

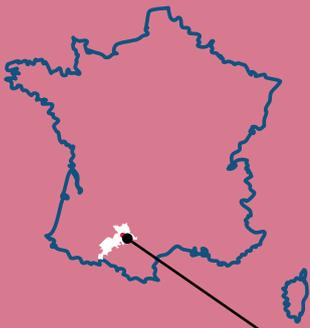
Haute-Garonne

*Great Escapes*

# PRESS KIT 2022

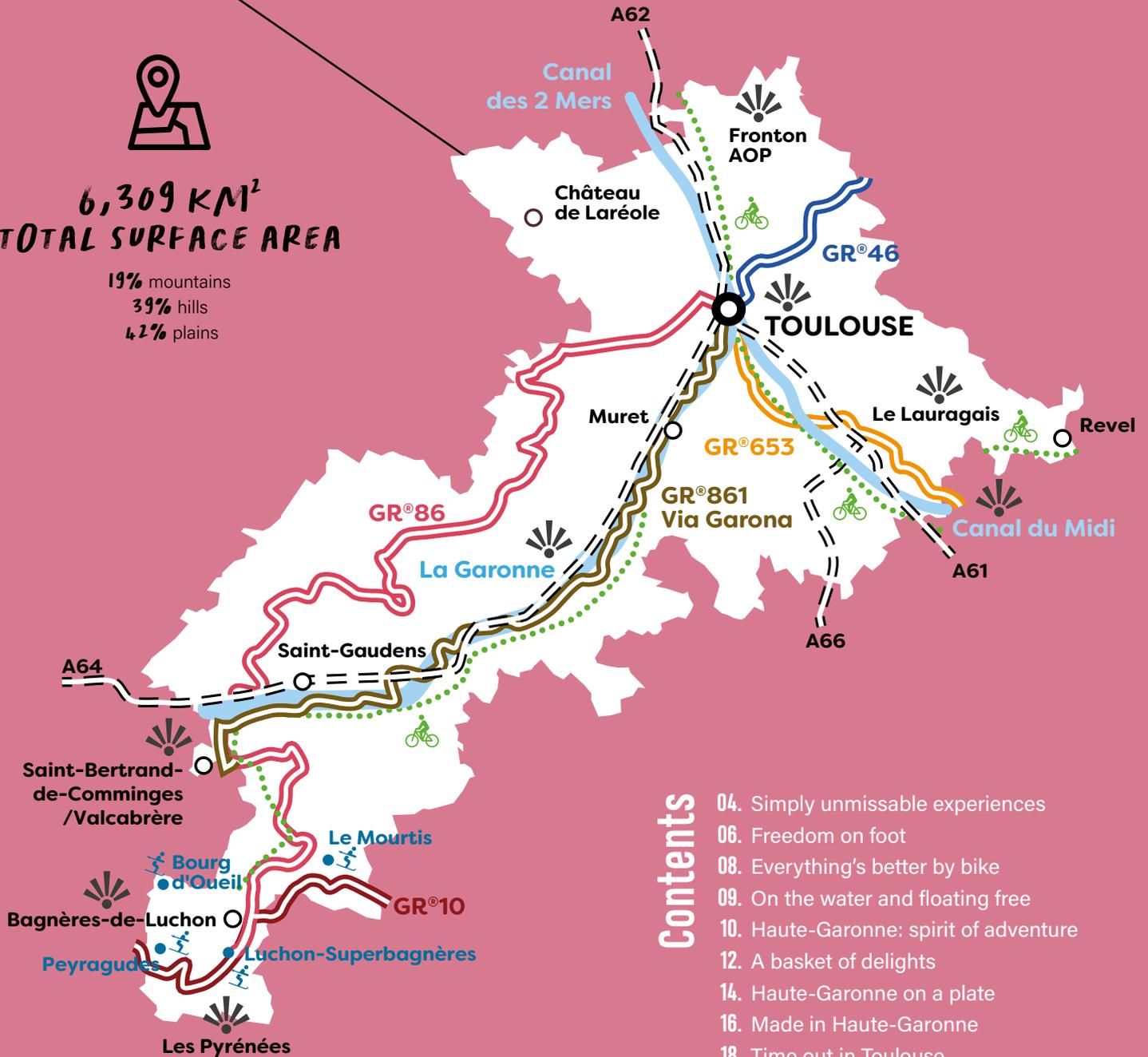


# Haute-Garonne



**6,309 KM<sup>2</sup>**  
**TOTAL SURFACE AREA**

19% mountains  
39% hills  
42% plains



## Contents

- 04. Simply unmissable experiences
- 06. Freedom on foot
- 08. Everything's better by bike
- 09. On the water and floating free
- 10. Haute-Garonne: spirit of adventure
- 12. A basket of delights
- 14. Haute-Garonne on a plate
- 16. Made in Haute-Garonne
- 18. Time out in Toulouse
- 20. The green scene
- 24. Four resorts, four seasons
- 26. Haute-Garonne for the high life
- 28. With the children
- 30. Top places to stay in Haute-Garonne
- 31. Diary

Motorway	GR <sup>®</sup> 86
Cycle path	GR <sup>®</sup> 10
Sites	GR <sup>®</sup> 861
Ski resorts	GR <sup>®</sup> 653
	GR <sup>®</sup> 46



## 4 SKI RESORTS

Luchon-Superbagnères | Le Mourtis | Bourg d'Oueil | Peyragudes

## 18 SUMMITS

over 3,000m high



## 6 UNESCO world heritage sites:

- the Canal du Midi
- l'Hôtel-Dieu Saint Jacques, *Toulouse*
- the St Sernin basilica, *Toulouse*
- the St Jean festival of fire tradition in the central Pyrenees
- the basilica of Saint-Just of Valcabrère, *Valcabrère*
- St Mary's cathedral, *Saint-Bertrand-de-Comminges*



## 2,000 HOURS

of sunshine  
a year



## THE CITE DE L'ESPACE

The most visited site in  
Haute-Garonne, welcoming  
around 400,000 people  
each year

## 12 ECOTOURISM DESTINATIONS

Accredited with the *Station Verte* (Green Resort) label. Villemur-sur-Tarn, Saint-Béat-Lez, L'Isle-en-Dodon, Rieux-Volvestre, Revel, Montréjeau, Cazères, Bagnères-de-Luchon, Boulogne-sur-Gesse, Aurignac and two more in the process of gaining accreditation (Martres-Tolosane et Grenade-sur-Garonne)

## 2 BLUE FLAGS

For clean water: the lake at Montréjeau, and the Port Saint Sauveur on the Canal du Midi in Toulouse

## 12 NATURA 2000 SITES

## 14 FRAGILE NATURAL SPACES

Including the Buzet forest and the chateau de Laréole.

