WHY GO?

Stretched out along the South of France with the Côte d'Azur and the Spanish border as neighbours, the Languedoc-Roussillon region is the perfect combination of French cuisine and relaxed Med culture. Explore the rolling vineyards and bustling medieval market towns like Quarante, or tuck into fresh fish while enjoying the finest French wine, as you watch the sun set in Sérignan. Whatever you do during your visit, you are sure to return home refreshed – and well fed!

Relax like royalty

Stay at the four-star Château Les Carrasses, which lies nestled among the wild Langedoc landscape just outside the traditional French town of Capestang. Seeing the beautifully restored 19th-century château for the first time, you'd be forgiven for thinking you had just stepped into a fairy tale. Live like a king in one of the hotel's majestic bedrooms or self-catering villas nestled throughout the grounds overlooking the infinity pool. There is also a concierge service, a kids' club, and a restaurant, although you can self-cater if you wish. The wonderful views from the terrace are best enjoyed with one of the château's house wines, made with grapes grown in the surrounding vineyards.



Stay at the fairy-tale Château Les Carrasses near Capestang

The laid-back LANGUEDOC

A romantic château is the perfect place to indulge your inner foodie...



You'll be sure of a kip fit for a queen in this beautiful room

WRITER'S TIP

Visit the antique market in May and October in Pézenas. Pick up bargains for unique home decor or just browse the wonderful selection of vintage chandeliers, medieval mirrors and Renaissance armoires.



The kids will love the great beach at nearby Sète



The pretty village of Sérignan is 30 minutes from the château

Float away

The Languedoc region is full of sleepy villages, lively seaside towns awash with animated French fishermen serving up their catches fresh from the ocean, sprawling vineyards as far as the eye can see, and historic hamlets built around winding cobbled streets. Bikes are available to guests at the château for free, but you can also take to the countryside trails on foot to immerse yourself in a landscape of rolling hills and wildflowers. For something even more genteel, an afternoon floating on the Canal du Midi on a barge with a picnic lunch couldn't be more perfect. Prices from £7pp, book through the concierge service.



Chill out on a barge on the Canal du Midi – don't forget the picnic!

WORDS: RACHAEL MARTIN
PHOTOS: SUPERSTOCK, ALAMY

Foodie finds

Cuisine is at the heart of everyday life. Starting with fresh coffee and melt-in-the-mouth croissants for breakfast, you could go on to build your entire day around food. Visit the vibrant coastal town of Bouzigues 50 minutes away to enjoy oysters served with freshly baked baguette and butter. Or take a trip to Pézenas market at the weekend to sample locally grown vegetables, cheeses or pastries. Just don't fill up too much, as a dinner in the Languedoc consists of succulent steak or duck – all washed down with a world-class wine. For refined foodies, try the local truffles and take part in a truffle-cooking masterclass.

Wine o'clock

The Languedoc has more vineyards than the whole of Australia, so it would be rude not to try the local speciality during your stay. There is a winery on-site at Château Les Carrasses. Not only will you learn about the region's wine, but you'll have the opportunity to refine your tasting technique while sampling some of the best bottles in the world.



Take part in a traditional on-site wine-tasting

Life's a beach

With the Med on its doorstep, the region enjoys a balmy climate and has over 300 days of sunshine a year. You'll be spoilt for choice, but our favourite beach is Sète, with its spectacular views from its sandy shores.

GET ME THERE!

Doubles at Château Les Carrasses start from £135 per night, breakfast costs £11.90; lescarrasses.com. Easyjet (easyjet.com) flies from London Gatwick and Luton to Montpellier airport from £112 return.

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