

Because even the most loyal New Yorker needs to flee the greatest city on earth sometimes.

Escape from New York

Occitanie region, France

Carcassonne

Get salty

Dig through a bowl of fresh mussels and a plate of salt-crusted fish while you take in the pink hue of the salt marshes at **La Cambuse du Saunier**. Things get wild on the weekends as bands play, wine flows and locals dance on tables.

→ Route de l'Ayrolle, 11340 Gruissan (+33 4 84 25 13 24, lesalindegruissan.fr/restaurant_14.html)

Eat like the French

Airy indoor market **Les Halles de Narbonne** is more than 100 years old and offers the best local fare from more than 70 merchants. Shop for fresh produce, homemade French pastries and stinky cheese to make the perfect picnic, and pick up organic honey products, lavender and local olive oils for unique souvenirs.

→ 1 cours Mirabeau, 11000 Narbonne (+33 4 68 32 63 99, narbonne.halles.fr)

Sip on this

Château l'Hospitalet is a biodynamic vineyard owned by Gérard Bertrand, one of the region's premier winemakers. The stunning estate offers vineyard tours and free tastings of their award-winning wines, and includes a three-star hotel and a gourmet restaurant, L'Art de Vivre—so you never have to leave.

→ Route de Narbonne Plage, 11100 Narbonne (+33 4 68 45 28 50, gerard-bertrand.com)

Enter a fairy tale

The UNESCO World Heritage site of **Carcassonne** dates all the way back to the

INSIDER SECRETS

Locals give it to you straight.



"Eat local truffles at the two-Michelin-starred restaurant **Le Parc Franck Putelat**."

—Sarahi

"Stay at La Tour du Chateau, a 17th-century tower on the Canal du Midi."

—Jodi

"Go to **Le Saint Barth** in **Marseillan** and eat pink oysters."

—Michael

"Visit Sète for water-jousting tournaments."

—Marianne



Mamamouchi

third century and features a quaint city with just 50 residents. The fortress—which purportedly served as inspiration for some of Walt Disney's magical creations—is home to an incredible stained-glass basilica and a castle you can tour.

→ Carcassonne (+33 0 468 102 430, tourisme-carcassonne.fr)

Dip 'n' drink

Mamamouchi is a très hip open-air bar and restaurant that serves local French seafood and wine in a boho-chic space with ocean views. Take a break from the rosé and hop on a paddleboard, or take a swim just steps from the elevated bar.

→ Quai de Mateille, 11430 Gruissan (+33 9 50 55 29 45, facebook.com/mamamouchigruissan)

■ Katie Lockhart

FUN FACT

Monks in the area made sparkling wine 150 years before Dom Pérignon traveled here and brought their methods to the region of Champagne.

PHOTOGRAPHS (CLOCKWISE FROM TOP): SHUTTERSTOCK; TRIP ADVISOR; COURTESY MAMAMOUCHI/ TRIP ADVISOR; COURTESY CHARLES P/ TRIP ADVISOR

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