## 26 WETLAND ZONES

Registered with the Haute-Garonne conservation authorities, including the green lake in Castillon de Larboust and île de Ramier in Palaminy.

## 12 GREEN KEY HOTELS AND ACCOMMODATION

The third highest number in Occitanie, with 9 more applications underway

## 35 OFFICIAL DISABILITY AND TOURISM SITES

## 51 OFFICIAL CYCLISTS WELCOME SITES

## 20 LEISURE PARKS

## 14 TOWNS AND VILLAGES AWARDED 'VILLES ET VILLAGES FLEURIS' LABEL,

for their flowers and greenery

# Haute-Garonne Great Escapes

This diverse and beautiful corner of the world never ceases to delight. The hugely varied scenery, the different cultures and traditions, the dramatic landscapes and all the surprises they bring. Food, leisure, cultural activities and the great outdoors. Natural treasures to fascinate curious minds, connoisseurs and those just passing through. Whether you stay for the day or longer, Haute-Garonne promises the chance to escape.

Because those of us who live here know it already: Haute-Garonne has all you need to get away from it all. There's no need to travel far to find a change of scenery or take a big breath of fresh mountain air.

This press kit introduces you to the diversity of Haute-Garonne. But more than that, it shows the hard work of all those in our tourism industry, who strive constantly to create ever more enticing offerings, where biodiversity and the environment (which we are all, of course, part of) are at the heart of everything.

Establishing Haute-Garonne as a sustainable tourism destination is the shared aim of all those who endeavour to ensure that this magical place continues to charm visitors today, and for the years to come.

**Didier Cujives,**  
President of Haute-Garonne Tourism

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# Simply unmissable experiences

Eight sights that you simply must see. These are the places that give Haute-Garonne its unique identity, and each one promises the chance to escape into a world of unforgettable experiences.

## Go with the flow

The Garonne, sublime and unpredictable, strong and resourceful, surprising and charming. The great river that runs through Haute-Garonne has a lot in common with the people who call this place home.



The confluence of the Garonne and Ariège rivers

## La Ville Rose

Toulouse may be the party capital of the south west of France, but there is more to the Pink City than its nightlife. Toulouse can be anything its visitors want it to be; quiet and romantic, innovative and artistic. With its eyes turned towards the sky - and beyond, to space - the city has an *art de vivre* all its own.



Toulouse

## Playing with water

The Canal du Midi has a multitude of surprises to unlock. Whether you experience its magic by boat, on bike or on foot, the Canal reveals new charms with every bend in the water. The slow pace of life, the cooling shade of the trees and the ever-changing colours; everyone loves the Canal du Midi.



Emballens lock

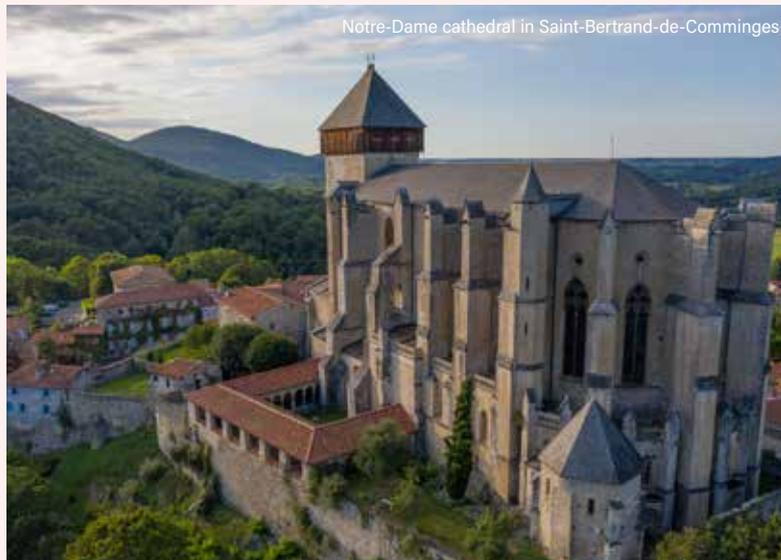
## Mountain high

The highest peaks of the French Pyrenees may be here, in Haute-Garonne, but you don't need to climb mountains to experience them. The landscapes of the Pyrenees mountains can be by turns surprising, soothing, mysterious and welcoming; their faces change with the seasons. Wild yet pristine, inspiration is everywhere in the Pyrenees.



## Living history

Saint-Bertrand-de-Comminges and Valcabrère combine to form one of the most striking stopping places along the famous Way of St James. With an ancient settlement, Roman basilica, and a spectacular cathedral, history is alive here. And all this against the dramatically beautiful backdrop of the Pyrenees.



Notre-Dame cathedral in Saint-Bertrand-de-Comminges



Fronton wines

## A passion for wine

The winemakers of Fronton love to share their passion – and they have something unique to offer, too. The Négrette – a grape variety that is not grown anywhere else in France. The perfect destination for wine lovers looking for authentic and original experiences; a welcome detour that takes you away from the beaten track of the French wine route.



Calmont, Lauragais

## Growing sunshine

The bright fields of sunflowers which shine all summer long bring something of Tuscany to the region. At the heart of the golden triangle that links Albi, Toulouse and Carcassonne, you can also find the yellow-blossomed pastel, or *Isatis tinctoria*. The plant, used to make the vibrant blue dye or woad which brought riches to the area, is just one of many treasures hidden here.



Central Pyrenees



Luchon in the snow

## Reset, refresh, unwind

Affectionately known as the Queen of the Pyrenees, the spa town of Bagnères-de-Luchon is synonymous with wellbeing; a veritable base-camp for people looking for escape and adventure in the great outdoors. Combine this with the town's elegant Belle Époque architecture, and there is plenty to enchant visitors all year round.

