



Trip to Toulouse

Alliance Française Washington DC

Sunday October 19 to Monday October 27, 2025

Contents

1. Who's Who
2. Timetable
3. Crucial info
4. Contacts





1. Who's Who

The AFDC Partners



Muriel MARTIN

Muriel has been promoting Toulouse for over 20 years, and is now in charge of the local ambassador program, a network composed of 500 personalities who represent and advocate for the city throughout France and abroad in more than 50 countries



Julie SOUPENE

Julie joined the PR Team at Toulouse Metropole in 2006 to promote the Pink City.

The AFDC Staff

Executive Director - Sarah DILIGENTI

Sarah comes from a multicultural and multilingual family. She spent her childhood in the West Indies and arrived in Toulouse, France at age 6, where she grew up and was educated (L.L.M. and M. Phil.; CAPES)

Sarah moved to the US in 1995. She joined the Alliance in 1996 as a member and became a volunteer in 1998. In 2004 she joined the Faculty Team. A year later in 2005 she became the Academic and Deputy Director, and finally in 2013 was hired as Executive Director.

Sarah was made a Knight in the “*Ordre des Palmes Académiques*” in January 2017. was awarded the *Grand Prix de la Francophonie* in 2018, and was nominated “*Ambassadeur de Toulouse à Washington DC*” in June 2023.

For a complete bio, check the AFDC website:

<https://francedc.org/our-team>





2. Time Table

Sunday-Monday-Tuesday

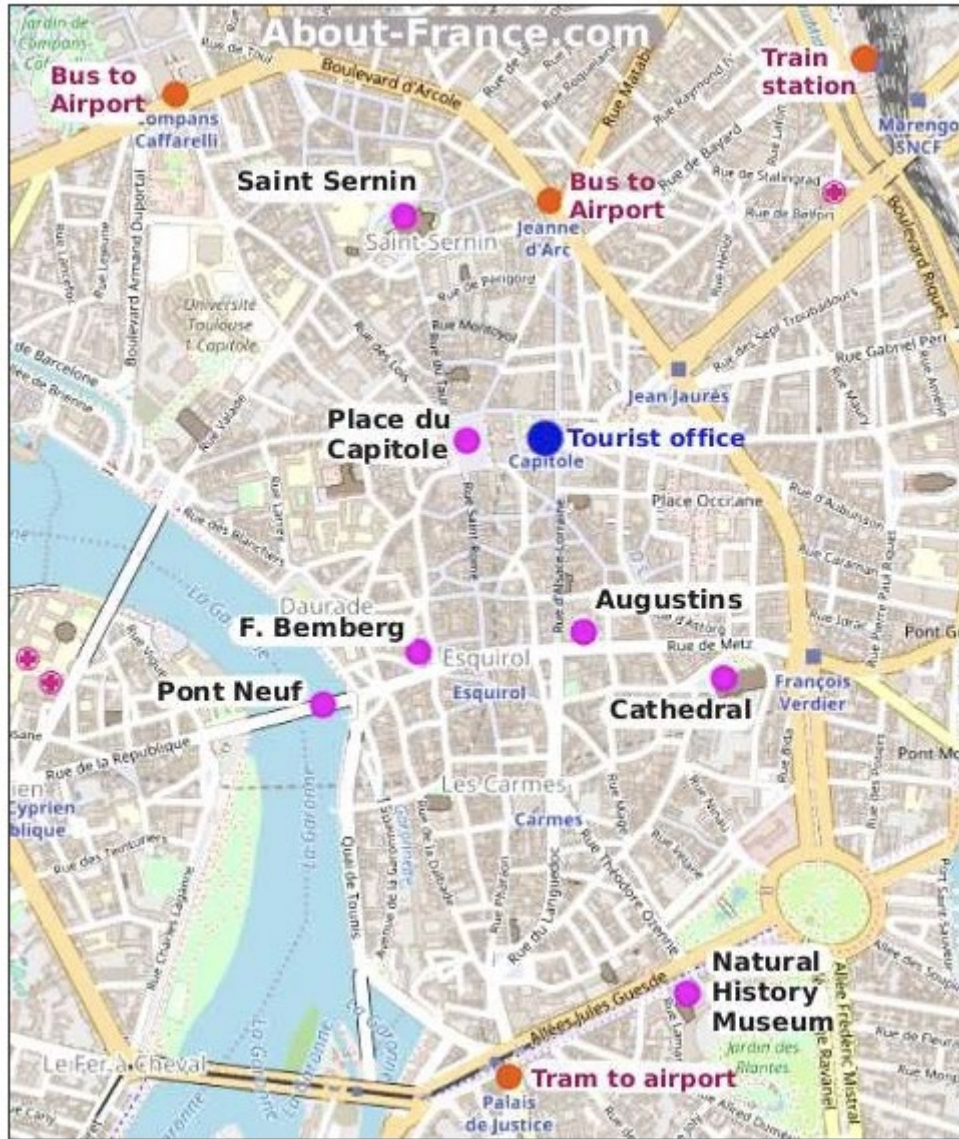
Days	Sunday 10/19	Monday 10/20	Tuesday 10/21
Morning	<input type="checkbox"/> Transfer from Toulouse-Blagnac Airport to the Hotel (will depend on arrival times of participants and hotel choice)	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Meet at Toulouse Tourist Office, Capitole Keep <input type="checkbox"/> 3-hour tour with English-speaking tour guide “Great Monuments of Toulouse” to include: Place du Capitole, Saint Sernin Basilica, Jacobin Convent (exterior only –closed on Mondays), courtyard of Hotel d’Assezat, Quai de la Daurade, Quai Saint Pierre	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Meet in front of the Capitole <input type="checkbox"/> Private Tour of the Capitole with a Town Councilor (Subject to her schedule). <input type="checkbox"/> Guided Visit of Musee Saint Raymond
Lunch	<input type="checkbox"/> On your own	<input type="checkbox"/> Lunch at the Bibent (subject to availability)	<input type="checkbox"/> Lunch at the Marche Victor Hugo (subject to availability)
Afternoon	<input type="checkbox"/> Check in at 3pm.	<input type="checkbox"/> Free Afternoon OR <input type="checkbox"/> Sarah can take the group to visit Cathedrale Saint Etienne and come back to the hotel via Place Dupuy/Halle aux Grains, place Saint-Aubin, place Saint Georges, and Place Wilson	<input type="checkbox"/> Free Afternoon OR <input type="checkbox"/> Sarah can take the group to visit the Town Library. The Crypt /Treasure of Saint Sernin Basilica (if not visited the day before), the interior of the Jacobin convent as well as the Rue Saint Rome (quartier des Marchands) and back to the hotel via Rue de la Pomme
Evening	<input type="checkbox"/> 7:30 pm Welcome Dinner (J’Go restaurant –subject to availability)	<input type="checkbox"/> Dinner on own - a complete list of our favorites will be included.	<input type="checkbox"/> Dinner on own - a complete list of our favorites will be included.

