“Slow Tourism”, in Tarn-et-Garonne

A different sort of holiday

In the same manner as foodies’ current tendency towards slow food, many holidaymakers are now thinking about ecologically friendly holidays with a low carbon footprint, synchronised to one’s lifestyle and affordable, despite the economic crisis.

“Ten years ago, tourists wanted to visit the most attractions possible in the shortest possible time. Nowadays, they prefer to take things easy, taking time to understand, appreciate and participate in the daily life of their holiday destination. The current economic crisis has reinforced this need to choose a holiday where time is no longer at a premium, but enjoyed to the full. The ideal holiday now needs to be about the spiritual side as well as a pleasant ‘physical’ experience. The traveller adjusts his/her lifestyle to that of the local population, in stark contrast to the normal daily rat race.” Voyageurs du Monde.

The Tarn-et-Garonne, in southwest France, has a wide selection of destinations ideal for ‘slow tourism’ enthusiasts.

Several suggestions for ‘slow tourism’ fans

Cycling holidays

Leave your car in the garage, and get on your bikes for a holiday, as a family or with friends, exploring the superb cycle route along the Two Seas canal, running between Toulouse and Bordeaux. Delight in the small mediaeval villages with their markets stalls groaning under the weight of abundant local produce, ideal for leisurely gourmet picnics. Take a breather in 3 star hotels or B & Bs, meeting the inhabitants who will tell local tales and legends. A stress and CO2 free trip!

Escape for the week-end in a 2CV

The 2CV is the legendary 1960s car: eternal symbol of youth and freedom. So climb in and drive along windy country roads to visit mediaeval villages of the Aveyron Gorges, such as Bruniquel where the film “Le vieux fusil”, featuring Romy Schneider, was shot. Simple and rural but enjoyable, this holiday will be a delightful escape from the mundane, with discoveries and memorable souvenirs …maybe reminding you of your youth?!

The ‘bubbles’ on the Colline de Boutiès

Come and experience the pleasures of sleeping in a bubble? Ecologically sound with designer styling, a comfy nest in which to snuggle down under the stars. In an atmosphere conducive to total relaxation, let yourself drift off in a bubble, admiring the celestial landscape. From 8am onwards, your breakfast will be delivered to your terrace. Dry toilets and washing area are in an adjacent bubble.

Cruise

Glide along the Two Seas canal in your barge, virtually a floating gite; stopping off in charming small ‘ports’ in the heart of villages along the route. In the town of Moissac, for instance: classed a World Heritage site by UNESCO, with its colourful markets and marvellous restaurants using fresh, local produce. This slow, gentle canal journey in the heart of southwest France enables you to take time out and time off from the hustle and bustle of daily life.

Press contact

> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Chanterelles Manor stands in the middle of magnificent parklands and is fully equipped to guarantee your stay is at one and the same time relaxing and reviving...the manor possesses a pool, tennis court and fitness centre (jacuzzi, sauna, hammam, massage). A splendid staircase leads up to the themed bedrooms; each has a TV, phone and internet connection. There is a games room, a gym and also a billiards table, as well as the fitness centre (please book massages and treatments in advance).

Manoir des Chanterelles
2170 route de Castelsarrasin
Bénon Boutonnelle
82290 Meauzac - France
Tel: +33 (0) 5 63 24 60 70
Website: www.manoirdeschanterelles.com

Chanterelles Manor
Classed ‘5 épis’ (5 ears of corn) by Gites de France

Built in the 15th century and destroyed during the French Revolution, Loubéjac chateau was rebuilt around the middle of the 19th century. Now entirely renovated, the chateau houses 4 charming guest rooms, and stands in nine hectares of parkland.

Château de Loubéjac
82130 L’Honor-de-Cos - France
Tel: +33 (0) 5 63 65 61 03
Website: www.chateaudeloubejac.fr

Loubéjac castle
Classed ‘Chambres d’hôtes 4 Clés’ (B & B 4 keys) by Clés Vacances

Château Charry
Madame CAPELLE PILOT Edwige - 82200 Moissac - France
Mobile: +33 (0) 6 81 36 94 72
Website: www.ecuriesduchateaucharry.com

Charry castle
Classed ‘3 épis’ (3 ears of corn) by Gites de France

In this beautiful hilly region around Moissac, a charming gite has been created in an unusual spot. The former castle stables. The grounds are well kept, giving a wonderful view over the surrounding countryside as well as the 9 hole mini golf course.

