PRESS KIT
- SEASON 2019 -

#oseznarbonne

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5 good reasons to discover Narbonne

1. A JOURNEY IN HISTORY
Founded in 118 BC by the Romans, Narbonne has an exceptional historical heritage, including an imposing medieval Palace-museum and the «Canal de la Robine», nominated World Heritage Site. P.5

2. OUTSTANDING NATURAL TREASURES
Narbonne offers a great diversity of landscapes including the mediterranean sea, lagoons, scrubland and the Massif de la Clape. Overall, you can enjoy 70,000 ha of protected nature. P.9

3. NARBONNE-PLAGE, JEWEL OF THE MEDITERRANEAN
Located on the seafront, Narbonne-Plage lies along a 5 km cost of fine sandy beach. The ideal spot for everyone to relax and enjoy numerous activities. P.13

4. AT THE HEART OF THE MEDITERRANEAN LIFESTYLE
The market place «Les Halles de Narbonne» is a temple of the southern art of living. It is the place to go to discover exceptional local products such as wine, which production has shaped the region’s landscapes since ancient times. P.17

5. ENTERTAINMENT THROUGHOUT THE YEAR
Narbonne is a vibrant city! Many events are taking place all year long, including “Natur’Ailes”, elected “Most beautiful kite festival in France”, or “Barques en Scène” festival, and which thrills the heart of the city at the end of August, and which gathers up to 40,000 visitors. P.21
The largest city in the Aude department with 55,000 inhabitants, Narbonne relies on its riches to develop a dynamic tourism economy. Thanks to its strategic commercial situation, at the crossing of two main roads: one joining Spain to Italy and the other the Mediterranean joining to the Atlantic. It is today an ambitious city, and a good place to live. Centrally located between the major cities of the region (Toulouse, Montpellier and Barcelona), it makes the cultural heart of Occitania beat, by organizing many festive and convivial events: Barques en Scene, Natur’Ailes, Christmas Wonderland, Elizik’... It is also a very popular destination for gourmets with its famous century-old market “Les Halles” and local products (wine, honey, seafood...).
Key figures

55,000 INHABITANTS
INSEE 2019

2,500 years
OF HISTORY

3 MUSEUMS, including
1 celebrity house (the birthplace
of Charles Trenet)

70,000 ha
OF PROTECTED NATURE

1.2 million
VISITORS/YEAR

170 km²
OF SURFACE AREA
(the equivalent of the department
of Hauts-de-Seine)

5 km
OF FINE
SANDY BEACH

1 UNESCO WORLD
HERITAGE MONUMENT:
the canal de la robe

524 ACCOMMODATION
BUILDINGS including:

30 HOTELS (of which 2 are 4*)
266 FURNISHED LODGINGS
222 RENTAL ACCOMMODATIONS
6 CAMPSITES (of which 2 are 4*)
Dreaming of Prague?

Experience Narbonne!
Narbonne has a date of birth: 118 BC. The Romans founded their first colony on this strategic site: Narbo Martius which became the “eldest daughter of Rome outside of Italy”.

A dynamic port during ancient times, Narbonne is adorned with beautiful Roman public monuments. The only buildings of this period of great prosperity still present today are the mysterious Horreum (a set of underground galleries having probably served as a warehouse) and the Via Domitia (Roman road that connected Rome to the Iberian Peninsula), visible on the square in front of the townhall.

From the Middle Ages stems the monumental complex of the Palace-Museum of the Archbishops, with its cloister and its Gothic cathedral Saint-Just-and-Saint-Pasteur. It is the symbol of the religious power of the great prelates of Narbonne. In the nineteenth century, the vineyards occupied an overriding place in the regional economy. In spite of the phylloxera crisis, the region becomes a real Eldorado for the vine growers. Owners and merchants become rich and build sumptuous homes in Narbonne along the Canal de la Robine which, since the late seventeenth century, has replaced the old bed of the “Aude” river.

DID YOU KNOW?

LA NAUTIQUE: RIVER PORT OF THE ANCIENT NARBO MARTIUS

La Nautique, ancient port of Narbonne, is located in the local lagoon complex of the area. In Roman times, this site is the most important port of Gaul. Narbo Martius trades with the entire Mediterranean, including Rome’s famous port of Ostia where you can still admire a mosaic devoted to ships from Narbonne.

