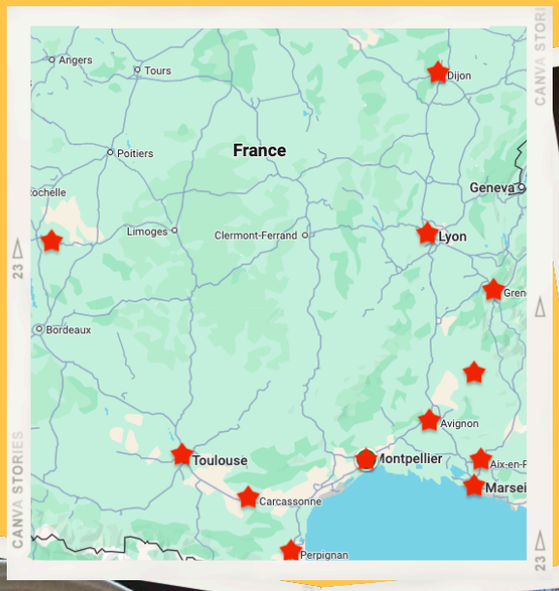
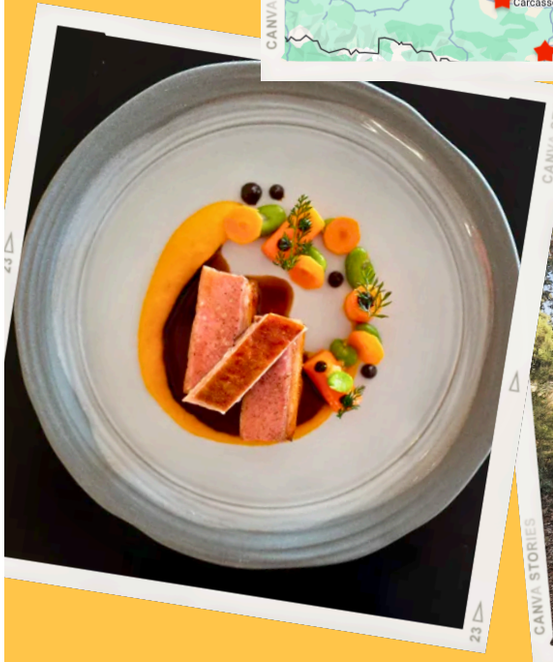
PERMA SOCIAL CLUB

SUSTAINABLE INBOUND TRAVEL AGENCY





www.permasocial.club

PERMA SOCIAL CLUB

Welcome to Perma Social Club!

Based in the South of France, we design individuals and groups holidays and experiences that give meaning to the way one travels —while reducing your environmental footprint and supporting local farmers, artisans, and tourism professionals who share ressources, and care for people and nature.

What our DMO offers:

- **Corporate events & MICE** — bespoke incentives, seminars, and team-building programmes, offered as residential or semi-residential packages in wine estates or hotels; all aligned with your CSR commitments.

- **FIT holidays** — packaged or tailor-made, in the city or the countryside, combining wine & food tasting, cooking and wine classes, immersive cultural experiences, and sustainable accommodation.

- **White label customer service** — representing your brand in the most professional and friendly manner possible to ensure a brand presence locally.

Whether travelling solo, as a group, or with a team, every trip is crafted to have a positive impact on the local economy and biodiversity.

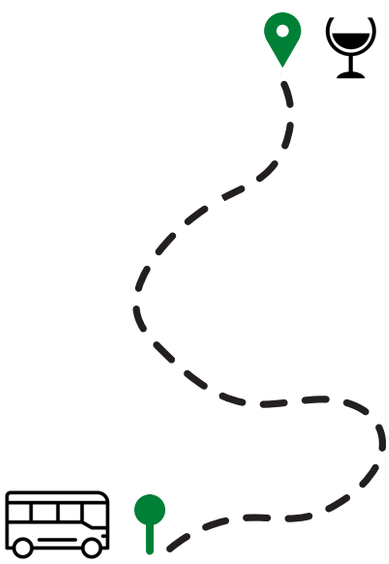
The following are samples of what can be offered and experienced...

Enjoy the journey!

SUSTAINABLE
INBOUND TRAVEL AGENCY

Excursions and trips in Languedoc, Provence, Rhône valley, Burgundy...

- Tailor-made p4
- Half-day excursions p7
- Full-day excursions p16
- Short escapes p20
- Extended getaways p27



TAILOR-MADE

PERMA SOCIAL CLUB

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MICE TAILOR-MADE

CORPORATE EVENTS TAILORED TO YOUR NEEDS

We craft tailor-made **corporate experiences** that transcend the ordinary and cater to each company's objectives and culture.

We curate bespoke programmes that reflect a company's values, goals, and team dynamics. Whether the aim is to reward performance, strengthen team bonds, or align around a shared **CSR** vision, we have the expertise to bring it to life.