Château de l’Hoste
82150 Saint-Beauzeil - France
Tél. +33 (0) 5 63 95 25 61
Website: www.chateaudelhoste.com

Hôte château
Classed ‘Hostellerie de Caractère 3*** (3 star hostelry)

Staying here is like being invited by friends. The cozy, friendly atmosphere in the bar and library, as well as the magnificent marriage of old and new in the decor, will warm the cockles of your heart! In the winter, a fire crackles in the hearth but, whatever the season, top notch cooking, with dishes combining tradition and innovation, figures on the menu. From spring through summer, the chef is inspired by produce from the organic vegetable garden in the grounds. In season, meals are served on the terrace allowing you a leisurely look at the excellent wine list.

Château de l’Hoste
82150 Saint-Beauzeil - France
Tél. +33 (0) 5 63 95 25 61
Website: www.chateaudelhoste.com

An ideal place for a family reunion or gathering of friends, whether for a week or a weekend; Goudourville chateau can sleep 21 people in a building of 1500 inhabitable square metres. Whilst keeping an authentic period feel, the bedrooms have been entirely modernised to ensure your comfort. Each room is named after a famous former guest.

Château de Goudourville
761 chemin du château
82400 Goudourville - France
Tel: +33 (0) 5 63 29 09 06
Website: www.chateau-goudourville.fr

Goudourville castle
Classed ‘5 épis’ (5 ears of corn) by Gites de France

Contact
Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites: www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

Press contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Unusual holidays

Cabins for giant-sized gnomes and elves!

Brassac – ÉcoloGîte (ecological gite)

With an amazing view over the valley, hundred-year-old oak trees, and a spring singing softly to itself... Béatrice and Frédéric have succeeded in rendering this magical spot in Brassac, in the Pays de Serres area, both whimsical and stylish. Every detail in these two cabins has been pondered over and lovingly adapted for your comfort to ensure a happy holiday... Happy, Sleepy, Sneepy... but NOT Grumpy!

Contact: Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61 - Fax: +33 (0) 5 63 66 80 36
E-mail: sla82@wanadoo.fr

100% zen

Clévacances - 3 keys

This is an exceptional holiday in one of France's listed "Most beautiful villages"... a short break to relax, unwind and chill out! Stéphanie, a qualified relaxation therapist, has planned a programme guaranteed to leave you regenerated and invigorated.

Contact: Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
Fax: +33 (0) 5 63 66 80 36
E-mail: sla82@wanadoo.fr

Take a family trip back in time to the Middle Ages

Gîte de France - 3 épis/ears of corn - Saint-Antonin-Noble-Val

The villages of the Pays Midi-Quercy welcome you on a fun discovery tour of what life was like in the Middle Ages. Treasure hunts, observational skills and quizzes will intrigue young and old, and after your fourth completed game stamped in a tourist office, you'll win a surprise!

Accommodation: Gîte des 2 Puits
Contact: Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61 - Fax: +33 (0) 5 63 66 80 36
E-mail: sla82@wanadoo.fr

Neuviale convent

Clévacances - 4 keys

Neuviale is a small hamlet near the charming village of Parisot. The convent is a former cloister, now delightfully renovated with four delightful B & B guest rooms, all ensuite. In the morning your delicious breakfast is served either in the comfortable lounge or on the sun drenched terrace under the plane trees. Four times a week, dinner is taken with your hosts, ensuring a pleasant evening with good food and convivial conversation.

Contact: Le Couvent de Neuviale - Neuviale - 82160 Parisot
Tel: +33 (0) 5 63 24 29 90 - Mobile: +33 (0) 6 88 58 14 55
Website: www.lecouventdeneuviale.fr

Press contact

> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Beautiful dovecotes

The architecture in Tarn-et-Garonne is distinguished by the number and variety of its dovecotes or ‘pigeonniers’, of all shapes, sizes and building materials. From the 18th century, their construction was no longer limited to the nobility...the French Revolution had democratised pigeon keeping!

Whilst keeping pigeons was undeniably a way to augment protein supplies, as well as providing fertiliser, owning a dovecote also instantly added social status to one’s property...a sign of prestige carried over from the pre-Revolutionary age when only aristocrats were entitled to build dovecotes. Whether built of brick or stone, half timbered, simple or sophisticated, square, round or hexagonal, on pillars or the style known as “pied de mulet” (mule’s foot), more than 2000 dovecotes have been listed in Tarn-et-Garonne, making it the department with the most dovecotes per kilometre in South-West France. Recently renovated, many dovecotes have taken on a new lease of life as holiday homes for 2, 4 or 6 people.