# FREEDOM

## on foot

Immerse yourself in the natural environment, pause a while to soak up the surroundings, to contemplate, to meet others along the way... Discovering Haute-Garonne on foot is a wonderful experience, perfect for those who like to take their time. With 600km of hiking routes to explore, including five GR® (Grande Randonnée) trails, all paths lead to happiness here.

### The GR®10, a monumental mountain crossing

The GR®10 hiking trail crosses France from the Atlantic to the Mediterranean. In Haute-Garonne, the route takes hikers along 68km of footpath, with each bend revealing a new, breathtaking panorama.

The majestic, and aptly named, Lac d'Oô, the pic the Céciré, Luchon-Superbagnères, then the town of Luchon and the village of Artigue. Keep walking to find the peaks of Bacanère and Burat, then on to the village of Melles before leaving Haute-Garonne behind at the pic du Crabère. The chances are, though, this will simply be an *au revoir* to the department. Hikers will want to return to see if the landscapes are truly as stunning as they remember them to be.

**[bureau-guides-luchon.com](http://bureau-guides-luchon.com)**



Lac d'Oô



### GR®653, happiness awaits at the end of the trail

The Via Tolosana is an unmissable trail for passionate hikers. Before heading off on the St James Way, discover these pristine green panoramas. A perfect prelude to Gascony, the Béarn or the Camino Frances, (also known as the French Way, perhaps the most famous of the St James pilgrimage routes), the Via Tolosa allows Haute-Garonne to reveal its most beautiful features. From the dense but welcoming Bouconne forest to the Canal de Brienne in Toulouse, it is simply full of surprises.

### Take it all in on the GR®78

Covering a total distance of 500km, the GR®78, one of the Ways of St James known as the Piémont Pyrénéen, promises many marvels to lucky hikers. Taking in the Col du Portet d'Aspet mountain pass, Génos, Saint-Pé-d'Ardet and Saint-Bertrand-de-Comminges, the trail crosses Les Frontignes, a remarkable area that overlooks the Garonne valley. Pretty villages, exquisite viewpoints, it's a veritable treat for the eyes.

### GR®46 for green spaces near the Pink City

Stretching almost 800km from Tours to Toulouse, the end of this long trail is found in the north of Haute-Garonne, after crossing the charming village of Montastruc-la-Conseillère. Green and pleasant and punctuated with authentic villages, the trail is simply enchanting.



GR®10 in the village of Melles

## GR® 861 Via Garona, a new path for pilgrims

Forming an extension to a number of St James Way paths (Conques to Toulouse, the Arles Way, and the Piémont Pyreneen) the Via Garona hiking trail offers a colourful and varied journey covering a distance of 170km to be walked in 7 to 10 stages.

From the centre of Toulouse to the village of Saint-Bertrand-de-Comminges and its majestic cathedral, there is so much to discover. Departing from the basilica of St Sernin in Toulouse, follow the natural pathway carved by the Garonne for a veritable voyage through time. Stop off in Muret, birthplace of the aviation engineer Clément Ader, and Rieux-Volvestre with its unique cathedral, then the abbey at Bonnefont, in the pottery town of Martres-Tolosane, or visit the collegiate church in Saint-Gaudens. A rewarding route for pilgrims of all kinds.



### The essential guide for hikers in Haute-Garonne

This new, free, guide has been designed with the whole family in mind, and for beginners through to seasoned hikers. The Guide Rando has around 20 trails and loops, to help hikers explore all four corners of Haute-Garonne.



## SIX LOOPS THAT KEEP HIKERS COMING BACK FOR MORE

### 1. CHEMINS DE LA LIBERTÉ

Difficulty:  

Time: 4h30

Distance: 15.5km

Description: The Freedom Paths, or Chemins de la Liberté, are trails with a poignant history. They were used during the Second World War, when almost 90,000 people followed them in an attempt to escape the Nazis.

The hike starts at the col de Balès mountain pass, and this section is suitable for families.



### 2. CHEMIN DE RENAUDIS, WITH VIEWS OVER THE VOLVESTRE AREA

Difficulty:  

Time: 2h30

Distance: 6.5km

Description: An easy-going loop, the path takes you over hilly terrain before joining the path across the Renaudis plain.

Uninterrupted views of the cathedral in Rieux-Volvestre and its belltower, which stands tall by a bend in the river Arize.



### 3. PROUPIARY, LE CHEMIN DE NANKIN

Difficulty: 

Time: 2h

Distance: 6km

Description: An easy discovery trail taking walkers of all ages into the history of the Comminges area, near the Cistercian abbey of Bonnefont. A lovely family hike.



### 4. NATURAL BEAUTY: PEATLAND NEAR MONTRÉJEAU

Difficulty:  

Time: 2h30

Distance: 9.4km

Description: Discover a fragile, waterlogged, natural habitat, which is centuries old and home to rare plants and animals.



### 5. FROM VILLAGE TO VINEYARD - ACCESSIBLE BY TRAIN (Castelnau-d'Estrétefonds station)

Difficulty: 

Time: 3h

Distance: 9km

Description: Follow the path through shady woodlands and along vineyard tracks. The hills meeting the plains provide an exceptional home for the thousand-year-old vines of the Frontonnais.



### 6. SUMMER HIKING FROM LE MOURTIS TO L'ESCALETTE

Difficulty: 

Time: 2h

Distance: 7km

Description: An easy walk, an ideal introduction for even the littlest hikers. Beautiful viewpoints looking out over the mountains, beginning from the ski resort at Le Mourtis or the mountain pass at Col de Menté.



Level of difficulty: Easy  • Medium  

# EVERYTHING'S BETTER *by bike*

There's nothing quite like freewheeling downhill on a bike to take you back to childhood; indeed, French chanteur Yves Montand even immortalised the joys of a bike ride in his classic song, *La Bicyclette*. Cycling offers such a joyful way to travel, bringing you close to nature and letting you move at your own pace. With two dedicated cycle routes and hundreds of kilometres of cycle paths, we have everything you need for your next two-wheeled adventure.

## TransGarona: a trail that keeps on growing

Not yet famous but already creating a buzz, the TransGarona is the cross-border route that starts in Haute-Garonne. The recently finished Chaum to Fos section has extended the trail, which, once completed, will connect Toulouse to the source of the Garonne in Spain, forming a 200km long trip and allowing cyclists to discover the delights of the area. More than that, it's an invitation to visit the region in an environmentally-friendly way, an innovative tourist trail for those who like to take in the sights at their own speed. The TransGarona has already won the hearts of cyclists, and will fast become a classic route.