- **Incentive travel** — rewarding getaways combining discovery, gastronomy, and meaningful experiences
- **Seminars & offsites** — residential or semi-residential programmes in inspiring and nature settings
- **Team-building activities** — workshops and outdoor experiences rooted in local culture and nature
- **Sustainable MICE packages** — low-impact transport, eco-friendly accommodation, and positive local impact

From hand-picked **venues**, **accommodations** to cultural **excursions**, from delightful dishes, **culinary and wine tours** to biodiversity discoveries and **transportation**... We offer options to suit every objective and budget.

We work closely with our clients to design **bespoke programmes,** so teams can focus on what matters: connecting, recharging, and creating unforgettable memories together.

KEY INFORMATION

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

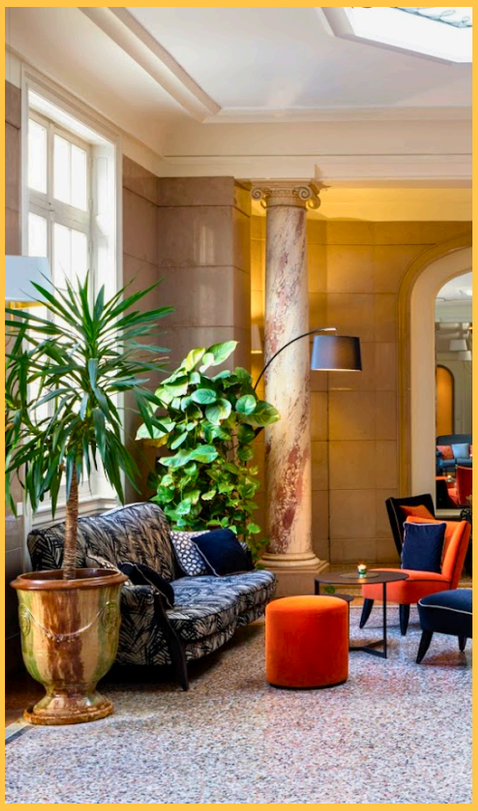
As a DMO, we can provide a full range of services: accommodation, food, transportation and activities. As we have a partnership with Enterprise Rent A Car. We can also book bus and car rentals.

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

enterprise rent-a-car

Southern France

FIT TAILOR-MADE



HOLIDAYS TAILORED TO YOUR PREFERENCES

We tailor-make holidays to cater each traveller's taste. No two travellers are alike — we curate bespoke holidays, activities, and experiences that reflect individual tastes and desires.
Whether one craves adventure in the great outdoors, seeks cultural immersion in vibrant cities, or longs for relaxation in peaceful settings, we have the expertise to bring that vision to life.

- **City breaks** — vibrant escapes combining culture, gastronomy, and hidden local gems
- **Countryside retreats** — slow-living stays among vineyards, farms, and unspoiled nature
- **Gourmet journeys** — wine and food tours, farm-to-table experiences, and local artisan encounters
- **Wellness & nature** — retreats, outdoor activities, and biodiversity discoveries

From hand-picked **accommodations** to exclusive **excursions**, from delightful dishes and **culinary tours** to transportation by train, bicycle, rental car... We offer options to suit every interest and budget.

Whether travelling **solo**, with **family**, or in a **group**, we work closely with our clients to design bespoke itineraries, so they can focus on creating unforgettable memories.

KEY INFORMATION

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

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

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

enterprise rent-a-car
In Occitanie

HALF-DAY EXCURSIONS

PERMA SOCIAL CLUB

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HALF-DAY EXCURSION

MONTPELLIER WINE SHOW WITH OUR SOMMELIER

Discover the wines of the Languedoc in a fun, **friendly and immersive workshop** in the heart of Montpellier's historic centre. Here is an original activity where one takes part in a unique wine-tasting experience, exploring the wines of the Languedoc and the south of France.

The experience:

- **The Tasting** — In small groups of up to 15, our sommelier introduces you to the region's finest wines through an introductory workshop on wine tasting and the terroirs of the Languedoc
- **The Quiz** — An integral part of the experience: this quirky wine quiz, full of surprising anecdotes, hosted by our wine expert. Questions cover the history and geography of the Languedoc

Learn the basics of **wine tasting**, discover the **aromas of wine**, and share a joyful moment over **several selected vintages**!

Perfect for:

- Discovering French wines
- Enjoying an authentic **local experience**
- Sharing a **convivial moment** with friends or as a couple

Whether one's a tourist, a wine lover or simply curious, this experience is the ideal way to round off your stay and discover French wine culture in a warm and welcoming atmosphere.

KEY INFORMATION

Validity: 2-3 hours, all year around on request
Size group: max 15pax
Price: from 45€/pax
Dress code: As you want
Difficulty: Easy
Included: An immersive and sensory experience to discover local wines and the art of wine games and tasting
2 hours : tasting of 4 organic wines and wine quiz
3 hours : tasting of 6 organic wines with food pairings, cheese and local charcuterie and wine quiz

In Montpellier

HALF-DAY EXCURSION

WINE, CASTLE AND MUSHROOMS

Welcome to one of Montpellier's oldest vineyards — a historic estate dedicated to preserving biodiversity.