Valence d’Agen and Beaumont-de-Lomagne tourist offices have a selection of circuits with accommodation in dovecotes.

Valence d’Agen tourist office: tel: +33 (0) 5 63 39 61 67 - Website: www.valencedagen.fr
Beaumont-de-Lomagne tourist office: tel: +33 (0) 5 63 02 42 32 - Website: www.tourisme-en-lomagne.com

Stay in a dovecote in the countryside, taking bike trips along the green cycle path

Vignes dovecote
Pommevic - reference N° TG971
Classed ‘3 épis - Art de vivre’ (3 ears of corn - art of living well) by Gites de France
Meander by bike along the Garonne canal banks, under shade provided by hundred year old trees...exploring at your own pace tourist attractions such as Moissac, renowned for its Roman remains. In the evening, relax after your day’s gentle exertion in Vignes Blanches, a beautifully renovated dovecote near the Garonne canal. The 2 cycles and route maps/plans provided add an extra touch, and the spa added in 2013 turns your break into a real chill-out!
Tel: +33 (0) 5 63 39 54 94 - Website: www.gites-garonne.com

Gisou dovecote
Piquecos - reference N° CL82383
Classed ‘3 clés - Art de vivre’ (3 keys- art of living well) by Clés Vacances
At the foot of the village, this delightful dovecote will guarantee a relaxing, peaceful stay with rambles and fishing on the doorstep.
Tel: +33 (0) 5 63 39 71 29

Roudet dovecote
Larrabez - reference N° TG942
Classed ‘3 épis - Art de vivre’ (3 ears of corn - art of living well) by Gites de France
Sited directly opposite the village, Roudet dovecote has rediscovered all its noble pride and beauty. An original, peaceful and restful place to stay, lovingly created within its brick walls. A little jewel!
Tel: +33 (0) 5 63 20 72 03

La Salvetat-Belmontet - reference N° TG976
Classed ‘3 épis - Art de vivre’ (3 ears of corn - art of living well) by Gites de France
In these valleys where hundred year old oak trees stand supreme, the Paumange dovecote proudly proclaims the beauty of its recent renovation...earth colours married with a modern, contemporary style give it a unique character.
Tel: +33 (0) 5 63 30 33 62
Website: www.gite-paumange.fr

The Imperial
St-Paul d’Espis - reference N° TG984
Classed ‘3 épis - Art de vivre’ (3 ears of corn - art of living well) by Gites de France
This dovecote is quite unique with its tasteful decor, warm welcome and delicious dinners. The hundred year old trees in the grounds render it even more unusual.
Mobile: +33 (0) 6 71 50 63 60

Contact
Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites: www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

Press contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Dovecotes for gourmands and gourmets!

A cosy ‘tête à tête’ at the Imperial

A dovecote called the Imperial, where high class cooking makes this a glorious holiday retreat, with a Michelin guide chef on hand to titillate your taste buds. Add to this a warm welcome and tasteful style, and you have the recipe for a wonderful weekend. Come and taste this tempting morsel! Your gastronomic dinner, prepared by Patrick Dumontier, chef at the Templier restaurant in Dunes, will be delivered to your door on your first evening.

Stay: 3 days/2 nights from 155 € per person.

A gourmet retreat at Paumange dovecote

A magnificent view over the Quercy hills and personal, tasteful touches make this a cosy corner in which to be cosseted for a short, but unforgettable, break.

As soon as you push open the door, you will feel the forethought and attention to detail that guarantee a warm welcome...the crackling of the wood burning stove in winter, the beautifully laid table...

Stay: 3 days/2 nights from 157,50 € per person.

A cozy gourmet break ideal for couples at Pigeonniers des Vignes

The dovecote at Vignes Blanches (white vines) with its intimate and comfortable decor, is an ideal spot to wine and dine...maybe even celebrate? On your first evening you will dine by candlelight, enjoying a delightful dinner designed specially for you by a young and talented chef. Prepared by Ciril Simon from the restaurant Auberge de Bardiques, winner of 2 chef’s hats in the Gault & Millau 2012 guide, your gastronomic dinner will be a feast of inventive, sophisticated dishes using fresh, local produce.

Stay: 3 days/2 nights from 157,50 € per person.
Bicycle tours

It is now possible to travel from the Atlantic to the Mediterranean and not just by boat! You can wind your way by bike along more than 500 km of former tow-paths. This itinerary follows the Two Seas Canal, and is a wonderful way to discover, or revisit, this hidden corner of France with its prestigious tourist attractions and picturesque landscapes, as well as meeting the redoubtable locals.