Regular excavations have uncovered amphorae and other items, including an impressive anchor. More recently, remains of a luxurious villa, vestiges of warehouses and the coating of a road heading towards Narbonne have been found.
TRY IT OUT!
WHAT IF YOU BECAME A TREASURE HUNTER?

Want to have fun while discovering the heritage of Narbonne? The mischievous treasure hunt boxes allow you to (re)discover the secrets of the city in a playful and convivial way!

PRACTICAL INFORMATION
Get the box for 13€ at the Tourist Offices of Narbonne and Narbonne-Plage or online at www.narbonne-tourisme.com/boutique.

THE MERCHANTS’ BRIDGE, ONE OF THE FEW INHABITED BRIDGES IN FRANCE

In the heart of Narbonne, the Merchants’ Bridge is one of the few bridges still inhabited in France! It connects the Main square to the old medieval quarter of Bourg on the right bank.
It follows the Roman route “Via Domitia” which connected Italy to the Iberian Peninsula. Built in the Middle Ages, it remains today a very dynamic shopping street and gives a unique character to the walk along the banks of the Canal de la Robine.

A MICROBREWERY IN A MEDIEVAL CELLAR!

In a small street in the city center, a vaulted passage hides one of the most unusual places for Narbonne nights out: “l’Antre de l’Echoppe”. This not to be missed microbrewery which is appreciated by lovers of atypical ambiances and quality beers has many surprises for you!
Attention : Only open on Thursday and Friday evenings.

PRACTICAL INFORMATION
L’Antre de l’échoppe - 4 Rue Benjamin-Crémieux - Phone: +33 (0)4 68 91 67 92
THE GOTHIC CATHEDRAL
SAINT-JUST-AND-SAINT-PASTEUR
Featuring the highest Gothic choir in the south of France with a vault height of 41 meters. The fact that it was never finished gives it a unique identity. Located at its heart is the amazing Treasury Room which contains remarkable art works from the Carolingian era to the modern period.

THE PALACE-MUSEUM
OF THE ARCHBISHOPS
Being the second archiepiscopal ensemble of France after the Pope’s Palace in Avignon, this emblematic monument of Narbonne brings together different architectural periods. Restored by Viollet-le-Duc, it contains many treasures: painted medieval ceilings, a spectacular Synod room, breathtaking views from the donjon Gilles-Aycelin, art and history exhibitions including the room of orientalist painters...

THE HORREUM
These underground galleries, warehouses dating back to Roman times, are unique in Europe.

THE BIRTHPLACE
OF CHARLES TRENET
Located at 13 avenue Charles-Trenet, this childhood home of the famous «Fou chantant» (singing fool) is recognized as a “Maison des Illustres” (House of a celebrity).
Information: phone: +33 (0)4 68 90 26 38.

THE CANAL DE LA ROBINE
Like the Canal du Midi, of which it is an extension, this 17th century construction is listed as a World Heritage Site by UNESCO.

THE «VIA DOMITIA»
A section of the great ancient road between Italy and Spain is visible on the Place de l’Hotel-de-Ville (square in front of the townhall).

THE MERCHANTS’ BRIDGE
One of only two bridges built and inhabited in France (besides Landerneau in Brittany).

ST PAUL’S BASILICA
One of the oldest Gothic churches in Southern France.

THE ABBEY OF FONTFROIDE
A beautifully restored Cistercian jewel, which attracts 125,000 visitors each year. Schedules and prices: www.fontfroide.com

THE MERCHANTS’ BRIDGE
Dreaming of Connemara?

Experience Narbonne!
Outstanding natural treasures

With 300 days of sunshine, Narbonne enjoys a warm and dry Mediterranean climate. According to Stendhal, it is also “the homeland of the wind”, where the Tramontane and the Cers winds regularly blow. One can practice many outdoor activities all year long (sailing, kitesurfing, mountain biking...). Narbonne enjoys a privileged location, enriched by the great diversity of landscapes that surround it: the sea, fine sandy beaches, lagoons, foothills of the Corbières, scrubland, the classified Massifs de la Clape and Fontfroide or even the Canal de la Robine, a UNESCO World Heritage Site...

DID YOU KNOW?