A 17th-century château with UNESCO-classified tapestries, the estate practises agroforestry and works hand in hand with an urban permaculture farm.

The experience:

- **Guided tour & tasting** — hosted by the head of the estate and his team: the winery, followed by a wine or juice tasting
- **The gardens & farm** — a stroll through the château's gardens, then a visit to the urban permaculture farm next door
- **The bunker mushroom farm** — an unusual experience: discover how edible mushrooms are grown in a WWII bunker, produced in partnership with the château's restaurant
- **Finale** — depending on the season, a tasting of wine or beer made aged or brewed at the farm

Good to know:
For the more physically inclined, it is possible to enter the bunker itself to see the mushroom farm up close.

KEY INFORMATION

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

In Montpellier

HALF-DAY EXCURSION

WINE AND TREE PLANTING

Just outside Montpellier, a 8-hectare organic family wine estate that has embarked on a major **permaculture and polyculture project.**

Animal traction, olive grove, vegetable garden, pasture, wwoofing, agroforestry... Winner of the 2017 "Trees of the Future" competition, the estate will welcome thousands of new trees, to be planted between November and spring.

We invite you to join this **agroforestry adventure** – a meaningful operation in which you play an active part.

The experience:

- **Tree planting** – contribute to the maintenance and development of biodiversity and choose the species of tree you wish to plant. A hands-on immersion in nature, at the heart of a living landscape.
- **Follow your tree** – its GPS location will be communicated to you, so you can come back year after year to watch it grow.
- **Cellar tasting** – after this exercise of immersion in nature, a tasting in the cellar of the domain, to discover the estate's wines.
- **Shared lunch** – a convivial moment around a packed and shared picnic, rounding off the day in the heart of the vineyard.

KEY INFORMATION

Validity: 1/2 days, january till early spring 2024
Size group: 4-15pax
Price: from 49€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: a learning and practical tree planting workshop, the possibility to track the growth of your tree, visit of the wine cellar and wine tasting, before enjoying a shared packed lunch.
This activity is also available across different vineyards and can include a winegrower's lunch.

Around Montpellier

HALF-DAY EXCURSION

WINE AND WILD EDIBLE PLANTS

A **gourmet and educational experience**, at the crossroads of the world of **wine** and **wild edible plants**.

These nature-immersive activities take place around Montpellier and across the county of Hérault.

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

The experience:

- **Winery & vineyard tour** – a guided visit of the winery and its vineyards, where you will be introduced to wild edible plants and learn about the art of winemaking and wine tasting
- **Gourmet tasting** – in a convivial setting and depending on the season, enjoy local produce from our local and ethical producers, or dishes based on edible wild plants, prepared by Alicia

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

KEY INFORMATION

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

Around Hérault

HALF-DAY EXCURSION

MASTERCLASS WINES AND OENOLOGY

Discover an extraordinary wine-growing adventure in Mathieu's lush vineyard, close to Montpellier, just a stone's throw from the sea.

With Florence, Benoît and Alice — a passionate and cheerful team — you'll meet a visionary young winegrower fully committed to **agroforestry and polyculture**. Here, vines harmoniously rub shoulders with young trees, shrubs and herbs, creating a vibrant ecosystem where every element of the landscape plays its part.

The experience:

- **Tasting masterclass** — Immerse yourself in a spellbinding sensory experience, orchestrated by a passionate historian winegrower.
- **Three organic cuvées —** Awaken your taste buds to the delights of 3 local organic wines, real jewels of the terroir, magnified by subtle and refined food pairings.
- **A gourmet journey** — Let yourself be transported on an unforgettable gourmet journey, where each sip reveals the secrets and flavours of this exceptional terroir.

Here is a unique and immersive experience with wine professionals, full of unforgettable memories in the heart of the vineyard.

KEY INFORMATION

Validity: 1/2 day, between march and july and in october
Size group: 2-8
Price: from 69€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: A masterclass and introduction to wine tasting given by wine professionals. Discover an agroforestry project and life in the vineyard. Tasting of 3 wines, complemented by their matching dishes. Meet winegrowers and wine professionals, all of whom are committed to eco-responsible values.

Around Montpellier

HALF-DAY EXCURSION

WINE THROUGH 4 SEASONS

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

This is not just a vineyard — it's a vibrant ecosystem teeming with life and diversity: bustling vegetable gardens, happy sheep, cheerful chickens... Here, everything is committed to living in harmony with nature.

The experience:

- **Hands-on in the vineyard** — join our passionate winemakers for an exciting, educational adventure. Depending on the season, take part in grape harvesting, olive picking or vine pruning, and immerse yourself in the agricultural process.
- **Sustainable savoir-faire** — throughout the experience, learn about our sustainable practices and our deep connection to the land.
- **A winegrower's meal** — as the day draws to a close, your immersive experience culminates in a feast for the senses: a winegrower's meal, enjoyed under the shade of ancient trees.

