

7 Days around Prax Viel

A week among vineyards, garrigue and the Mediterranean — at the pace of a family estate of winegrowers, farmers and animal lovers, between Carcassonne and Narbonne.

In the heart of the Corbières, Domaine de Prax Viel opens its doors for a week where time slows down: tastings at the estate, walks among the vines and the herds, and day trips to the finest sites in the Aude — medieval cities, Cathar castles, abbeys and Mediterranean beaches.

SUGGESTED PROGRAM FOR THE WEEK

01

ARRIVAL

Welcome to the estate

Check-in, a walking tour of the estate on foot — vineyards and pastures — and a meeting with the animals. Tasting of the estate's wines at sunset (on request).

DOMAINE DE PRAX VIEL

02

CITADEL

The Cité de Carcassonne

A day at Europe's largest medieval fortress: ramparts, the Château Comtal and cobbled streets. A leisurely return through the vineyards of the Cabardès. A boat ride on the Canal du Midi.

CARCASSONNE · APPROX. 30–40 MIN BY ROAD

03

CATHARS

On the Cathar castles trail

Off to the vertigo citadels: Peyrepertuse and the Verdoules gorges, Villerouge-Termenès and its castle, with a stop in Lagrasse along the way.

DEEP CORBIÈRES (20 MIN TO VILLEROUGE-TERMENÈS, THEN 40 MIN TO PEYREPERTUSE, SAME ROUTE)

04

YOUR CHOICE

A day at the estate's pace

Choose from: a hike along the vineyard trails around the property, a boat ride on the Canal du Midi (guided cruise or self-drive houseboat rental in Trèbes), a rail bike along the Canal du Midi, a visit to the pretty village of Peyriac-de-Mer in the Narbonnaise nature park or the clifftop village of Minerve; or a visit to the Grotte de Limousis or Gouffre Géant de Cabrespine.

05

HERITAGE

Narbonne & Fontfroide Abbey

Ancient heritage and the Narbonne market halls in the morning, then the cloisters and gardens of Fontfroide Abbey in the afternoon, in the shade of the cypress trees.

NARBONNE · APPROX. 40 MIN BY ROAD

06

COAST

Heading to the Mediterranean

A beach day between lagoons and fine sand: Gruissan, Port-la-Nouvelle or Leucate, depending on the day's mood. Return to the estate for dinner under the stars.

AUDE COAST · APPROX. 55 MIN BY ROAD

07

DEPARTURE

Last moments in the Corbières

Market in Lagrasse, last-minute purchases at the estate before departure.