

The Flavours of the Corbières

A gourmet notebook to compose as you please — markets, tastings, winegrowers, oil mills and grand tables, at the pace of a family estate of winegrowers between Carcassonne and Narbonne.

At the heart of the Corbières, the Domaine de Prax Viel opens the doors to a land of flavours. Here are our favourite addresses — those of our friends, our partners and our gourmet neighbours — to combine freely throughout your stay, in a single day or across the whole week.

AT THE ESTATE

- **Tasting of the estate's own wines.** A tour of the cellars, discovery of our vintages, and a meeting with the winegrower. At any time of day, simply.
- **COMING SOON: Olive Oil, Charcuterie and cheeses from the terroir.** Gourmet welcome platters from the region, paired with our wines at sunset.

OUR PARTNER IN LAGRASSE

- **Vinaigrerie Cyril Codina — free visit for our guests.** Just a few steps from the estate, Cyril Codina has been inventing more than fifty artisan vinegars and balsamics for over twenty years. Free visit and tasting daily, in Lagrasse.

MARKETS & GRAND TABLES

- **Les Halles de Narbonne.** Wander under the iron market hall inspired by Eiffel: foie gras, Gruissan oysters, AOP Lucques olives, and Narbonne pâté to sample on the go. Open every day, 7 a.m.–1.30 p.m.
NARBONNE · ABOUT 30 MIN
- **Les Grands Buffets in Narbonne.** The most sought-after gastronomic experience in the south of France, just steps from Les Halles. Over 150 all-you-can-taste Auguste Escoffier recipes (canard au sang, hare à la royale, nine varieties of foie gras, lobster, seafood platters), the world's largest cheese board (111 varieties on a 30-metre shelf), and 50 homemade pastries. Seventy Languedoc-Roussillon wines at cellar-door prices. Fixed menu at €65.90, service lasts about three hours. Open 365 days a year — but online reservation is essential, up to a year in advance (they receive around one million requests annually). *NARBONNE · ABOUT 30 MIN · RESERVATION ESSENTIAL*
- **Cassoulet in the Medieval City of Carcassonne.** The signature dish of the Languedoc, in the UNESCO-listed setting of the ramparts. A lunch stop between two cobbled lanes.
CARCASSONNE · ABOUT 30–40 MIN
- **Oysters and Salt-Pans of Gruissan.** Fresh-from-the-lagoon oyster tasting, a visit to the Salins de Gruissan and their aromatic salts, and a stop at the fish market of Port Barberousse. *GRUISSAN · ABOUT 45 MIN*
- **Saturday morning market in Lagrasse.** The weekly gathering of local producers in the heart of the “Most Beautiful Village of France”. Goat's cheeses, honeys, olives, sourdough bread, seasonal produce.
LAGRASSE · SATURDAY MORNING

OLIVE-OIL MILLS OPEN TO VISITORS

- **L'Oulibo at Bize-Minervois.** An olive-oil cooperative since 1942, gathering 850 growers around the AOP Lucques du Languedoc olive. A guided “Olive Odyssey” tour runs every day, all year round (~1h30) with an oil and olive tasting at the end. Treasure hunt for children aged 6–12. Adult €7, child €5, family pass €19 (2 adults + 1 to 3 children). *BIZE-MINERVOIS · ABOUT 45 MIN · OPEN ALL YEAR*

- **Moulin de la Restanque at Roubia.** A more intimate family-run estate where Laurent and Magali cultivate their olive groves and press the harvest of neighbouring growers. Tasting at the shop, tapenades and local olives. *ROUBLA · CORBIÈRES-MINERVOIS*

TERROIR & SWEETNESS

- **Meeting a local beekeeper.** Tasting of rosemary, thyme and garrigue honeys. A short and fragrant visit, easy to combine with the wine route.
- **The Aude black truffle.** In season (December to February), several Corbières estates offer truffled scrambled eggs and guided truffle-hunt experiences.

Domaine de Prax Viel