KEY INFORMATION

Validity: 1/2 day, all year around, depending on the season and availability
Size group: +2 pax
Price: from 65€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy to medium
Included: visit, wine tasting and meal. Starter, main course, dessert, wine and coffee. The meal is mainly made with organic produce from the estate (seasonal fruit and vegetables, eggs, etc.). Vegetarian option available on request.

Around Montpellier

HALF-DAY EXCURSION

SLOW 2CV EXPERIENCE THROUGH VINEYARDS

Unusual ways to discover the Montpellier's vineyards — aboard a legendary 2CV!

Option 1 — The 2CV excursion (3.5 hours)
Your wine-expert driver-guide picks you up at your accommodation in or around Montpellier.

- **On the road** — enjoy the countryside from the convertible top, with your guide on hand throughout to answer all your questions about the terroirs and wines of the Languedoc
- **Winery visits** — visit and taste the wines of two traditional Languedoc wineries

Option 2 — The 2CV vineyard tour
A fun and original experience on a unique family-owned wine estate: climb aboard our 2CVs, symbols of a charming retro past, for a tour around the vines.

- **The estate tour** — set off to discover the 17 vineyard plots that make up this local estate, its tree plantations, sheep, chickens and horses
- **Tasting** — round off the discovery with a refined selection of the estate's wines

KEY INFORMATION

Validity: 1/2 day, all year around on request
Size group: 2-3pax
Dress code: casual with comfortable shoes. **Difficulty**: Easy
Option 1. 2-3pax → from 150€/pax
Included: 3h30 of touring Pic-Saint-Loup in a 2CV with a qualified wine guide, visit of 2 vineyards, tasting of 8 wines
Option 2. 2-3pax → from 45€/pax
Included: 2h of touring one wine estate and its 17 plots, discovery of the culture around tree planting, sheep, chickens and horses, tasting of wines

Around Montpellier

HALF-DAY EXCURSION

BEER BREWING WORKSHOP

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

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

The workshop:

- **All-grain brewing**, start to finish — guided by our local agronomy engineer and experienced brewer, discover the nuts and bolts of brewing, from ingredient selection to controlled fermentation
- **Hands-on practice** — through interactive demonstrations and sound advice, put your knowledge into practice using accessible equipment to brew your own beer
- **The tasting** — sample beers prepared by previous participants, and once bottled, and if you are a local, you can come back to collect 3 bottles of your own mixture

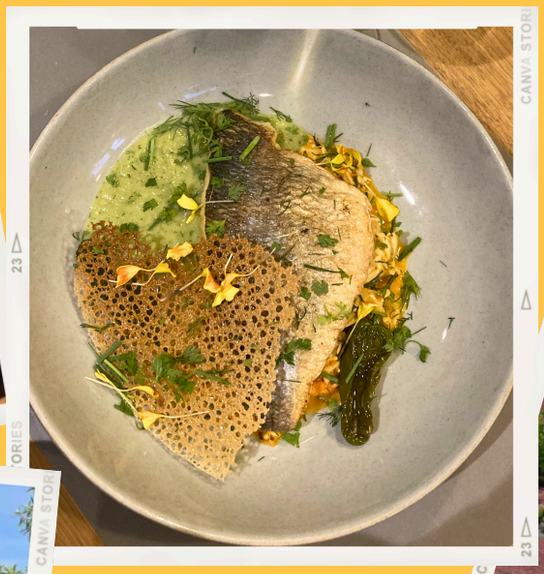
A tasteful, enriching and memorable experience!

KEY INFORMATION

Validity: 1/2 day, all year around on request
Size group: 4-12
Price: 2-4pax → from 59€/pax
5-8pax → from 49€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: a brief introduction of the urban farm, 1/2 day full detailed beer brewing workshop and beer tasting

In Montpellier

FULL-DAY EXCURSIONS



PERMA SOCIAL CLUB

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FULL-DAY EXCURSION

EXPLORING THE CEVENNES IN THE GARD

Whether as a couple, in a group or with your family, discover the Cévennes in the Gard region via these heritage railway lines.

- **Morning**

Enjoy a unique experience as you travel through **spectacular landscapes** and discover the beauty of the Gard as you've never seen it before.

- **Lunchtime**

Enjoy a **delicious picnic**, prepared by one of our partner caterers, on the banks of the **Gardons river** at Saint-Jean-du-Gard. Children can also have fun in the adjacent playground whilst you relax amidst the natural surroundings.

- **Afternoon**

Board a **steam train** dating from 1949 which will take you straight to an exceptional **botanical garden.**

This park is home to **hundreds of varieties of trees and plants** and offers a unique experience combining education, conservation and fun activities.
With a maze, a play area, a **treetop walk**, guided tours and **workshops**, there's something for everyone, young and old alike, including making an **insect hotel** to help protect the environment!