## Val'Aïgo: a unique cycle path

Imagine a cycle path that follows an old railway, a veritable greenway stretching 15km and providing plenty of surprises. From Bessières to Villemur-sur-Tarn, this trail takes cyclists into a tranquil world where they can explore the treasures of the medieval city. And when it's time to cool off, what could be better than a dip in the Tarn at a safe swimming spot? If you want to take it slow, rent a vintage bike. Want to go further? Keep on riding as far as Nohic or Bressols and cross the border to Tarn-et-Garonne. Roller-skates and scooters are also welcome, if that's how you roll.

Easy route from Bessières to Villemur, around 2 hours, 15km.



## L'électrique, c'est chic

Forest tracks, rural trails, the new trail for electric mountain bikes in the Petites Pyrenees has it all. A varied and accessible trail with doable uphill sections and fun downhills. With a charging point at the start, and unbeatable views over the Pyrenees, ride closer to nature for a real sense of freedom.

**More information:** [opyrenees.fr](http://opyrenees.fr)

## Le Tour is coming to Haute-Garonne on 20<sup>th</sup> July

The Saint-Gaudens – Peyragudes stage: 130km of roads to challenge champions and create heroes. After a brief encounter with Saint-Bertrand-de-Comminges, the stage will end on a high at the aerodrome in Peyragudes.



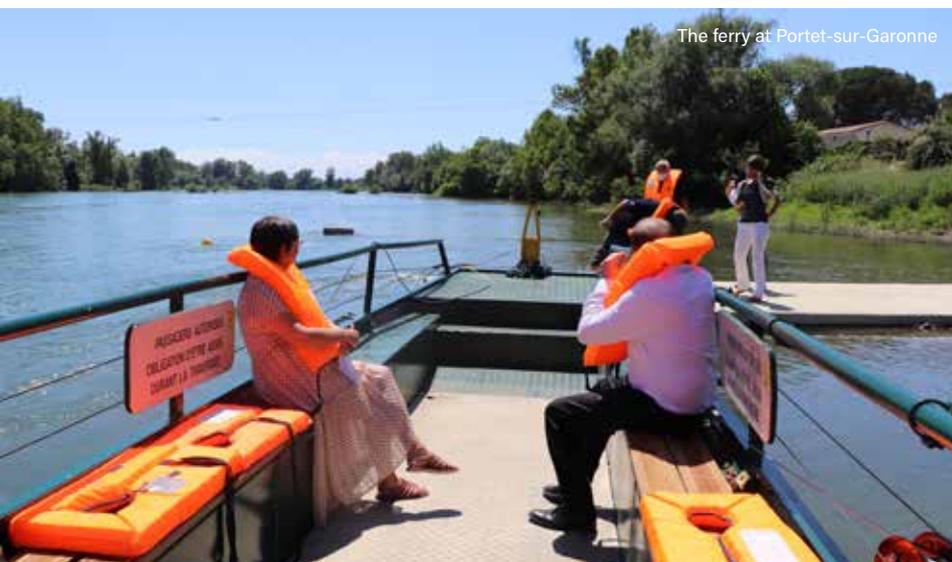
# ON THE WATER

## and floating free

The Garonne and the Canal du Midi, boat trips and floating restaurants – water flows through the very heart of Haute-Garonne. Fast rapids or calm canals, you will always find what you need – whether that's excitement or relaxation.



Le port de Gardouch



The ferry at Portet-sur-Garonne

## Famous for a reason: the Canal du Midi

Snaking through Haute-Garonne, treasured by locals and tourists alike, as soon as the sun shines people make their way to the canal to take to the water, or simply reconnect with nature. House boats, cruisers, barges and day boats; there are plenty of ways to enjoy this uniquely lovely stretch of water, each giving you the opportunity to slow down and see things from new perspectives. Everything seems peaceful here, as you float through towns, villages and countryside.

## Don't pay the ferryman

Providing a passage from the centre of Portet-sur-Garonne to the Parc du Confluent, where the Garonne and the Ariège rivers meet, the ferry offers an original way to cross the river. It's free to ride from 1<sup>st</sup> April to 31<sup>st</sup> October.

<https://bit.ly/3IXHe71>

At Fauga near Muret, the oldest ferry on the Garonne provides an unusual and family-friendly outing.

<https://bit.ly/3F4M3Jr>

## Around the Garonne

The calm and refreshing lakes in the Comminges are unmissable. While sporty types are practicing their favourite activities, those who just want to relax can kick back and appreciate the tranquil surroundings. Pontoons for fishing, picnic spots, plus shimmering water, blue sky, and the south of France sunshine – a scene fit for a postcard.



## The Comptoir du Lauragais – Haute-Garonne Tourism

Make your way to Port Lauragais, where a discovery centre welcomes visitors at a brand new site, right next to the Canal du Midi. A gift shop selling products created locally, a tourist information service, and an interactive exhibition (opening in July 2022) on the theme of pastel, the plant that helped the area to grow rich through its blue dye, as well as the Canal du Midi, wind farms, and local gourmet specialities.

# HAUTE-GARONNE:

## *spirit of adventure*

No need to cross the globe for a big adventure – it's all right here. Whatever thrill you seek, whether in the skies, on the water or on land, you'll find what you're looking for in Haute-Garonne. And all set against a beautiful natural backdrop.



Lac de Saint-Ferréol



© Montgolfières d'Occitanie et d'ailleurs

### The world looks even better from the skies

The Montgolfières d'Occitanie association in Villemur-sur-Tarn offer hot air balloon trips for anyone wanting to take off for a while. Balloons can take two to three passengers and most leave in the morning for a journey above the village and its famous *Tour de Défense* fortress. The best bit? Early risers get to see the first rays of the sun as it peeks over horizon. A unique multisensory experience.

<https://bit.ly/32bftqV>

With Atmosph'air Montgolfières Occitane, you can ride the wind. See the rich history of the region from a great height, and soak up a sublime 360 degree panorama over this fascinating landscape. An unforgettable one hour flight, and to round off the experience, raise a glass during the traditional *toast de l'aérostier* once you finally come back to earth.