The green cycle route which follows the Garonne Canal between Toulouse and Bordeaux crosses two departments of the Midi-Pyrenees, Haute-Garonne and Tarn-et-Garonne, linking two renowned “Grand Sites”, Toulouse and Moissac, a distance of 72 km accessible to all. This cycle route winds its way through the most attractive scenery in Tarn-et-Garonne, free from traffic, allowing you to alternate gentle exercise with visiting tourist attractions such as Moissac, classed «Grand site of the Midi-Pyrenees», stop off in charming villages and ports along the canal... Montech and its unique water slope, for instance, or Valence d’Agen and its wash houses, former abattoirs converted into a cyclist’s rest stop... as well as staying in delightful accommodation, visiting farms to taste the local produce. On your meanders.

www.canal-et-voie-verte.com

Bike hike along the Garonne canal banks

Circuit from Bordeaux to Toulouse along the green cycle route of the Two Seas canal

This trip is a crowd pleaser... whether you’re a nature lover, culture vulture, leisure lizard, pool lounger, gourmet or sports fan. You follow the Garonne canal, classed a World Heritage site by UNESCO. The route, alternating between cycle paths and quiet, country roads, offers a diversity of breathtaking scenery. The canal, often with shade provided by large plane trees along its banks, is bordered by vineyards, copses, wooded slopes, orchards and villages, as well as historical, architectural monuments. Cycle paths, the green route and bridle paths lead to other landscapes: the canal itself with its many locks and the beautiful cities of Bordeaux and Toulouse. Each night you will receive a warm welcome in 3 star hotels or charming B & Bs.

Contact
Booking Tarn-et-Garonne
Tel: +33 (O) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites:
www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

Press contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com

* A green cycle path is reserved exclusively for pedestrians and non-motorised vehicles (bikes, skates, scooters...)
Discover the beautiful scenery of SW France riding along the towpaths of the Garonne Canal, one of the “Grand Sites” in the Midi-Pyrenees. This cycling circuit is interesting, not only because of the diversity of its landscapes, but also the quality of cultural interest...museums, monuments...nearby.

En route from Bordeaux, a town famous for its wines, to the pink brick city of Toulouse, also classed as a Grand Site Midi-Pyrenees, you will fall under the spell of this charming, many faceted Southwest region.

This trip is a guaranteed crowd pleaser...whether you’re a nature lover, culture vulture, leisure lizard, pool lounges, gourmet or sports fan!

You follow the Garonne canal, classed a World Heritage site by UNESCO. The route, alternating between cycle paths and quiet, country roads, offers a diversity of breathtaking scenery.

The canal path, often with shade provided by the large plane trees along its banks, is bordered by vineyards, copses, wooded slopes, orchards and villages, as well as historical, architectural monuments.

The cycle paths, green route and bridle paths lead to other landscapes begging to be explored: the canal itself with its many locks, as well as the beautiful cities of Bordeaux and Toulouse.

Each night you will receive a warm welcome in 3 star hotels or charming B & Bs.

Length of trip: 7 days/ 6 nights
Prices:
from 880 € per person (double room)
Please contact us on:
+33 (0) 563217946

The price includes:
4 nights half board in 3 star hotels and charming B & Bs; 2 nights in 3 star hotels with breakfast included; baggage transfer and route guide/maps/plans.

The price does not include:
bike rental (bike equipment, repair kit, repatriation of bike, breakdown service), entry fees, tastings, personal expenditure nor cancellation/repatriation insurance.

Contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com

Press contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
**New attractions**

**Neuviale convent**

You will be bowled over by this former convent, a haven of peace, tastefully renovated by Mark and Lieve. The bedrooms are delightful, the decor being simple yet detailed, with every aspect carefully considered to give a unique character to each room.

Le Couvent de Neuviale
Neuviale - 82160 Parisot
Tel: +33 (0) 5 63 24 29 90
Website: www.lecouventdeneuviale.fr

**Go ‘Glamping’ at “Le Camp” in Varen**

“Le Camp” is a unique holiday venue, giving you the pleasures and adventure of sleeping under canvas without the discomfort of traditional camping. Here you have hotel style luxury combined with the independence of a rented villa. Deep in the heart of rural southwest France, off the beaten track, you will find the quiet, peaceful ‘Le Camp’ hidden in the woods. Encounter Mother Nature in style!