KEY INFORMATION

Validity: April to October
Duration: one day
Group size: up to 55 people
Price: depending on the date and number of participants
Dress code: casual with trainers
Difficulty: Easy
Included: 3 activities in the Cévennes region of the Gard, a meal (picnic) and lorry transport or car rental
Optional: afternoon snack, travel insurance

In Gard

FULL-DAY EXCURSION

WINE AND COOKING BETWEEN CASTLE AND FARM

- **Morning**

Discovery of a **17th century wine château in Montpellier**, which practices agroforestry and works to maintain and develop biodiversity in collaboration with **an urban permaculture farm**. After a **guided tour** of the winery and a **wine tasting**, a professional chef will deliver a participatory and **zero waste culinary masterclass** and will accompany you in the **preparation of vegetarian dishes.**

- **Lunchtime**

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

- **Afternoon**

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

KEY INFORMATION

Validity: 1 day, all year around on request
Size group: 6-15pax
Price: from 75€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: Guided tour of the wine cellar, tasting of 3 wines from the Château, culinary masterclass with a chef, light vegetarian lunch, walk in the gardens and discovery of a permaculture urban farm, accompaniment and French-English translation by Alice, your agency director.

In Montpellier

FULL-DAY EXCURSION

WINE AND HONEY GOURMET DAY AROUND THE SALAGOU LAKE

- **Morning**

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

- **Lunchtime**

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

- **Afternoon**

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

Suggestions for the end of the day:
Only 3Km from the Salagou lake, why not visiting or going for a swim, kayaking or pedal-boating in one of our most beautiful preserved natural sites and finish the day at the “Guinguette” for a drink?

KEY INFORMATION

Validity: 1 day, 7/7 days high season. Mon. to Fri. all year around
Size group: 2-20pax
Price: from 69€/pax
Dress code: casual with comfortable shoes
Difficulty: easy
Included: a learning and interactive visit of the wine estate, tablet on loan or interactive link on a smartphone, a 3 courses gastro-cool lunch at the estate, visit of a honey house and discovery of the world of bees and the beekeeper's job and organic honey and wine tastings

Around Salagou lake

SHORT ESCAPES

PERMA SOCIAL CLUB

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TREASURE HUNT
PERMA SURPRISE WEEKEND

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

- **A surprise gourmet weekend getaway**

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

- **Accommodation**

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

- **Activities and dress code**

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

KEY INFORMATION

Validity: 2 days, 1 night, all year around
Size group: 2-6pax
Low season price: from €250/pax
High season price: from €280/pax
Dress code: prepare for everything, flip-flops, classy and sporty shoes!
Difficulty: Easy
Included: meeting a local producer, suggestions for local cultural and active experiences, fine dining... and a whole bag of surprises!

Pic-Saint-Loup Cevennes

DESTINATION GARD

Culture and **gastronomy** are the order of the day on this getaway to the Gard. History buffs and food lovers alike will enjoy a programme combining iconic sites, local flavours and a charming eco-friendly stay.

The experience, the stay:

- **The must-see sites** — Discover the famous Pont du Gard and the historic city of Avignon
- **The local flavours** — Taste sustainably produced specialities such as olive oil and wine, and take home some gourmet souvenirs
- **The eco-friendly 3* hotel** — Stay in a unique sustainable hotel in a wine-growing village between the Pont du Gard and Avignon, with a comfortable room, swimming pool, restaurant-bar and hearty breakfast
- **The dinner** — Enjoy a main course and delicious dessert in the hotel's vintage-style restaurant, accompanied by a glass of local wine
- Your free time — We also **recommend places** for lunch and activities to help you make the most of your stay

A delicious and memorable getaway combining the Gard's heritage, gastronomy and way of life.

KEY INFORMATION

Validity: all year round
Duration: 2 days, 1 night
Group size: 2 to 4 people
Price: from €200/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: One night, half-board, in a 3* eco-friendly hotel with a swimming pool. Independent exploration of historic sites in the Gard department and tasting of local produce

In Gard

SHORT ESCAPES

HAVE A BREAK BETWEEN LAND AND SEA

Enjoy a 4-day, 3-night getaway in the heart of the Montpellier region, **between unspoilt countryside and the sea**. Immerse yourself in a sustainable trip filled with authentic discoveries.

The experience:

- **Accommodation** — Stay in a converted wine cellar in a charming village south of Montpellier, a true BnB, immersing yourself in the local culture, less than 10-minute bike ride from the sea
- **Great outdoors** — Follow the rhythm of nature with water sports at Lac du Salagou, and discover the unique landscapes of Maguelone, its cathedral, ponds and flamingos
- **Local flavours** — Explore picturesque villages, craft breweries and restaurants, including in Saint-Guilhem-le-Désert, and sample local produce along the way
- **Montpellier experience** — Visit an urban farm set on the grounds of a former wine château, then explore Montpellier on a city tour, discovering its rich history, culture and flavours

A sustainable and authentic getaway, combining nature, gastronomy and culture around Montpellier.