<https://bit.ly/3oYCiH1>



### That floating sensation

Who needs flotation tanks? After all, it's perfectly possible to find total relaxation on the water without enclosing yourself in a pod. Enter sophro paddle, a combination of the stand-up paddle (SUP) board and sophrology, a relaxation technique that is widely recognised in France. A perfect mix of watersports and wellbeing, take time out to reflect and enjoy the sensations on the tree-lined lake at Saint-Ferréol.

<https://bit.ly/3sbTgnA>

This art of wellbeing can also be practiced at Lake Thésauque in Montgeard. A chance to centre oneself, focus on emotions and listen to sensations. The activity is organised to fit the needs of participants, and the aim is to provide the moment of relaxation and escape they need. For those looking for something different, there are other watersports on offer at the lake, too.

<https://bit.ly/32b5I1Y>



## Underground escapades

The Arbas mountains in the Comminges area hide one of the largest speleology networks in France, with no less than 116km of subterranean tunnels to explore. The temperature underground may be cool, but the adrenalin will heat things up a bit. Open to all visitors, from as young as 5 years old.

[www.cocktailaventure.fr](http://www.cocktailaventure.fr)



Felix Trombe Henne Morte cave network

## Go off-road in style on an e-scooter

Electric off-road scooters offer something a little bit different to a classic bike ride. A family activity suitable for kids aged 12 and over, the e-scooter lets you discover the landscapes of Haute-Garonne at your own pace on a distinctly modern mode of transport. Quiet, environmentally friendly and most of all, fun. What's not to love?

[www.amarok-ride.fr](http://www.amarok-ride.fr)

## On a wing and parachute

With Superbagnères as his (literal) jumping off point Freddy Sutra offers tandem paragliding trips and flights of discovery to adventurous visitors. Fly over the valley of Luchon, take in the uninterrupted views of the Pic de l'Aneto and enjoy the incomparable experience of soaring near griffon vultures, kites and buzzards. Nature takes on a new light from up here.

[www.parapente-luchon.com](http://www.parapente-luchon.com)



© Parapente Luchon



Mountain biking in the Pyrenees

## Mountain biking in the Pyrenees

A varied terrain which covers mountain tracks and plateaux, 32 trails at the foot of the mountains, and 600km of marked trails: the mountain bike park at FFC Comminges Pyrénées paves the way for amazing adventures on two wheels. From beginners to seasoned mountains bikers, anyone can get on their bike and ride here.

<https://bit.ly/3mXTv20>



Rafting on the Garonne

## Hit the rapids

Adrenaline, cold water and adventure, it's all part of the fun when you're rafting over rapids on the Garonne. Lovers of the great outdoors in search of a fun, exciting eco-friendly activity need look no further.

[www.h2o-vives.com](http://www.h2o-vives.com)

## Living the 2CV dream

In the heart of the Fronton wine region, the Domain Roumagnac combines classic cars and legendary landscapes to offer a very special way to get around. Hop in a timeless 2CV, find the perfect spot among the vines, roll out the rug and open the picnic hamper filled with local produce. What could be better?

<https://bit.ly/34wHmb4>

# A BASKET of delights

The South West of France is all about food, and Haute-Garonne is at the heart of the South West. Haute-Garonne is home to countless culinary treasures, just waiting to be discovered. Traditional markets, fine foods, quality produce, everything the wandering gourmet could possibly desire is right here.



Marché Victor Hugo in Toulouse

## Revel, a market like no other

On Saturday mornings local producers come to the centre of Revel to sell their wares in the ancient covered market place. Voted one of the 100 most beautiful markets in France, here you will find seasonal fruits and vegetables, poultry, charcuterie, rustic bread and local specialities, served up with the singsong accent of the South West.

## Marché Victor Hugo in the heart of Toulouse

In the centre of the pink city stands Victor Hugo market, a buzzing covered market where the appreciation of good food is palpable. To visit the market is to set off on a voyage of culinary discovery, where the finest local produce can be found, and where the sellers take their food very seriously indeed. Charcutiers, market gardeners, butchers, fishmongers and cheesemongers come together to provide a perfect mix of flavours. Quality and provenance are on the menu, alongside a desire to only sell the very best produce. Look out, too, for *les nocturnes*, or night markets, which happen once in a while and which have become a meeting place for lovers of good food and good company.

## Quality assured

### Four reasons to give in to temptation

#### Purple garlic from Cadours

The first AOC certified garlic in France is inimitable. With its papery skin striped with violet, it is packed with flavour and sought after by top chefs and passionate cooks. It owes its quality to the ideal growing conditions and a helpful microclimate; Cadours' purple garlic is a flavoursome miracle. That's why Cadours dedicates the last weekend in August to this local star. The lively garlic festival attracts food lovers of all kinds and, as you might expect, it's filled with plenty of good things to eat, as well as numerous colourful events and activities around the town.



Cadours purple garlic

#### Fronton wines

The largest winemaking area in the South West, in terms of the area of land on which vines are grown, Fronton has its own local hero: la Négrette. Dynamic and entrepreneurial in spirit, this area has attracted new winemakers such as Nicholas Smith (Domaine Bois de Devès) and Nicolas and Morgane Jouan (Château Terre Fauve). These newcomers are using their considerable talents to get the very best from this special, and very local, grape variety.

#### Fronton gets festive with Saveurs et Senteurs

Winemakers welcome visitors all year round, but the fabulous Senteurs et Saveurs festival is a time when everyone comes together to celebrate what the region has to offer. In 2022, the event will take place from the 19<sup>th</sup> to the 21<sup>st</sup> of August, with wine tasting, events, music and (very) good food.



Covered market in Montbrun-Bocage

## More than 120 outdoor markets

welcome you in the towns and villages of Haute-Garonne.

### Sunday is market day in Fousseret

The first Sunday of the month, from 8.30am to 1pm, a host of food lovers gather under the covered market hall in Fousseret. A market full of fabulous food which unites a number of local producers and gives visitors the chance to find real flavour. Foody events, local produce... what better way to whet your appetite for Sunday lunch.

### Luchon, the summit of quality food

On Wednesday and Saturday mornings, when the sun shines, you'll find the market outdoors. When the cold weather comes, it takes shelter under the market hall. All year round, it plays host to the flavours of Haute-Garonne at their finest. Trout, honey, charcuterie, cheese, organic fruit, and the wonderful *gâteau à la broche*, a sweet treat which is baked on a turning stick; there is everything you need for a good meal for two, or for a whole crowd. Good food is made for sharing.