LITTLE CAMARGUE

Bulls and horses in the middle of swamps and vast lagoon waters? No, you are not dreaming: you are in Narbonne! Located in the heart of the Regional Natural Park of the “Narbonnaise en Méditerranée”, this territory is home to wetlands of great environmental value, including the Manade Tournebelle (breeding of horses and Camargue bulls) or the Domaine du Grand Castelou (former agricultural estate open to the public) which is the starting point for many trails through the marshes, to discover exceptional fauna and flora.
TRY IT OUT!
MOUNTAIN BIKE RENTAL - HIKING Languedoc VTT Evasion

Rental of quality bicycles, mountain bikes, standard or electric bikes for the whole family. As a state-licensed instructor, Hugo offers guided hikes to discover the charms of the region (nature, local products, wine).

PRACTICAL INFORMATION
12 rue Guiraut-Riquier - Phone: +33 (0)6 74 89 75 98

RIDES ON 2 CV...
“THE BIG STROLL” IN THE VINEYARDS!

On board of the most popular and mythical French convertible, through colorful Mediterranean landscapes, Vin’4 heures Tour organizes tours around the area, related to vineyards and wine.

PRACTICAL INFORMATION
Vin’4 heures Tour - Phone: +33 (0)6 82 22 17 72
info@vin-tourisme-mediterranee.com - http://www.vin-tourisme-mediterranee.com/fr

MIGRATORY BIRDS AT ROC DE CONILHAC

Elevated around a hundred meters above the plain of Narbonne, it is the ideal place to observe migratory birds. Each year, between 20 and 25 raptors are counted from this site, as well as more than 5000 storks!

PRACTICAL INFORMATION
LPO Aude
Ancienne Gare de Gruissan - Tournebelle, écluse de Mandirac
Phone: +33 (0)4 68 49 12 12
Email: aude@lpo.fr

WORTH SEEING

UNUSUAL
NOT TO BE MISSED

Since 2003, the Regional Natural Park of “Narbonnaise en Méditerranée” promotes and protects the many landscapes surrounding Narbonne (70,000 ha), including:

**LA CLAPE**
an ancient island of scrubland and vineyards, it is a natural barrier between Narbonne and the Mediterranean, ideal for many walks with spectacular views of the sea and the Narbonne plain.

**THE FONTFROIDE MASSIF**
the first foothill of the Corbières, this relief is a popular site for nature lovers. In its heart, a jewel: the Cistercian Abbey of Fontfroide.

**15,000 HA OF LAGOONS**, including the Bages-Sigean marsh. In Narbonne, the port of La Nautique is the place to practice many water sports: sailing, kitesurfing, paddle, canoeing...

Dreaming of California?

Experience Narbonne!

NARBONNE-PLAGE
15 km from the heart of town, between scrubland and sea, the resort of Narbonne-Plage stretches along a fine sandy beach of 5 km. Labeled “Blue Flag” for 20 years thanks to the quality of its bathing waters and for its commitment to sustainable development, it attracts, each summer, more than 30,000 visitors. Many shops and activities are available: restaurants, hotels, campsites, water sports... During the summer, lifeguards are on the watch along the whole waterfront. Access for disabled people is available on the beach, offering appropriate bathing equipment (tiralos and seahorse chairs). Lovers of nature and tranquility quietness will love setting their towels down on the “Natural Creneau” beach, located between the shore and scrubland!

**DID YOU KNOW?**

**SEAHORSES NEAR THE HARBOR!**

Groups of seahorses that have settled along the port’s dyke of the coastal resort were recently discovered by the underwater diving club of Narbonne-Plage. They take advantage of the crevices of this site to find shelter.

**PRACTICAL INFORMATION:**

Club subaquatique Narbonnaïs - Navalia base in Narbonne-Plage
Phone: +33 (0)6 69 51 03 64 - contact.csn11@yahoo.fr
LES EXALS, 
A VERY NATURAL TRAIL

A few steps from the port of Narbonne-Plage, the Exals Botanical Trail invites you to discover the joy of a unique environment, between the scrubland and the coast.

Departure from the marina of Narbonne-Plage.

PRACTICAL INFORMATION
Annexe of the Tourist Office in Narbonne-Plage, avenue des Vacances
Phone: +33 (0)4 68 49 84 86

TRY IT OUT!
SAND SAILING IN THE WIND!

Take advantage of the Tramontane wind to run at full speed over the sand!
Test your balance on a SUP (Stand up paddle board)!
Alone or with friends, slide smoothly along the Côte des Roses.

