

TRAVEL ITINERARY



NARBONNE, FRANCE



9/23-9/28, 2025



Wine & Wellness Retreat Itinerary 2025

Day 1 - Tuesday, September 23

- Arrival & Check-In
 - 6pm - Vineyard Wine & Walk w. Sandra, Wine Expert at Chateau Capitoul
 - 7:30pm - Welcome Dinner, Asado
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Day 2 - Wednesday, September 24

- 8 am - Morning Practice - Yoga Flow, Watercolor & Breakfast
 - 10:30 am - E-Scooter Ride In The Vineyard Followed by Cellar Tour & Picnic Lunch
 - 2:30 pm - Travel To Narbonne For Free Time To Explore
 - 6:30pm - Return to Chateau Capitoul
 - 7:30pm - Group Dinner, Asado
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Day 3 - Thursday, September 25

- 8 am - Morning Practice - Yoga Flow, Watercolor & Breakfast
 - 10am-4:30pm - Spa Day - Spa Facilities Privatized For Our Group - 50 Minute Massage Appointments Scheduled During This Time
 - 7:30 pm - Group Dinner, Mediterraneo* (5 Course Tasting Menu, Fine Dining)
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Day 4 - Friday, September 26

- 8 am - Morning Practice - Yoga Flow, Watercolor & Breakfast
 - 10:30 am - Cooking Class & 3 Course Pairing Lunch at Mediterraneo w. Chef Valere Diochet
 - 2 pm - Free Time
 - 4 pm - Transfer to Canal du Midi for Boat Cruise w. Wine Tasting
 - 7:30 pm - Dinner off-site at a local restaurant, Restaurant Passe Temps
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Day 5 - Saturday, September 27

- 7:30 am - Morning Practice - Yoga Flow, Watercolor & Breakfast
 - 9:30 am - Departure For Château St Pierre de Serjac For Chateau & Winery Tour
 - 12pm - 3 Course Pairing Luncheon at Château St Pierre de Serjac
 - 2:30 pm - Return to Chateau Capitoul
 - 3:30pm - Free Time
 - 7:30 pm - Farewell Aperitif at Chateau Capitoul
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Day 6 - Sunday, September 28

- Continental Breakfast Offering / Load Bags
- Depart for Train Station/Airport