KEY INFORMATION

Validity: 4 days, 3 nights, all year around
Size group: 2pax
Price: from 420€/pax
Dress code: casual
Difficulty: Easy to moderate
Included: 3 nights in a converted wine cellar, wine and beer tastings, guided tour of Montpellier, visit of gardens and permaculture farm with Alice. Visit to the Cathedral of Villeneuve-lès-Maguelone (audio guide)

Around Montpellier

SHORT ESCAPES

PIC-SAINT-LOUP EXPERIENCE DIFFERENTLY

Welcome to a half-board nature and gourmet getaway in the heart of **Pic-Saint-Loup.** Just 20 minutes north of Montpellier, enjoy a weekend combining **local flavours**, **outdoor activities** and **slow living.**

The experience:

- **Eco-friendly accommodation** — Stay in a bioclimatic eco-built gîte in a picturesque village, hosted by Lionel, local winegrower and beekeeper
- **Local flavours** — Discover a local vineyard, learn about its sustainable practices and wines, and enjoy a commented tasting
- **Great outdoors** — Take your pick of slow and natural activities, from swimming in a local lake and botanical hikes to a ride on a steam train
- **Cycling experience** — Bring your own bike or, if you prefer, we can arrange one for you to explore the surrounding countryside

A relaxed and authentic weekend combining local producers, food and wine tastings, and outdoor adventures.

KEY INFORMATION

Validity: 2 days, 1 night, all year around on request
Size group: 2-6pax
Price: from 399€/2pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: One night's accommodation in a bioclimatic Gîte de France with a terrace overlooking a field of olive trees. Half-board (2-courses diner and a home-made breakfast) Wine tasting, botanical walks, experience on a steam train and our best recommendations in the area

North of Montpellier

BEER AND HERBAL TEA

Come and discover the world of **permaculture, beer and aromatic plants** in a relaxed setting north of Montpellier. From brewing your own beer to discovering wild herbs, enjoy an authentic experience combining nature, local knowledge and slow living.

The experience:

- **Permaculture & brewing —** Visit a collaborative permaculture farm created on a former vineyard estate, where vegetable gardens, a greenhouse, community bar and other projects come together. Guided by a permaculture and agricultural engineer, take part in a hands-on beer brewing workshop, followed by a tasting
- **Eco-friendly stay** — Spend 2 nights at a bioclimatic gîte in picturesque Saint-Jean-de-Cuculles, surrounded by an olive grove. Enjoy a private bathroom, fully equipped kitchen, living room and terrace overlooking the garden
- **Aromatic & medicinal plants** — Meet a local plant expert and discover the properties of aromatic and medicinal herbs. Pick wild plants and learn how to prepare your own fresh herbal tea

An authentic getaway combining permaculture, local know-how, beer brewing and the beauty of nature.

KEY INFORMATION

Validity: 2 days, 1 night, all year around
Size group: 2-6pax
Price: from 370€/pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: 2 nights in a sustainable gite, beer brewing workshop and tasting, Aromatic and medicinal herbal workshop and tasting, Discovery of a permaculture farm located on one of the oldest wineries in Montpellier.

Montpellier **Pic-Saint-Loup**

SHORT ESCAPES

IN A WINEGROWER'S SHOES

Enjoy a natural and immersive getaway in a wine château close to Carcassonne and its famous medieval city. Stay among vineyards, forest and lake, and discover the world of organic and natural winemaking.

The experience:

- **Wine & winemaking** — Meet Pierre, an artist winemaker, discover his organic and natural wines, and learn about life at the château through the seasons, from pruning and harvesting to bottling. Enjoy a tasting of his wines along the way
- **The château experience** — Stay in a converted room at the château, surrounded by its lake, forest and vineyards. Relax in a carefully decorated double room, with access to a lounge and terrace overlooking the peaceful surroundings
- **Local discoveries** — Explore the medieval city of Carcassonne, enjoy lunch at one of our recommended restaurants, or head outdoors for a hike or other activities
- **Local flavours** — Savour meals carefully prepared by your hosts, paired with wines from the château for a taste of the region

A peaceful and immersive escape combining wine, nature, gastronomy and the heritage of Carcassonne.

KEY INFORMATION

Validity: 3 days, 2 nights, all year round on request
Size group: 2-4pax
Price: €480 for 2pax
€845 for 4pax
Dress code: casual with comfortable shoes
Difficulty: Easy
Included: Two nights' accommodation in guest rooms located in a wine château with its own lake, forest and vineyards. Half-board (organic and/or local), wine tasting, discovery of the life of a winegrower through the seasons...