Le Camp
82330 Varen
Tel: +33 (0) 6 11 94 33 68
Website: www.lecamp.co.uk

**“La Cuisine”, Art and Design centre**

In 2014, La Cuisine, an Art & Design centre has been recently created in Negrepelisse chateau, with an architectural style subtly marrying ancient and new. The result is a superb blend of 13th century remains alongside contemporary lines and building materials.

“La Cuisine”, or The Kitchen, is the only art & design centre in Tarn-et-Garonne housing entirely contemporary art works. As reflected in its nomenclature, the centre focuses specifically on aspects of the culinary arts. Local, or artists in residence, are invited to create works reflecting upon possible interactions between daily functional usage and creativity.

The centre organises educational activities (visits and workshops) and also coordinates cultural events programmed locally by associations and organisations. Thanks to its travelling exhibitions and publicity, the centre acts as an ambassador for Negrepelisse.

Website: www.la-cuisine.fr

**Contact**

Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites: www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

**Press contact**

Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Outdoor Activities

In the Aveyron Gorges

East of Montauban, in an exceptionally well-protected environment, the gorges are an ideal spot for outdoor activities such as rock-climbing, canoeing, cliff top rambles, hiking, horse riding or swinging from branch to branch in a treetop adventure park...

Variation
Lapeyriére - 82140 Saint-Antonin-Noble-Val
Tel. +33 (0)5 61 68 25 25
E-mail: contact@variation82.eu
Website: www.variation82.eu
Contact group: Joël Boulillard

Supervision of the following activities:
- Canoeing 1 for a group of 16; mountain biking 1 for a group of 12;
- rock-climbing, potholing, cliff rambles 1 for a group of 12; hiking 1 for a group of 25.
- Possible to adapt activities for people with disabilities: English and Spanish spoken. Picnic area and toilets.

A l’eau Canard
Au bout du pont - 82140 Saint-Antonin-Noble-Val
Tel. +33 (0)5 62 03 94 06
Mail: robert.malve@laposte.net
Website: www.canegorgesveyron.com
Open from April to October.
Contact: Robert Malve

Canoe/kayak rental for two downstream trips, of either 10 or 18 km. Return to base by minibus. Equipment provided. English spoken. Picnic area.

In the Montech forest

Right in the middle of the forest, close to Montauban and the famous waterlog at Montech, come and do a Tarzan act in the treetop adventure park. Over 130 workshops (creepers, monkey bridges, Tyrolean) make this a breathtaking and fun activity for all ages.

Agrip Aventure
Foët d’Oré - BP 9 - 82700 Montech
Tel. +33 (0)5 67 72 24 40
E-mail: agrip.venture@wanadoo.fr
Website: www.agrip-venture.fr
Contact: Philippe Pichereau

Groups until 100 people. Picnic area and toilets.

Hiking

... follow the ‘Saint Jacques de Compostelle’ Pilgrims’ Way

From Lauzerte to Auxillac until Moissac, the ‘via Podiensis’, up until there called the ‘route du Puy’... starts at Puy-en-Velay and ends in Spain (Galicia). One of the oldest and most travelled pilgrims’ routes to Saint-Jacques Compostelle, it follows the GR65 trail. The route goes through Lauzerte and Auxillac, classed amongst the ‘Most beautiful villages in France’, as well as Moissac, ‘Mid-Pyrénées Grand site’, with its celebrated abbey and Romanesque cloisters.

Main stages
Montauban (lot) > Lauzerte = 14km / Lauzerte > Moissac = 24km
Moissac > Auxillac = 20km / Auxillac > Lectoure = 32km

Lauzerte - Gîte des figuiers
Chemin du couloirier - 82110 Lauzerte
Tel. +33 (0)5 63 29 11 85 / port. +33 (0) 6 85 31 71 31
Mail: michel.reversat@wanadoo.fr - Website: lesfiguiers-lauzerte.com
Accommodation capacity: 40 people.
Contact for groups: Michel and Bernadette Reversat.

Lauzerte - Lodge and gite
Centre equestre « Les Bordes » - 82110 Lauzerte
Tel. +33 (0)5 63 94 63 46 - E-mail: equerrejour-lauzerte@wanadoo.fr
Open all year round, out of school vacation.
Accommodation capacity: 40 people.
Contact: Isabelle Favrot.

Moissac - L’ancien Carmel
5 sente du Colvaire - 82200 Moissac
Tel. +33 (0)5 63 04 62 21 - E-mail: accueil@moissac@wanadoo.fr
Website: gitecarmel-moissac.fr
Open all year round.
Accommodation capacity: 70 people.
Contact for groups: Isabelle Duc.