#### Porc noir de Bigorre

Two certified AOC labels – for ham and pork – adorn this very special pig. Free-range and raised for more

than 12 months, its meat is tender, juicy, intense, and simply unique. Connoisseurs talk of its 'melt-in-the-mouth quality and delicate flavour.' You'll have to try it to see if you agree.

#### Lamb from the Pyrenees

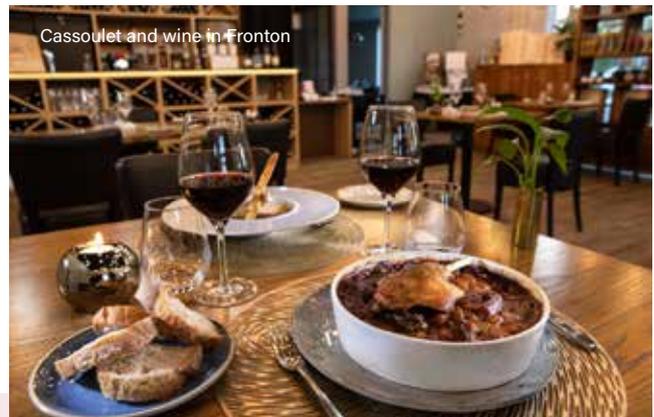
With a Red Label for quality and an IGP certification for its geographic location, there's no doubt lamb is raised here with a certain savoir-faire. Set between the Pyrenees and the Garonne, the sheep are well cared for to guarantee superior quality. Tender and flavoursome, the meat produced here deserves to be tasted.

### The organic market in Montbrun-Bocage

This Sunday morning market brings together simple pleasures to fill hungry stomachs. Fill your basket with fruit, vegetables, meats but also honey, flour, oils, organic wines, and more. The recipe is simple: a pretty village tucked among the sunflower fields, a friendly atmosphere, good food and quality producers. Nothing here is left to chance.

### Grenade, the market that doesn't sleep

Traditionally, Grenade's market takes place on a Saturday morning and comes laden with knock-out produce. But what is particularly special about this place is its night markets, where a party atmosphere comes to town, offering an unforgettable foody experience for all. Around here, good food doesn't mind what time it is. It's always the right time to tuck in – and meet passionate local producers while you're there.



Cassoulet and wine in Fronton

### Looking for local specialities?

Look no further – and bring a big basket. Fois gras, magret, aiguillettes – in fact, duck in all its forms, is the star of the show, cooked to perfection by chefs who truly know what they're doing. Cassoulet, with its golden crust, Toulouse sausage, served with local specialities. A little room left in the basket? There's more to come... *pétéram* (a tripe hotpot) from Luchon, *tripou* (braised sheep's tripe) and *tourin* or garlic soup. Not to mention goats and ewes cheese of all kinds. And if you're craving something sweeter, the delicate violet lends its perfume to countless confectionaries, as well as ice cream or even liqueurs. For something different, try Millas, a kind cornmeal porridge, or Millasson de Montréjeau, a flan flavoured with orange flower and lemon.

*It's undeniable: Haute-Garonne is synonymous with excellent food.*

# HAUTE-GARONNE

## *on a plate*

Haute-Garonne has heaps of personality, and nowhere is it more apparent than in the kitchens of our great chefs. Producers and restaurateurs work hand in hand to make seasonal dishes from quality products, each one created with innovation and passion.

### **Comminges**

#### **L'auberge champêtre, Escanecrabe**

Tucked away in the hills, the Auberge welcomes guests with its warm and relaxed vibe. The food here is steeped in tradition; owner Olivier serves up simple, generous dishes made from fresh local ingredients, provided by the best producers. Prepared just the way his grandparents would have done it, he places flavour at the heart of all he does to create happy moments and memorable meals.

**L'auberge Champêtre, Escanecrabe,**  
**(+33) 5 61 88 22 71**

### **Volvestre**

#### **La maison Castet, Martres Tolosane**

This beautiful building, opposite the station in Martres-Tolosane, welcomes travellers, workers and even school children. Passed down over four generations, the sense of history in the place is clear. Of course, the menus and the interiors have changed over the years, and today's diners will find food that is delicate, refined, and modern. A treat for the eyes and the tastebuds, Florent Cluzel designs creative dishes from local, seasonal products. Small producers, new twists on traditional flavours, it's Haute-Garonne on a plate.

**maisoncastet.com**

**12 MICHELIN STARRED**

restaurants



### **Around Toulouse**

#### **La table des Merville, Castanet**

Voted the world champion of Toulouse cassoulet in 2019, this special restaurant was already a word of mouth success among connoisseurs. Claudie and Thierry Merville, along with their team, have been veritable ambassadors for Occitanie since the beginning. Committed to defending the flavours of the region, Thierry draws gastronomic inspiration from local treasures, using only quality ingredients to create wonders. That's why, in 2016, the restaurant gained a Michelin star.

**www.table-des-merville.com**

### **Lauragais,**

#### **La Parenthèse, Nailloux**

Freshly prepared food in a relaxed atmosphere; a warm welcome and a menu that combines quiches, tarts and salads alongside local charcuterie and cheeses. Carefully concocted seasonal menus and a zero waste approach. It's a perfect recipe, and it's no wonder the locals love it.

**La Parenthèse, Nailloux,**  
**(+33) 5 61 45 58 06**

## Around Toulouse

### L'auberge de la Forge, Lavalette

Claire Cames and Théo Fernandez are originally from the Toulouse area, but learned their craft with top chefs in Paris. They returned to Haute-Garonne to pick up the story where they left off. Their philosophy centres on food that tastes good and looks beautiful. And the restaurant certainly looks the part; the Auberge de la Forge takes pride of place in the square of a pretty Lauragais village; a stunning traditional *Toulousaine* building, with its classic pink-red bricks.

[laubergedelaforge.com](http://laubergedelaforge.com)



Auberge de la Forge in Lavalette

### La Ferme By Émile & Fernand

Freshly made French cuisine, created from carefully chosen, local, seasonal products. It's a simple approach, placing the region's fantastic producers in the spotlight. Flavourful food cooked on woodfire grills, an impressive wine cellar, beautiful décor, and the Lac de Lenclas nearby; guests come for the food and stay for the rest.