PRACTICAL INFORMATION
ZEF Control - Créneau naturel - Route de Gruissan
Phone: +33 (0)6 71 04 85 17 - www.zefcontrol.com

HORSE PATROL
TO PROTECT THE ENVIRONMENT

Since 2017, the city has set up a slightly peculiar guard patrol: riders of the Green Equilibrium association patrol along the coast each summer to inform and educate visitors about good environmental behaviours.
THE CLAP’ SUMMER PROGRAM
From June to September, a whole program of entertainments brings the coastal resort to life: concerts, shows, performances... These events are taking place almost every night during the summer!
Full program on www.narbonne-tourisme.com

LES NATUR’AILLES
Giant, baroque and colorful kites, high-flying competitions, activities for all ages... Every year in May, the free festival of “Les Natur’Ailes” in Narbonne-Plage blows a wind of madness on the coastal resort! Thousands of spectators come to admire these spectacular devices. A festive and beautiful experience, which was considered in 2018 as the “Most Beautiful Kite Festival” by the journal Addict Kite.

PRACTICAL INFORMATION
Additional information in the annex of the Tourist Office in Narbonne-Plage (+33 (0)4 68 49 84 86) or at the Narbonne Tourist Office (+33 (0)4 68 65 15 60).

LA PRIMAVERA
Every single year, the iberian cultures festival lights up Narbonne-Plage to the sound of Spanish guitars! Rumba, flamenco, pop-rock, dances, bodegas... With such musical and cultural diversity, “La Primavera” is one of the main French festivals dedicated to Iberian cultures. An eclectic celebration that is not to be missed... and completely free!

PRACTICAL INFORMATION
Additional information in the annex of the Tourist Office in Narbonne-Plage (+33 (0)4 68 49 84 86) or at the Narbonne Tourist Office (+33 (0)4 68 65 15 60).
Dreaming of Grand Cru?

Experience Narbonne!

THE ART OF LIVING
Gastronomy is a point of pride for Narbonne. Several local products are very famous, both nationally and internationally. This is, of course, the case for wine. The people of Narbonne thus possess wines that reflect their character: warm and with a strong temperament!

The market “Les Halles”: soul of the local gastronomy
A true focal point of Narbonne, Les Halles, century-old and of Baltard type, welcome hungry hikers, budding cooks and gourmets from all walks of life every morning. The five senses are awake, and the alleys resound with a merry tumult, intertwined with chit-chat and haggling. Les Halles is a condensation of the nearby Mediterranean. Olives (such as the famous Lucques), honey, oysters and sardines bear the hallmarks of this ancient culture, which can be found in the many catering outlets on the market. This art of good living is also the result of the long history the city has with wine.

DID YOU KNOW?

YOU GET TO ENJOY YOUR PURCHASES RIGHT ONT THE SPOT, IN LES HALLES!
Choose your products (fish, meat...) on the stalls and take a sit in one of the restaurants/tapas bars in the market... The cook will take care of the seasoning, the accompaniment and the cooking of your selection! Otherwise, enjoy the selections of delicious dishes suggested on the menus.

PRACTICAL INFORMATION
http://www.narbonne.halles.fr
Open 365 days a year, from 7 am to 2 pm - 1 Cours Mirabeau
WORTH EXPERIENCING

LUNCH AT “PORT LA NAUTIQUE”
Let yourself be tempted by a bistronomic meal facing the “Etang de Bages”, on the small port of La Nautique. With a breathtaking view of the Pyrenees, the terrace is decorated in a guinguette spirit and the room subtly decorated with vintage furniture and objects from another time.

Do not miss “The drink with your feet in the water”, organized several Sundays of the season, from 7 pm to midnight, with a DJ!

PRACTICAL INFORMATION
2 rue des Nauticards - Phone: +33 (0)4 68 91 53 73
pavillon-nautique@orange.fr
www.lanautiquenarbonne.com

TRY IT OUT!

NARBONNE: WORLD CAPITAL OF CHEESE!
The restaurant Les Grands Buffets (200,000 servings per year) that presents its high-quality buffets in a creative manner, features traditional French service and offers wines at producer prices, took up the challenge of offering the world’s largest choice of cheeses in a restaurant! 111 cheeses are available... on the world’s biggest platter which is 30 meters long!

PRACTICAL INFORMATION
Les Grands Buffets
Rond-point de la Liberté - Phone: +33 (0)4 68 42 20 01
www.lesgrandsbuffets.com/en

LOCAL TALENTS

THE BEST SOMMELIER IN FRANCE IS FROM NARBONNE!
In the 2019 edition of the Michelin Guide, Albert Malongo Ngimbi has been awarded the title “Best Sommelier”. He puts his passion into practice at the restaurant “Table Saint-Crescent” (1 star), owned by the chef Lionel Giraud.