Auxillac - Gîte d’étape communal
11 rue Juneca - 82340 Auxillac
Tel. +33 (0)5 63 39 89 82
office.auxillac@wanadoo.fr - auxillac.fr
Accommodation capacity: 17 people.
Kitchen available.

Liaison contact
Service Départemental Loisirs Accueil
Aarmelle Giudicelli
Tel: 05 63 21 79 46 - Fax: 05 63 66 80 36 - E-mail: armelle.giudicelli@tourisme82.com
Lauzerte

Lauzerte is one of the most famous mediaeval villages in Tarn-et-Garonne. Indeed, it is one of the three villages in the department classed as ‘Most beautiful villages of France’. This ‘bastide’, or fortified village, proudly ensconced on high, still reveals its defensive origins: notably the barbacan, a military defence works which today offers a breathtaking view. Or the “Promenade de l’Eveillé” (walk of the awakened) created in the 18th upon the former defensive ditches surrounding the town, as well as on the ramparts which still survive to this day.

Auvillar

A town already well established in Gallo-Roman times and classed ‘Most beautiful villages of France’

One of the most remarkable features of this village is its triangular square dating from the Middle Ages, with its market hall. This latter is circular and supported upon Tuscan style columns, with a central building whose arcade of rounded arches is remarkable for its symmetry.

The edifice is relatively recent (1824) and is interesting for its originality in being circular as well as the conservation of stones, vestiges of the ancient rectangular market hall on the same site. Several houses dating from the 17th and 18th centuries are to be found in the square. This ‘bastide’ is a treasure trove of architectural witnesses to the past: corbelled constructions, moldings and accolades abound.

The most important religious building is the church of St Peter, built during the Carolingian period. Classed as a historical monument, it is one of the most beautiful churches within the diocese of Montauban.

But there are other not-to-be-missed monuments, such as:
- the clock tower (Tour de l’Horloge), (built in Louis XIV’s reign),
- the Putet, recently rediscovered by the inhabitants of Auvillar, a Roman fountain which supplied the wash house and cattle trough.

These are still visible for tourists and pilgrims on the Saint-Jacques de Compostelle pilgrims’ way.

• Information

Auvillar tourist office
Place de la Halle - 82340 Auvillar
Tel: +33 (0) 5 63 39 89 82
E-mail: office.auvillar@wanadoo.fr
Website: www.auvillar.fr

Bruniquel

Bruniquel, classed one of the ‘Most beautiful villages of France’, dates from prehistoric times, Lower and Middle Paleolithic to be precise.

Vestiges of this period, such as paintings and articles from daily life, have been discovered in the Pouquets caves. But the village was also obviously important in the Middle Ages, for from the end of the 12th century, the village was enclosed by fortifications. 15th and 16th century houses still survive, amongst them the Payrol house, which was originally a Cistercian hostelry and then a governor’s residence, boasting ceilings adorned with coats of arms, murals and a collection of exhibits housing more than 300 artefacts.

A second line of defence was constructed in 1355 during the Hundred Years’ War. From the 14th century onwards, the village prospered due to its production of flax, hemp and saffron. It was one of the sixteen centres in the Languedoc where saffron harvests were amassed for distribution.

Bruniquel possesses two castles, classed a historical monument: the Old Castle (12th and 13th centuries) and the New Castle (15th century). The village was also used as a film location: Robert Enrico shot two films here, “Fait d’hiver” in 1998, but notably “Le vieux fusil” in 1975. This film starring Philippe Noiret, Romy Schneider and Jean Bourdy won many awards and is part of village history, still a subject of conversation today.

Photos of the shoot are in the rooms of the Old Castle, now an exhibition centre, whilst the New Castle houses a collection of prehistoric finds.

• Information

Bruniquel tourist office
Terrasses et Vallée de l’Aveyron
Promenade du Ravelin - 82800 Bruniquel
Tel: +33 (0) 5 63 67 29 84
Website: www.bruniquel.org

Press contact

> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Heritage in Midi Quercy

In the heart of the Midi, and just a stone’s throw from Toulouse, nestles the department of Tarn-et-Garonne. Green and verdant, this is a county proud of its natural and historic heritage.

With its many paths linking hilltop castles and ancient fortified villages; its babbling streams in the Aveyron valley; its painterly landscapes of astonishing colours and light, the Midi Quercy and its Aveyron Gorges will delight all those for whom, whether sporty types or leisure lovers, a successful holiday includes authenticity: participating in events with the locals and sharing their way of life.