Around Carcassonne

EXTENDED GETAWAYS

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EXTENDED GETAWAYS

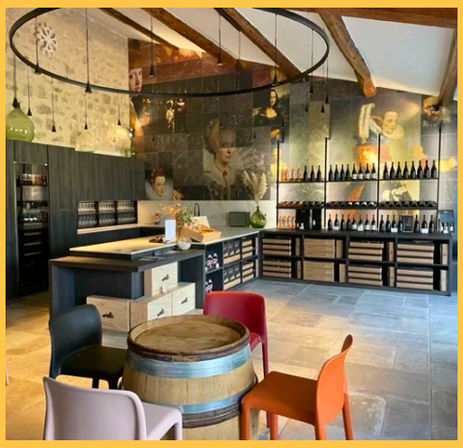
WINE JOURNEY IN MONTPELLIER AND LANGUEDOC

A seven-day journey through the **Languedoc**; based in the heart of Montpellier, one can enjoy its history: a guided walk among the private mansions of the Écusson, the treasures of the Fabre Museum, and a tasting masterclass with a historian-winemaker who brings the city's wine past to life.

The vineyards of the Languedoc will no longer hold a secret: meeting local **passionate winegrowers**, visit and tasting from the **Terrasses du Larzac** to the **Pic Saint-Loup**,

Between two glasses: the majestic **cathedral** of the Maguelone peninsula between **lagoons and sea**, the Cistercian **Abbey** of Valmagne and its biodynamic wines, the art and history town of Pézenas, and a **boat trip** on the Thau lagoon to discover **oyster and mussel farming**. Along the way, enjoy bistro plates and natural wines in the old town, refined market cuisine at the **Château** de Flaugergues, and an exclusive barbecue lunch among the vines.

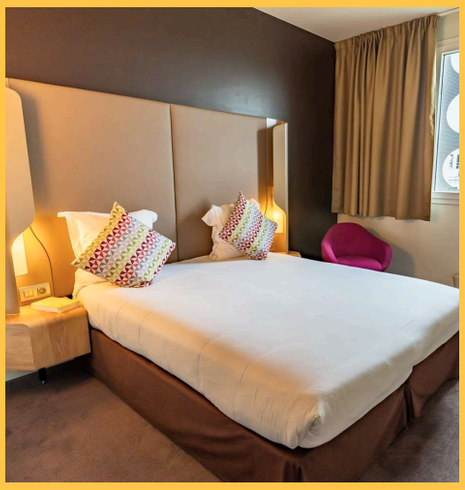
For a breathtaking finale, a sommelier will introduce you to **local vintages** on the **rooftop of the Arc de Triomphe**, with a 360° view over the old city at sunset.



KEY INFORMATION

Validity: on request
Duration: 7 days, 6 nights
Group size: 30 people
Price: from €1,500 per person
Difficulty: easy
Included: 6 nights' accommodation in a hotel, breakfasts, and dinners at various restaurants, activities and visits (museums, guided tours, tourist attractions, tastings, masterclasses, etc.)

Around Montpellier



EXTENDED GETAWAYS

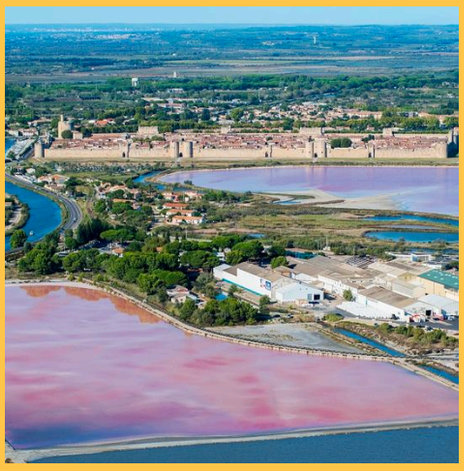
WINE AND GASTRONOMY BETWEEN AVIGNON AND MONTPELLIER

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

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

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

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



KEY INFORMATION

Validity: 8 days, 7 nights, on request, best during the wings of seasons
Size group: 2 pax
Price: from 1 200€/pax
Dress code: Casual
Difficulty: Easy
Included: 7 nights' accommodation in 3 and 4-star hotels. 7 breakfasts, 7 dinners and 2 lunches. 4 visits to historic sites/monuments. 9 wine tastings and 1 olive oil tasting. One ticket for the "salt marshes little train"

Avignon **Montpellier**

EXTENDED GETAWAYS

CULTURE AND GOURMET DELIGHTS

From **Marseille** to **Montpellier**, via **Avignon**, set off on a holiday packed with cultural, gastronomic and leisurely discoveries.

Discover **Marseille** and its heritage through museum visits, the city's history and its architecture: the must-see sights of the Phocaean City. You'll stay in a modern, **star-rated hotel** overlooking the **Old Port**, and savour creative, socially conscious dishes at our partner restaurants.

Head to **Avignon** for a guided tour to discover its heritage, such as the **Palais des Papes**, a UNESCO World Heritage Site. Then set off for a wine-growing village renowned for its 'nature' wine cellar, where you'll have the chance to explore an olive-growing estate and sample the region's wines.

Before setting off for **Montpellier**, you'll make a detour to the unmissable **Pont du Gard** for a taste of Roman heritage.

