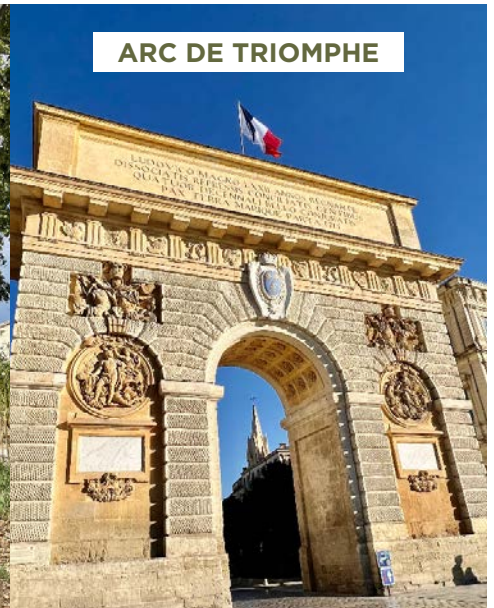
Follow our two Instagram accounts - @montpelliernow @vivez_montpellier - and don't forget to tag us!



RUE DU BRAS DE FER



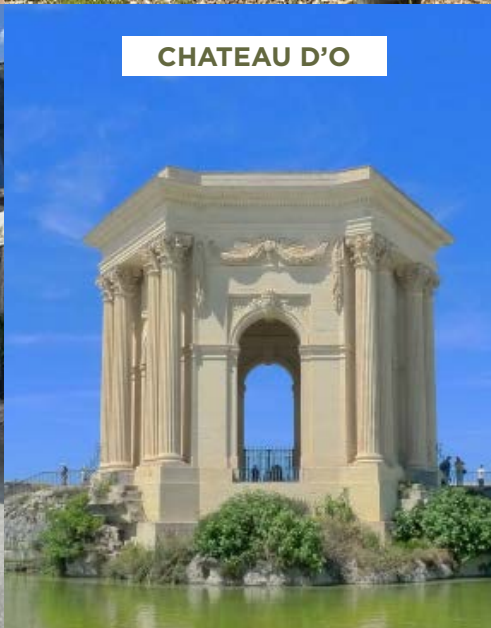
PLACE DE LA CANOURGUE



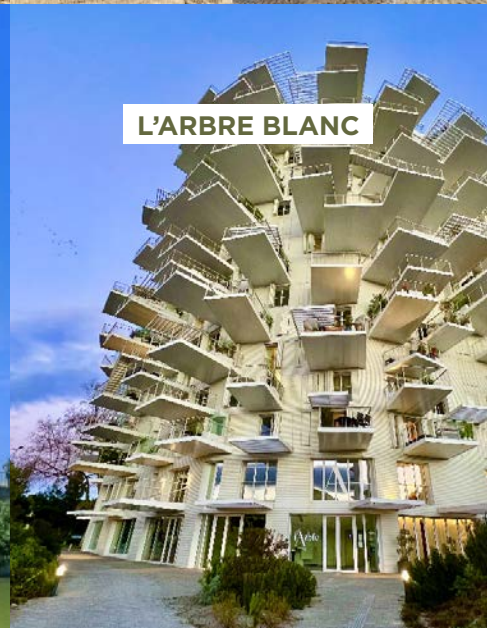
ARC DE TRIOMPHE



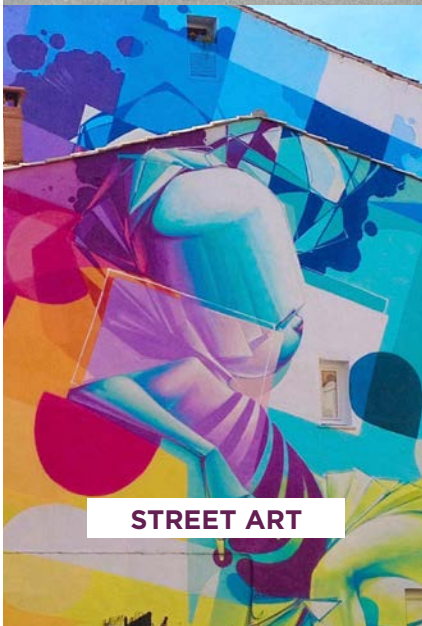
MARCHE DU LEZ



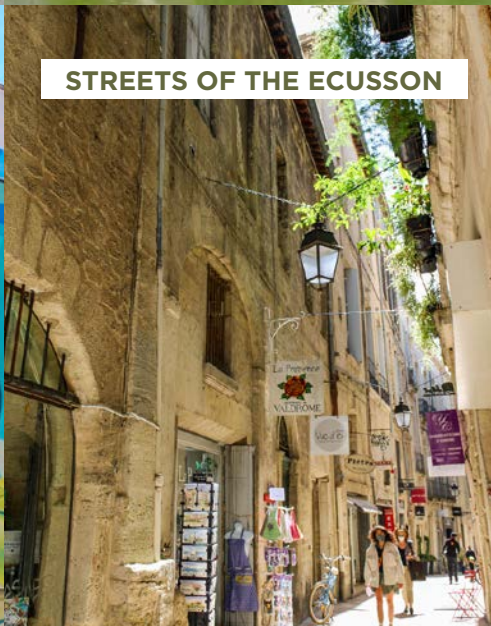
CHATEAU D'O



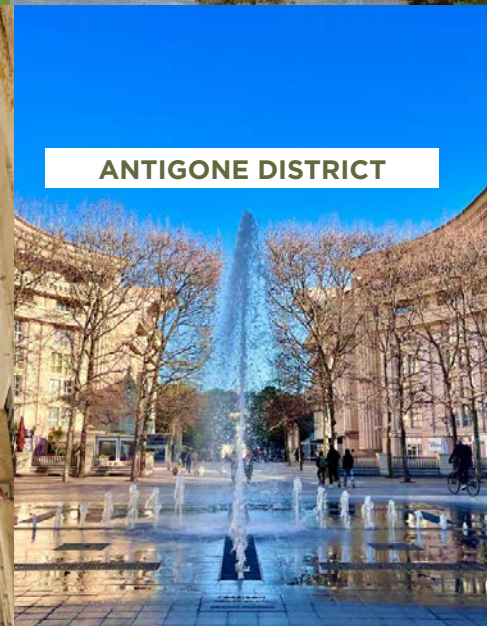
L'ARBRE BLANC



STREET ART



STREETS OF THE ECUSSON



ANTIGONE DISTRICT

MONTPELLIER'S DISTINCTIONS



41ST GRAND SITE D'OCCITANIE

This label was created by the Occitania Region to showcase exceptional tourist locations with great reputations that possess a remarkable architectural or natural heritage, or a site with an international reach.

<https://www.grands-sites-occitanie.fr>



OFFICIAL BASE CAMP FOR THE RUGBY WORLD CUP 2023

This will allow us to host teams competing in the final phase, as well as teams that were eliminated after the pool phase or the quarter-finals, who are invited to stay in France until the last day of the tournament, plus match officials.



DESIGN ART CITY

To ensure art has a central place in cities, this label evaluates their beautification strategies: the boldness of their architecture, the originality of their community zones, the singularity of their urban furniture, their expression of public art, etc.

MONTPELLIER WAS THE 1ST CONURBATION TO EARN THIS LABEL



UNESCO LEARNING CITY

The city of Montpellier has joined the UNESCO Global Network of Learning Cities. That network counts more than 200 cities in 46 countries (including Beijing, Mexico City, Tunis, Nairobi, Okinawa, Turin, Melbourne and Chengdu). France now has four cities in the network, with Montpellier and Evry-Courcouronnes joining Clermont-Ferrand and Mantes-la-Jolie.



TERRE DE JEUX 2024

Montpellier is a designated "Land of the Games" for the Paris 2024 Olympic and Paralympic Games. From 2022 to 2024, national teams competing in specific sports will be training in our city.



VILLE D'ART & D'HISTOIRE

Montpellier was the first conurbation to be designated a "City of Art and History" in a network that now encompasses 190 municipalities. This label gives our metropolitan area national and international recognition and makes our region a highly prized destination.