For sports fans, our less well-known, almost secret, Ardeche is a perfect holiday choice for families, with a variety of sporting activities...aquatic or not...on offer for all levels of ability.

For the culturally minded, we are here to help you better understand and appreciate our architectural heritage, history and traditions.

For pleasure seekers, we offer the bountiful treasures of Tarn-et-Garonne...sun-warmed fruit and other seasonal produce will provide the recipe for your well-being!

The cycle routes in the Aveyron Gorges

For outdoor fans, the Tarn-et-Garonne has plenty of opportunities for pleasant rides along the 85 km of cycle paths in the Aveyron valley, linking Montauban to Laguiole in the east. Well signposted, this itinerary enables you to easily explore the plains around Montauban; visiting mediaeval villages such as Montricoux, Bruniquel, Penne, Saint-Antonin-Noble-Val, Varen and Laguiole.

Contact:
Tourist Office
82140 Saint-Antonin-Noble-Val
Tel: +33 (0) 5 63 30 63 47
Fax: 05 63 30 66 33
tourisme@saint-antonin-noble-val.com
www.saint-antonin-noble-val.com

Contact
Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites:
www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

Press contact
Caroline Manens
Tel: +33 (0) 5 63 21 79 53
Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme02.com
> An unusual cycling trip!

For a weekend or even longer, why not go on a charming cycling holiday exploring the Aveyron valley and its rich heritage: hilltop castles and mediaeval villages, nature reserves, dramatic landscapes with towering cliffs, culture galore...

Relaxation, authenticity and well-being are on the agenda!

For 3 days/2 nights, we suggest 2 itineraries of 39 and 45 km along the “Aveyron valley” cycle route, well signposted and using roads with light traffic which link Montauban to Laguépie.

Leaving your lodging in ‘Domaine de la Male’in the mornings, wander by bike along the quiet roads of the Quercy and then relax in the evenings in your private spa!

> Tree cabin at Domaine de la Male

Do you fancy staying in a luxury lodging perched 6 metres above ground? In Domaine de la Male, you’ll unpack your suitcase in the heart of an oak forest of 6 hectares. Constructed by a team from the guild of carpenters, ‘The perched nest’ combines comfort, luxury and safety.

A private spa is available in the evenings so you can unwind...mentally AND physically... after your day’s cycling.

> Services

- Sheets, towels and dressing gowns are provided
- Cleaning included
- Fridge and coffee machine available in tree cabin
- Free access to private spa
- Breakfast basket delivered to your tree terrace between 8 and 9am
- At your disposal: 2 bikes, 2 helmets, route guide according to your level and weather conditions, itinerary plans/maps, rucksack and a picnic basket for 2 people

> Prices (based on 2 people)

470 € / 3 days and 2 nights at the week-end
370 € / 3 days and 2 nights midweek
Arrival from 3pm and departure before 11am

> Suggested cycling itineraries

**Day 1: valley of hilltop castles**

**Distance:** 45 km

**Level required:** good

This circuit, lasting a day, takes you first to the mediaeval village of Bruniquel, where you will be astounded by the breathtaking view over the Aveyron valley from the courtyard of the twin castles, perched on a rocky spur more than 90 metres high. Narrow lanes, artists’ studios and ancient dwellings of rich merchants will also delight your eyes.

Your route will then take you to Penne with its ancient fortress, witness to the military and defensive history of the Aveyron valley.

You follow the river as far as Cazals, in the heart of the Aveyron Gorges where you can relax on the riverbank before continuing towards Montiriond, a village straddling the river and distinguished from the surrounding villages by its numerous half-timbered houses dating from the late middle ages.

> Contact

Booking Tarn-et-Garonne
Tel: +33 (0) 5 63 21 79 61
E-mail: sla82@wanadoo.fr
Web sites:
www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr

> Press contact

> Caroline Manens

Tel: +33 (0) 5 63 21 79 53 - Fax: 05 63 66 80 36
E-mail: caroline.manens@tourisme82.com
Heritage

Day 2: The Aveyron valley: a marriage of nature and culture
Distance: 39 km
Level required: easy

> From Montricoux to Negrepelisse,
You follow the river Aveyron along its course passing through the village of Bioule, built around its castle in the 14th century; its red brick former fortress on the riverbank now houses the primary school.
In Negrepelisse, your attention will inevitably be drawn to the art and design centre ‘La cuisine’, housed in the former castle, whose remains dating from the 13th century have been conserved and integrated into a new building with modern lines and materials. ‘La cuisine’ is the only art & design centre in the department dedicated to showing contemporary work. Due to its culinary theme and nomenclature, it concentrates on customs concerning the culinary arts.
You return via Vaissac, a small town celebrated for its cep ‘harvest’, the cep is a wild mushroom reputed for its flavour. A visit to Gouyres Lake, Tarn-et-Garonne’s bird sanctuary (classified nature reserve) will be the last lap of your itinerary.