Wednesday-Thursday-Friday-Saturday

Days	Wednesday 10/22	Thursday 10/23	Friday 10/24
Morning	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Transfer by Coach to Carcassonne <input type="checkbox"/> Guided Tour in English of the Cite de Carcassonne , included – subject to availability: the ramparts, the Chateau Comtal, and the Basilique	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Alternating 2 groups of 1.5 hour each → 3-hour morning for 2 activities ❖ <u>Tour of Toulouse during the Renaissance</u> (1.5 hour) ❖ <u>Pastel Dyeing Workshop with AHPY</u> (1.5 hour)	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Transfer by coach to Cordes-sur-Ciel with an English-speaking guide <input type="checkbox"/> Round-trip shuttle provided by Cordes-sur-Ciel train to access the medieval village perched on a promontory <input type="checkbox"/> Transfer by coach to Albi
Lunch	<input type="checkbox"/> On your own OR <input type="checkbox"/> Optional: in a restaurant (additional charge currently being negotiated and to be confirmed later)	<input type="checkbox"/> Lunch at the Brasserie de l'Opera (subject to availability)	<input type="checkbox"/> On your own OR <input type="checkbox"/> Optional: in a restaurant (additional charge currently being negotiated and to be confirmed later)
Afternoon	<input type="checkbox"/> Transfer by coach back to Toulouse <input type="checkbox"/> Free afternoon possible (subject to current negotiations)	<input type="checkbox"/> Guided tour of the Bemberg Foundation (Art Museum), in English <input type="checkbox"/> Group transfer by their own means to the Maison de la Violette for a 1.25-hour discovery/exploration of the Toulouse symbol flower	<input type="checkbox"/> Guided tour of the old Albi , including: the Cathedral Ste-Cecile and the Toulouse-Lautrec Museum (subject to availability) <input type="checkbox"/> Transfer by coach back to Toulouse
Evening	<input type="checkbox"/> Dinner on your own - a complete list of our favorites will be included.	<input type="checkbox"/> Dinner on your own - a complete list of our favorites will be included.	<input type="checkbox"/> Dinner on your own - a complete list of our favorites will be included

