

Hola, me llamo Emma y es Laura. Vamos a presentar la región de Occitanie. Esta región es famosa por sus varios lugares turísticos y su gastronomía. Hoy, vamos a hablar del Canal du Midi pasando por Castelnaudary donde vamos a evocar el cassoulet y nos quedaremos por el espacio de ocio Saint Ferréol. Continuamos la presentación en inglés.

- **The Canal du Midi**

The Canal du Midi connects Toulouse to the Mediterranean Sea. It was built in the 17th century by Pierre-Paul Riquet who was an engineer. This canal is extended until the Atlantic Ocean and allows to link the Mediterranean Sea with the Atlantic Ocean.

This canal was listed as a UNESCO World Heritage site in 1996.

This canal is 240km long. Its construction cost 118 million of euros. (= more than 2.5 billion Mexican peso).

Mister Riquet presented his project to Louis XIV (French king) and Colbert, the finance minister. He resumed an old project by solving the problem of the water supply of the canal. Colbert was conquered by the project who was validated in 1666. Riquet died in 1680 and he will not see his work. The canal has been transformed several times.

We have the possibility to do hiking and bike along the canal. We can make cruises: There are:

- Boats with a big capacity which propose some cruises, with or without restaurants on board.
- Boats-hotel: we can choose to navigate on board where we can have full-board.

The Canal du Midi crosses different towns before reaching to the Mediterranean Sea: there are

- Saint Ferréol, 1h away from Toulouse
- Castelnaudary 50 min away from Toulouse. This city is famous for the cassoulet

There are 64 locks throughout Canal du Midi. A lock enables boats to navigate on the canal because it has not the same water level, so locks are necessary to cross it.

- **Castelnaudary (cassoulet): Cassoulet mondial capital**

This traditional dish of South of France is originated from medieval period (from the IVth to the XIVth century) and it's the cooked-in-sauce dish the most sold in France.

Cassoulet, as we know it today, appears at the beginning of the XVI° century.

It is prepared with white bean originated from Mexico and brought back by Christophe Colomb in 1530, sausages of Toulouse or duck confit and carrots

In 1836, the first industrial cassoulet factory set up in the city of Castelnaudary.

After that, there are some events organized like Cassoulet party. The goal is to introduce and appreciate the cassoulet in France and all over the world.

It exists a trip to discover the cassoulet, where it is possible to visit farms of bean's production and tastings are proposed.

- **Leisure park St Ferréol: classified to the UNESCO**

In the North of Castelnaudary, there is a leisure park called St Ferréol, listed as UNESCO World Heritage site.

There is a big lake converted in 17th century by Pierre Paul Riquet, to feed the Canal du Midi. This park proposes bars-restaurants, swimming pools, playgrounds ... and many sports activities. It is possible to be accommodated on the spot in a camping or chalets.

We can practice different activities like:

- climbing, mountain biking, golf

And nautical sports like: surfing, paddle, canoeing and treetop adventure

We finished to present you the Canal du Midi in Occitanie. Now, it joins the Mediterranean Sea in the city of Sète.