The restaurant even gets bonus points for its stunning views of the Pyrenees, and for being moments away from a cycle path.

**Lac de Lenclas, Saint-Félix Lauragais,  
(+33) 5 61 80 37 88**



En Marge in Aureville

## Aureville

### En Marge

The only Relais et Châteaux in Haute-Garonne, En Marge has been a shining star in the region's gastronomic constellation since 2012. Set in the heart of the countryside, this Michelin-starred restaurant is a favourite with those who seek genuine culinary experiences. Think tartare of scallops on a pumpkin velouté, Nantua sauce, cappuccino of mushrooms, foie gras with an emulsion of black truffles, or a cloud of violet-fragranced yoghurt. Chef Franck Rénimel's signature dishes are already classics. As the seasons change, so inspiration evolves, taking its lead from the infinite possibilities provided by local products. The restaurant has its own vegetable garden and orchard, as well as a network of local producers. Food miles are short, and quality is sky high.

[www.restaurantenmarge.com](http://www.restaurantenmarge.com)

## Pyrenees

### Le restaurant de la ferme Pitelle

What could be better than food that has come straight from the farm to the plate. Quality ingredients and generous portions, prepared with care. Black Angus beef, poultry, vegetables from the surrounding fields, and virtually no food miles. Fine, healthy food, sampled right where it was grown.

[ferme-pitelle.fr](http://ferme-pitelle.fr)

### El Almacèn

Anne and Juan, a Franco-Argentinian couple, have created a menu based entirely on local produce, tapping into a network of producers from the surrounding area. The chef's speciality? Wood fire cooking. But this is not your average barbecue – the cuisine is refined and the menu changes with the seasons, taking guests for a culinary journey around the Pyrenees.

**El Almacèn à Cirès, (+33) 5 61 65 05 67**

## Volvestre

### Gourmet treats and regional treasures

Hervé is a farmer, a restaurateur, and a grocer. At Bistrot d'Armand, Hervé cooks with local, seasonal produce, as well as charcuterie and meats from his own farm. In 2019, he opened the Epicerie de Paulette, selling exclusively local goods. This year, he's inviting visitors on a farmyard safari, complete with breakfast, a horse and cart ride, a gourmet picnic under the oak tree and an afternoon ice cream treat.

**Bistrot d'Armand, 30 rue Porte de Rieux and Epicerie Paulette, 58 rue Mage, both in Montesquieu-Volvestre  
(+33) 6 66 98 16 01**

## La Grignotine, A biscuit in the shape of a medieval market

For tourists and local connoisseurs, taking away a little piece of the medieval market hall at Grenade-sur-Garonne is perfectly possible. But which of these little marvels will you choose – lemon, hazelnut, pistachio, or orange flower? The small local business behind this special recipe selects its ingredients with care and with a firm emphasis on local produce, such as locally-grown organic flour, milled at the Minoterie-de-la-Save in Grenade and hazelnuts from the South West of France.

**[grignotine.fr/sables-grenadains](http://grignotine.fr/sables-grenadains)**



## True blue

*Pastel* plants were cultivated to make the blue dye that brought wealth to this area, so much so that it was known as the *Pays de Cocagne* or Land of Plenty. Today, pastel is used for the nutritional and anti-aging properties of its oil. Graine de Pastel is a modern brand with traditional roots created by Carole Garcia and Nathalie Juin. Transforming this blue gold into skin care and cosmetics for the face, body and hair, it has already built up a loyal following.

**[www.grainedepastel.com](http://www.grainedepastel.com)**

A museum dedicated to the mysteries of pastel can be found at Terre de Pastel in Labège. There is even a spa offering relaxing treatments based on the properties of this special plant.

**[www.terredepastel.com](http://www.terredepastel.com)**

# MADE IN HAUTE-GARONNE

## Purple garlic beer

**Natural, inimitable,  
and totally Haute-  
Garonnaise**



Yes, there really is a craft beer made with genuine purple garlic from Cadours. Alexis, passionate about beer and owner of this original brewery, welcomes visitors for tastings and explanations. As well as the signature 'Garlic Purple' beer, there is also a full range of more traditional beers on offer made with unique organic recipes.

**[Brasserie Garlic Purple, Cox  
brasseriegarlicpurple.fr](http://brasseriegarlicpurple.fr)**

## Design and originality

**A handbag from O Daim**

From her studio in Cazaux-Layrisse in the Pyrenees, Aurélie Sarazin, a designer-maker specialising in leatherwork, creates beautiful, colourful and wonderfully feminine handbags and accessories. Fashionistas love her for her French style and savoir-faire, and her talent for creating resolutely modern designs. Each item is made to measure, carefully crafted, and completely unique.

**[odaim.fr](http://odaim.fr)**



## Violet and spirulina

**It's gin, but not as you know it!**

Don't miss Le Point G, a unique gin which breaks free from the rules of traditional distillation and heads off in its own seductive direction: an inimitable recipe conceived through the union of an expert maker of liqueurs and a mixologist. As well as the classic juniper, violet and spirulina cultivated in the region, there is a secret mix of aromatic plants, direct from a supplier in the Montagne Noire, a few kilometres from the distillery. Surprising, unusual, and powerful.

[lepointgin.com](http://lepointgin.com)

## The ceramics of Martres-Tolosane

**Art and heritage in action**

Evidence of a rich and varied history is visible everywhere in the heart of this artists' town: rare objects and collections, ceramics, the Gallo-Romaine villa in Chiragan, the battle of Saint-Vidian. To learn more, head to Martrais Angonia, an information and interpretation centre dedicated to local heritage which takes visitors on a fascinating journey through time. Find out, too, about the four ceramics factories and their European partners (Modra and Naval), as well as a collection of ancient and modern ceramics. Temporary exhibitions take place all year round.



Ceramic decorating in Martres-Tolosane



Dardenne chocolate

## Dardenne chocolate

**A sweet story**

It all started at the end of the 19th century, with the passion of a man named Ludovic Dardenne, a pharmacist by trade. In 1897, he created the Chocolaterie Dardenne in Bagnères-de-Luchon, and in doing so embarked on a sweet adventure. In 1910, the *Original*, the brand's emblematic chocolate bar, was launched. In 2017, the business gained the coveted Living Heritage Business label (*entreprise du patrimoine vivant*). The firm continues to evolve and build on its savoir-faire, and created a museum and boutique – and destination for chocolate pilgrims – in the Comminges Pyrénées area last year.