Contact: Le Domaine de la Male
82800 Puygarrad De Quercy
E-mail: contact@domainedelamale.fr
Tel: +33 (0) 6 71 60 66 03

Off-road biking...uphill and down dale...in the Gorges of the Aveyron!

There are 2 off-road areas, classified by the French cycling federation, in the Aveyron Gorges around the villages of St Antonin Noble Val, Laguérie, Najac and Penne, with 1,218 km of navigable trails. These two zones enable off-road bikers of all technical levels to have fun with wonderful views.

- Off-road biking at Viaur, Aveyron
  21 trails/pistes: 3 green, 5 blue, 10 red, 3 black
- Off-road biking in the Gorges of the Aveyron
  33 trails/pistes: 8 green, 10 red, 9 blue, 6 black
Route plans and maps are available in the Tourist Offices in Laguérie and Saint-Antonin-Noble-Val.

Your stay
To make the most of this wonderful sport and amazing landscapes, why not make it an outing to be remembered by staying in a B & B, devoting the day to your hobby and lazing with friends in the evening? 3 days/2 nights in which to enjoy your hobby to the full and hit the hardest trails!

> Your lodging: with a family feel in Nieuviale convent
Enjoy the authentic atmosphere of this charming, calm and peaceful former convent, tastefully renovated by Mark and Lieve. The bedrooms will delight you with their unique character and decor, at one and the same time simple yet delicate, with attention given to every detail.
Convivial moments around the pool or during dinners under the trellis in summer, flexibility of family rooms and welcoming hosts will all guarantee an enjoyable stay.

Services
• Sheets and towels supplied
• Pool: free access in high season
• Breakfast and picnic
• Bike shed and cleaning facilities
• Plans and guides on booking and contact numbers for bike rentals/guides

Prices (based on 2 people)
3 days / 2 nights
From 170 € in low season

Contact: Le Couvent de Neuviale
Neuviale - 82160 Parisot
Tel. +33 (0) 5 63 24 29 90
Mobile: +33 (0) 6 88 58 14 55
Web site: www.lecouventdeneuviale.fr

Press contact
> Caroline Manens
Tel: +33 (0) 5 63 21 79 53
E-mail: caroline.manens@tourisme82.com
A family holiday in the Aveyron Gorges

Saint-Antonin-Noble-Val, a mediaeval town in the heart of the Aveyron Gorges, is renowned for its special welcome for families...watch out for the label ‘Family plus’...and there are activities to suit everyone: traditional fêtes, Sunday and night markets, cultural events, exhibitions, leisure and sports such as canoeing down the river.

Your stay

At the campsite ‘Flower des Gorges de l’Aveyron’, your comfort and happiness come first and everything you need is on hand: a warm welcome, activities for the kids, a bucolic atmosphere on the riverbank, shade, up to date equipment...Johanna and Stéphane know how to create a paradise for families on holiday.

> Your lodging: ‘trapper’ feeling on the banks of the river

Your kids will learn to love camping in a ‘free flower’ tent. Open to nature and comfortable, this modern tent has 37m² of space!

Services

- Free access to the pool and children’s water-sports play area
- Booking possible from Wednesday to Wednesday to avoid traffic jams at weekends in high season

Rental prices (based on 5 people)

- 200 € in low season
- 595 € in high season

Campsite is open from 29/03 to 30/09/2014

Contact: Camping des Gorges de l’Aveyron
Johanna & Stéphane BATLO
Route de Marsac
82140 Saint-Antonin-Noble-Val
Tel: +33 (0)5 63 30 69 76
Fax: +33 (0)5 63 30 67 61
E-mail: info@camping-gorges-aveyron.com
Web site: www.camping-gorges-aveyron.com

Press contact

> Caroline Manens
Tel: +33 (0) 5 63 27 79 53
E-mail: caroline.manens@tourisme82.com
Web sites: www.reservation-tarnetgaronne.fr
www.tourisme-tarnetgaronne.fr