PRACTICAL INFORMATION
La Table Saint-Crescent
68 avenue du Général-Leclerc - Phone: +33 (0)4 68 41 37 37
saint-crescent@wanadoo.fr
THE CRADLE OF VINE

The area around Narbonne is the cradle of three vineyards being awarded AOC (controlled origin appellations): Corbières, Clape (AOC since 2015) and Coteaux du Languedoc-Quatourze. It also has a PGI (Protected Geographical Indication): the Coteaux de Narbonne. The cultivation of vine is thus an essential element of the local economy, which enriches the area through the export of wines but also through its attractiveness for tourists.

CHÂTEAU ROUQUETTE-SUR-MER (AOC La Clape)
Jacques Boscary, passionate about the history of his product and the profession of wine-making has completely renovated this estate dating back to the fifteenth century and re-cultivated old plots. This property enjoys an exceptional location in the Massif de la Clape through its “full south” exposure, facing the sea. Its harmonious southern wines, with great aromatic finesse and well-structured tannins are a treat for the taste buds.

PRACTICAL INFORMATION
Phone: +33 (0)4 68 65 68 65 - www.chateaurouquette.com - chai@chateaurouquette.com

ABBAYE DE FONTFROIDE (AOC Corbières)
At the heart of an exceptional landscape and protected by the hills of the Corbières, the vineyard of the family of Laure d’Andoque has developed around a jewel of Romanesque architecture: the Cistercian Abbey of Fontfroide. First grown to provide each monk with his daily ration, its wines gradually became imbued with the values of the men who produce it. Wines that feed on fragrant plains and scrubland.

PRACTICAL INFORMATION
Phone: +33 (0)4 68 45 50 44 - www.fontfroide.com/ caveau@fontfroide.com

DOMAINE Notre-Dame-DE-QUATOURZE (AOC Coteaux du Languedoc – Quatourze)
On an area bordered by the marshes of Bages and the sea, carrying 2000 years of history, swept by the Tramontane and the sea breeze in summer, the family Ortola, winemakers for five generations, cultivates the vines of the Château Notre-Dame-du-Quatourze. Committed to the protection of the environment, biodiversity and the importance of a living soil to produce great wines, it has managed to certify all of its vineyards in organic agriculture and biodynamics.

PRACTICAL INFORMATION
Phone: +33 (0)6 38 43 49 24 - www.ortola.fr - georges@ortola.fr

Region of the passionates
Dreaming of New Orleans?

Experience Narbonne!
Performances and events of all kinds, often free of charge and suiting all tastes, are widespread in the streets and monuments of Narbonne. The “Clap’d’été” summer events, which run from May to September, and the “Féeries de Noël” Christmas attractions, throughout the month of December, are the two highlights offered by the lively city of Narbonne.
WHAT’S NEW IN 2019?

NARBONNE ARENA: OCCITANIA’S PRESTIGIOUS VENUE

Major construction in progress: the walls of the future Arena of Narbonne are currently being built. The arena can host up to 4850 spectators (sitting/standing) and will be adjustable to different types of events: concerts, shows, sports competitions, business conventions... This will support the development and attractiveness of Narbonne! The first concert is scheduled for the 21st of December 2019, with the show Stars 80 & Friends!

Coming up in 2020: Jeff Panacloc, the ballet The Nutcracker, the show “Dirty Dancing”, Jain, Messmer, and Véronic Dicaire. Full program: www.narbonne-arena.fr

BIG PARTY TIME IN THE HEART OF TOWN WITH THE «BARQUES EN SCÈNE» FESTIVAL!
Three days of partying to the rythm of live music by famous French artists, street art performances and food stands within the very historical center of Narbonne. In 2018, 40,000 festival-goers enjoyed the show. This year, the headliners are Gims, Amir and Hoshi.

PRACTICAL INFORMATION
22 to 24 August 2019 - Free of charge
Info at the Narbonne Tourist Office: +33 (0)4 68 65 15 60

« LES SENTIERS GOURMANDS »
What better than to enjoy a 6 km walk in the beautiful landscapes of La Clape to discover local wines and local products? Winemakers from the La Clape appellation, accompanied by two local chefs, prepare several gourmet stop-offs along the trail. Such is the concept of «Les sentiers gourmands» (Gourmet Trails) organized by the wine-growers’ Union of La Clape, and which has already been around for more than 15 years. The next edition will take place on Sunday, the 19th of May 2019 at Château le Bouïs in Gruissan.