Saturday – Sunday – Monday - potential extensions

Days	Saturday 10/25	Sunday 10/26	Monday 10/27	Extensions possible
Morning	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Gourmet Discovery of the Victor Hugo Market with Taste of Toulouse (3.5 hours)	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> Coach Transfer to Cahors with an English-speaking guide <input type="checkbox"/> Guided Tour of the historic center of Cahors , including: remains of the amphitheater, Saint Etienne Cathedral, shop arcades, Renaissance houses, Chartreux Fountain, Valentré Bridge <input type="checkbox"/> Continue to a winery near Cahors	<input type="checkbox"/> Breakfast in the hotel included. <input type="checkbox"/> For those leaving today by plane: a guide will meet you at the hotel <input type="checkbox"/> Transfer by coach to Toulouse-Blagnac Airport	<ol style="list-style-type: none"> 1. Visite de la Cite de l'Espace (one-day for the space aficionados) 2. Other museums worthy of a visit: Musee Paul-Dupuy, Musee Regional de la Resistance et de la Deportation, Musee Georges Labit... 3. Rent a car for one-day trips to either Foix (one day) and some Cathar Castles or Minerve (one day)
Lunch	<input type="checkbox"/> On your own (if you are still hungry!)	<input type="checkbox"/> Lunch at the winery (with wine pairing)	<input type="checkbox"/> Lunch on your own (for those who stay for a few more days)	
Afternoon	<input type="checkbox"/> Coach transfer to the Aeroscopia Museum <input type="checkbox"/> Return to the hotel	<input type="checkbox"/> Tour of the winery and tasting of two wines <input type="checkbox"/> Transfer by coach back to Toulouse	<input type="checkbox"/> Free afternoon OR <input type="checkbox"/> Sarah can take you to the quartier saint Cyprien and the new Halles de La Cartoucherie	
Evening	<input type="checkbox"/> Cocktails at Ma ciche sur le toit (most beautiful views of Toulouse) <input type="checkbox"/> Dinner on your own - a complete list of our favorites will be included	<input type="checkbox"/> Farewell Dinner at a Toulouse restaurant	<input type="checkbox"/> Dinner on your own -own - a complete list of our favorites will be included	



3. Crucial Info

The Details of the Trip

- The trip will take place **from Sunday, October 19th, 2025, to Monday, October 27th, 2025.**
- **8 nights, 9 days of culture and fun!** Of course, if you would like to stay longer on your own, you can!

The rates are based on the occupancy and the number of stars of the hotel:

1. Total Price per person for a double room: 4-star hotel: \$ 3,000 per person including tax

2. Total Price per person for a single room: 4-star hotel: \$4,500 per person including tax

8-nights' accommodation at a centrally located hotel (either on Place du Capitole, or along the banks of the Garonne, or in the Renaissance quarter)

15 activities included but not limited to:

- Guided visits of sites/monuments/museums in Toulouse as well as in Carcassonne, Albi, Cordes-sur-Ciel, and Cahors, and two workshops (pastel and violette)
- Free time for your own leisure and shopping
- Daily breakfast
- 4 lunches (currently negotiating the inclusion of 2 more lunches for an additional charge)
- 2 dinners: Welcome and finale at our favorite restaurants sourcing locally grown food
- A cocktail on a local rooftop

Coach services to and from day trips

Transfers from Toulouse-Blagnac airport and back (one time arranged for both transfers)

Services of Certified Guides of the Toulouse Tourism Office

Not included:

- **International Airfare**
- **Travel insurance (recommended)**
- **Personal expenses (some meals, telephone calls, medical expenses, souvenirs, etc.)**
- **Gratuities**