LA FRENCH TECH

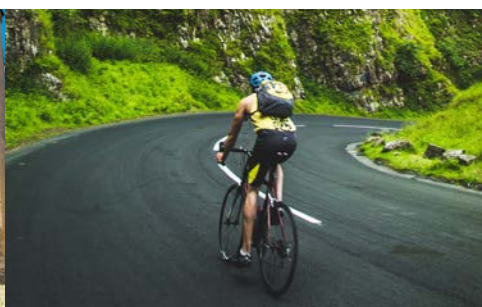
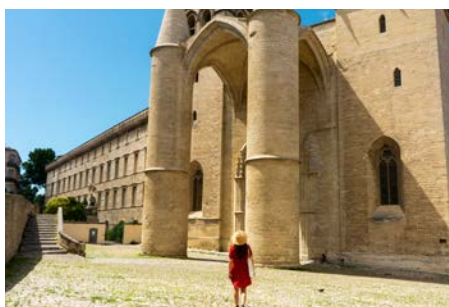
Montpellier Méditerranée Métropole was one of the first in its category to have its ecosystem labelled a Métropole French Tech. This national initiative, which was launched in 2013, is designed to accelerate the development of French startups and boost their international standing. The process of obtaining this label involved a tremendous mobilisation amongst the region's entire innovation ecosystem and the ability to come together to work on a major project for the region.



SINCE 2022:

VIGNOBLES & DECOUVERTES

The Montpellier metropolitan area has earned the Vignobles & Découvertes (Wineries & Discoveries) label from Atout France. It is awarded for a period of three years, in recognition of regions that have developed their wine tourism.



MONTPELLIER TRAVEL & TRANSPORT

GETTING TO MONTPELLIER

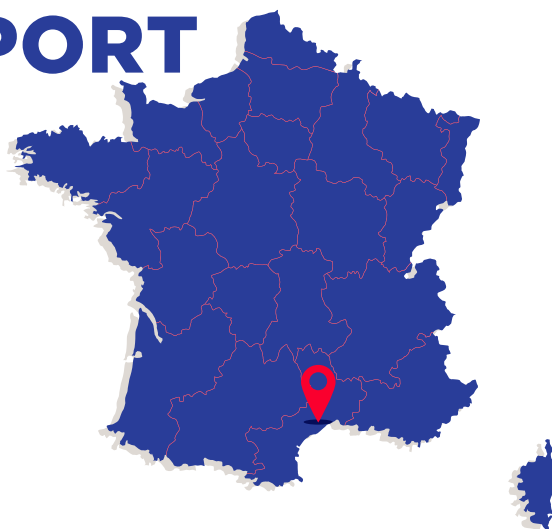
■ By air

Montpellier has direct flights from Paris (1h 10m), London (1h 45m), Amsterdam (1h 45m) and over 20 other major cities. Montpellier Méditerranée Airport is 8 kilometres from the city centre. Shuttle service is available.

montpellier-airport.com



Scan this QR code to see the frequency of flights departing from and arriving in Montpellier



■ By train

Two TGV train stations: Montpellier Sud de France, 6 km from the city centre, and Montpellier Saint-Roch in the city centre. Direct trains from Paris Gare de Lyon (3h 15m), Paris Charles de Gaulle Airport (4h), Marne-la-Vallée (3h 45m), Lille (4h 45m), Barcelona (3h) and Brussels (5h 45).

■ By car

The A9 and A75/A750 motorways run through Montpellier. Warning: Montpellier is located in a low emission zone which restricts access by the most polluting vehicles.

A Crit'Air sticker is required for any vehicles driving in the LEZ. These can be ordered online, exclusively from

www.certificat-air.gouv.fr.

1½ hours from Marseille

2½ hours from Toulouse

3 hours from Lyon

3½ hours from Barcelona

3¾ hours from Nice

■ By coach

Thanks to the many coach companies that stop in the city, Montpellier is connected to all of Europe:

Berlin, Frankfurt, Stuttgart, Liège, Florence, Milan, Rome, Amsterdam, Rotterdam, Bucharest and so many other European cities!

GETTING AROUND MONTPELLIER AND THE METROPOLITAN AREA

■ TAM

A range of services is available for your transport within the metropolitan area:

4 tram lines, 41 bus lines, 57 Vélomagg bike share stations, 9 P+Tram car parks with nearly 5,000 parking spaces for tram riders, 6 car parks in the city centre with close to 4,000 spaces, and 35 car share locations in partnership with Modulauto.

All these modes of transport can be combined and connect with departmental buses and regional and national trains.

www.tam-voyages.com

PRESS CONTACTS



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Scan this QR code to see the Montpellier Méditerranée Métropole Tourist Office's Press Blog