INFO AT THE NARBONNE TOURIST OFFICE:
+33 (0)4 68 65 15 60
sentiersgourmandsclape@gmail.com

« FÉERIES DE NOËL »
Christmas time is another highlight in Narbonne where we eagerly celebrate the «Féeries de Noël» Christmas attractions taking place in the town center all throughout the month of December. This program of events creates a magical atmosphere offering amazing free shows for all to enjoy: concerts, fun workshops, live farm animals, and the «Chalets Christmas Market» not to mention the grand parade on December 24th!

INFO AT THE NARBONNE TOURIST OFFICE:
+33 (0)4 68 65 15 60
19/05
« LES SENTIERS GOURMANDS »
Let's go on a hike in the Massif de la Clape, tasting local wines and discovering the local biodiversity.

1st and 2/06
« LES NATUR’AILLES »
International Kite Festival, winner of the title “Most Beautiful Kite Festival 2018”, awarded by Addict Kite Magazine.

From 27/06 to 07/07
FESTIVAL NATIONAL DE THÉÂTRE AMATEUR
One of the biggest events dedicated to amateur theater. Each year, many companies present their plays, during free performances in the fabulous setting of la cour de la Madeleine, in the heart of the Archbishops’ Palace.

From 28 June and every Friday of the summer
« LES ESTIVALES »
Live music, local gastronomy and wine tasting.

29/06
« NEXT : NARBONNE EXTREME TOUR »
Extreme sports festival: spectacular riders runs and demonstrations, graffiti artists, dancers ...

From 09/07 to 14/07
« ELIZIK » FESTIVAL
A major crossroads of musical cultures, Elizik’ offers a program of free concerts within the historical monuments of Narbonne. Featuring this year: Philippe Jarroussky in the cathedral, Jean-François Zygel in the Archbishops’ Palace, Daniel Tosi...

From 15/07 to 19/07
THE FONTFROIDE ABBEY FESTIVAL
« MUSIQUE ET HISTOIRE »
Created by the famous musician Jordi Savall, this festival is one of the major classical music events of the summer. It takes place in the beautiful setting of the Fontfroide Abbey.

From 19/07 to 23/07
« MUSIQUES AU PRÉSENT » FESTIVAL
This modern music festival is an invitation to discovering and experimenting today’s music through the program of several free performances. The opportunity to discover exciting, amazing, dazzling artists!

From 24/07 to 28/07
« JAZZ À L’HOSPITALET » FESTIVAL
Famous artists of all kinds show up every year to demonstrate their talent on the prestigious stage of a wine estate nestled in the heart of La Clape. Upcoming this year: Melody Gardot, Zazie, Ben Uncle Soul, Craig Davis and Lisa Simone!

1st and 2/08
« LA PRIMAVERA » FESTIVAL
The spanish culture festival lights up the seafront in Narbonne-Plage to the sound of flamenco guitars! Free entertainment, for an exceptional night out by the sea.

From 22 to 24/0
« BARQUES EN SCÈNE » FESTIVAL
Highlight of the summer season the «Barques en Scène» festival is the event you must not miss!

Also do not miss: the waiters’ race, wine tastings, concerts, DJ nights, water games, musical naps, outdoor movie projections...

All events on:
www.narbonne-tourisme.com
Selfie Narbonne
Enjoy a souvenir
XXL

Meet up on the « passerelle des Barques » and
SHARE YOUR PICTURES

Information: Narbonne Tourist Office
www.narbonne-tourisme.com - @narbonnetourisme
Access map

**TRAIN:**
- Montpellier: 1 hr
- Toulouse: 1.25 hrs
- Barcelona: 2 hrs
- Paris: 4.5 hrs
- Madrid: 5.25 hrs

**CAR:**
- Montpellier: 1 hr
- Toulouse: 1.5 hrs
- Barcelona: 3 hrs

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**Access map**

- NARBONNE
- Montpellier
- Perpignan
- Toulon
- TGV
- Barcelone
- Madrid
- Bordeaux
- Lyon
- Nimes
- Carcassonne
- Toulouse
- Paris
- Bruxelles
- Amsterdam
- Londres
Access map:

- Montpellier: 1 hr
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