Montpellier will welcome you in a fun way with a **treasure hunt and an evening at a piano bar.**
You'll also explore one of Montpellier's oldest vineyards and enjoy a wine-tasting masterclass. Before rounding off the trip in style with a concert at the **Opéra Comédie in Montpellier.**

KEY INFORMATION

Validity: on request
Duration: 6 days, 5 nights
Group size: 20 people
Price: from €1,655/pax
Difficulty: easy
Included: 5 nights' accommodation in a hotel, breakfasts, lunches and dinners at various restaurants (full board), activities and visits in Marseille, Avignon and Montpellier (museums, guided tours, tourist attractions, tastings, masterclasses, opera, etc.), train travel from Marseille to Avignon and coach travel from Avignon to Montpellier

Marseille **Montpellier**

EXTENDED GETAWAYS

ROAD TRIP ACROSS OCCITANIE

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

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

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

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

KEY INFORMATION

Validity: 8 days, 7 nights, on request, best during wings of seasons
Size group: 2 pax
Price: from €1 200/pax
Dress code: Casual
Difficulty: Medium
Included: 7 nights between Toulouse and Montpellier. Guided tour of Toulouse, Carcassonne and Montpellier, electric and normal bike hire, food and organic wine and beer tasting. Visit the gardens and permaculture farm with Alice.

Toulouse **Montpellier**

EXTENDED GETAWAYS

SUPPORTED CYCLING TRIP FROM TOULOUSE TO MONTPELLIER

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

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

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

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

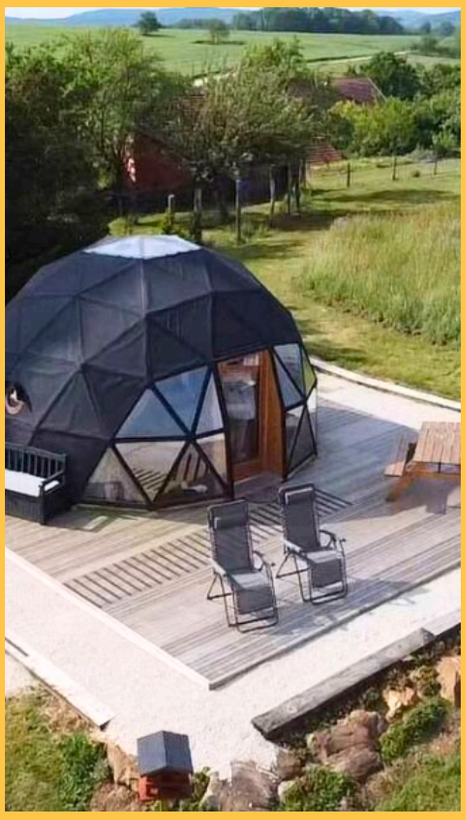
Optional: the cycling trips could include bike hire, dinners, a shorter, less intense and/or not supported itinerary. **We can adapt to one's needs!**

KEY INFORMATION

Validity: 7 days, 6 nights, on request, best during the wings of seasons
Size group: 8-12 pax
Price: from €1 000/pax
Dress code: sporty and casual
Difficulty: Hard, an average 60Km/day cycling for 5 days
Included: Welcome and departure dinners, 6 breakfasts and overnight stays, all luggage transfers from Toulouse to Montpellier, tour guide on hand, downloadable .gpx itinerary with cultural and gourmet stops.
This can be available without being supported by a cycling guide.

Toulouse Montpellier

EXTENDED GETAWAYS



2-WEEK HOLIDAY THROUGH OCCITANIE, PROVENCE AND BURGUNDY

Coming from the north of Europe, this is the perfect trip to **experience France differently.** This trip to the south of France takes you past Burgundy, through the highlights of **Provence** and **Occitanie.**

You visit different cities and stay in **sustainable accommodations** just outside the city.
During the tour you will discover **several vineyards** where you can **taste organic wines**. In **Carcassonne** you can explore the city during a **bike ride** past various **abbeys**. When you arrive at **Lac du Salagou**, take a dip and take a nice walk around the lake.
The village of **Saint-Guilhem-le-Désert** is one of the most beautiful villages in France, where you can meet **local producers** and **taste local beers** at a brewery.
You will find the city of heritage between sea and mountains in Montpellier, and explore the **salt flats** before heading to **Marseille** and **its local cliffs.**

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

KEY INFORMATION

Validity: 17 days, 16 nights, on request, best during wings of seasons
Size group: +3 pax
Price: from €3 100/pax
Dress code: casual
Difficulty: easy to medium
Included: an entire journey through France, from Orléans, to Toulouse, Carcassonne, Montpellier, Marseille and Dijon including 3* hotels, major landmarks and off the beaten track addresses to indulge in food, wine and local culture, with a dose of sustainability!

Across France

TIME *for* SUSTAINABLE TRAVEL *with*

PERMA SOCIAL CLUB

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