

## To discovering Occitanie

### GARBURE :

Garbure is a thick French soup or stew of ham with cabbage and other vegetables, usually with cheese and stale bread added. The name derives from the use of the term garb to describe sheaves of grain depicted on a heraldic shield or coat of arms. Thus the name of garbure, which is eaten with a fork, is a reference to the use of pitchforks to pick up sheaves of grain. It originated in Gascony in south-west France.

Frequently the meal would end with a traditional chabrot, which is a custom of mixing half a glass of red wine in with the liquid left in the bottom of one's bowl after eating the solid contents and then consuming it.

### Lourdes :

Is a small market town lying in the foothills of the Pyrenees. It is part of the Hautes-Pyrénées department in the Occitanie region in south-western France, Lourdes became one of the world's most important sites of pilgrimage and religious tourism. Today Lourdes hosts around six million visitors every year from all corners of the world. The constant stream of pilgrims and tourists transformed quiet Lourdes into the second most important center of tourism in France, second only to Paris, and the third most important site of international Catholic pilgrimage after Rome.

The region is very rich in circuits and tourist sites. According to believers, the Virgin Mary appeared to Marie-Bernadette Soubirous on a total of eighteen occasions at Lourdes. Lourdes has become a major place of Roman Catholic pilgrimage and of miraculous healings.

The Basilica of Notre Dame du Rosaire is located at the esplanade, while above it is the Basilica of the Immaculate Conception.

### Lac de Gaube :

Gaube Lake is a lake in the French Pyrenees, in the department of the Hautes-Pyrénées, near the town of Cauterets. The lake's name, in that gaube in the Gascon language means "lake", hence the place name is "Lake Lake".

The lake is accessible by an hour's hike through the forest, or by cable car from the Pont d'Espagne in the valley of Cauterets. It is famous for its panorama and relative ease of access. It is the departure point for many pedestrian hikes; its left shore is lined by the GR 10 leading towards the Gaube River tributaries. The hiking trail 10 or GR 10 is a French hiking trail which crosses the chain of Pyrenees, connecting the Mediterranean Sea in the Atlantic Ocean.