[chocolatdardenne.com](http://chocolatdardenne.com)

## Brick by brick

**A little piece of Toulouse**

Toulousain chanteur Claude Nougaro sang of the '*brique rouge*' in his famous song, *O Toulouse!* And its bricks surely form a piece of the city's identity, its people and its history. That's why Mon Païs, a new business, makes real *briques toulousaines* for people to keep, using the traditional methods, with the name of the city, and one of its districts, stamped into the brick. Mon Païs' bricks are becoming a real collector's item – a little piece of the Pink City to take home.

[monpais.fr](http://monpais.fr)

## Eau de vie de négrette

**New and unique**

Born out of the happy alliance of a whisky maker and a winemaker, this organic eau de vie named Aigo Ordent is already something of a talking point. Creating a clear eau de vie made with red wine is nothing if not a challenge; but the distilling process worked its alchemy and the result is a complete success. This unique Fronton grape variety is full of surprises.

[www.strawbaledistillery.com](http://www.strawbaledistillery.com)

## Wooden masterpieces

**from Revel**

The fortified town of Revel has had a reputation for its fine furniture and marquetry since the 19th century. Revel carries the Ville de Métiers d'Arts stamp of approval, awarded to towns with special links to arts and

crafts, and the town continues to strive for excellence in the field. For tourists, the Museum of Wood and Marquetry provides a fascinating destination, full of treasures that shine with the savoir-faire of local craftspeople.

[www.museedubois.com](http://www.museedubois.com)



Le MUB

# TIME OUT

## *in Toulouse*

## Colourful and captivating

### The lantern festival lights up the town

From December to February, the town of Blagnac takes a trip to China with a unique lantern festival. These luminescent installations come in all manner of incredible shapes and colours, filling the Parc du Ritouret with spectacular scenes that seem poised to come to life. The work of talented painters, metalworkers and couturiers, these glowing sculptures can only really be appreciated after nightfall. Open from 6pm to 11pm, and with sculptures drawing inspiration from sources as diverse as the aerospace industry and traditional Chinese tales, it's an experience like no other.



© Cie La Machine

## On the trail of Long-Ma at the Halle de la Machine

The arrival of a new creation dreamed up and brought to life by La Machine, the creative arts company led by François Delarozière, is always a key event in Toulouse's rich cultural calendar.

The dragon horse Long-Ma will take her first fabulous steps at the Halle de la Machine on 19 February. Measuring 12m high and 5m wide, and weighing in at 45 tonnes, this fascinating machine promises to entrance. The red carpet will be rolled out to welcome this astonishing creature to Toulouse, where she will find the Minotaur waiting for a rendez-vous that will be filled with magic.

## Luxury, authenticity and conviviality

### La Maison Soclo

In the centre of Toulouse, just moments from Place du Capitole, Maison Soclo already holds its own against the more established hotels in the city. With themed rooms, excellent service and a desire to go way beyond ticking the standard boxes, Maison Soclo offers a luxury break right in the beating heart of the city. Complete with outdoor pool, bar and restaurant, guests quickly settle in to this easy-going but luxurious hotel.



Lantern festival in Blagnac

# Escapades and adventures

## On the Garonne and the Canal du Midi



Boat trip on the Garonne in Toulouse

Canoes, paddle boards or electric boats: there are plenty of ways to cool off on the gorgeous Garonne.

### Electric boat

Discovering the city of Toulouse by electric boat lets you see the sights from a new perspective. Finding perfect viewpoints and seeking out the best places to bask in the sunshine; it's all possible when you're captain of your own ship.

Board at Port-Viguerie in Saint Cyprien from July to October, and to make it even more special, why not opt for a gourmet picnic of local foods.

[lescaboteurs.com/toulouse/](http://lescaboteurs.com/toulouse/)

### Canoe and kayak

A lot of *Toulousains* are not even aware of the adventures that can be found right on their doorstep. Taking a canoe or kayak along the Garonne offers a veritable escapade into the natural world. What better way to get close to wildlife and explore a watery world – one that can only be reached by boat. Rentals and guided tours are available at the heart of the region's natural park, 20 minutes from the centre of Toulouse.

[granhota.fr/loisirs-famille-amis/](http://granhota.fr/loisirs-famille-amis/)

### On a pirate ship...

Launched in 2021, the *Pirates des Bateaux Toulousains* is a treasure hunt on the water, designed especially for families. With a stolen treasure to be found before the end of the cruise... all aboard, it's game on. While the boat travels along the Canal du Midi, teams work together to deduce where the treasure could be hidden. A watery challenge with lots of surprises.

[bateaux-toulousains.com/croisiere-pirates](http://bateaux-toulousains.com/croisiere-pirates)



La Cité de l'Espace

## From the Pink City to the Red Planet

Only the Cité de l'Espace could offer an experience like this. The surface of Mars has been recreated in an outdoor amphitheatre, as part of an exhibition which aims to take visitors to another planet. Discover the surface of Mars, as though you were really there. Two rovers, Perseverance with its drone, Ingenuity, and Zhurong, roam around the Martian soil. There are conferences and demonstrations, audience discussions and a sense of immersion in this strangely familiar universe; children and adults will leave feeling they have taken their own giant leaps into space.

## The Chapelle gets a makeover

With its imposing copper dome, the Chapelle de la Grave is one of the most prominent monuments on the Toulouse skyline. Watching over the Garonne from Saint Cyprien on the left bank, this 18<sup>th</sup> century chapel is part of the Hôpital de la Grave (itself dating from the 12<sup>th</sup> century). The dome will reopen to the public once its long awaited restoration works have been completed. The history of the chapel and the hospital will be celebrated by a performance specially conceived for the site. Some 3,000m<sup>2</sup> of building work has been restored, with particular care being taken of the exterior stonework. On the inside, brick gives way to marble and furniture is put at centre stage. The building will provide a venue for exhibitions of classic and contemporary art and cultural events, ensuring this fascinating building takes pride of place in the city for years to come.



Le dôme de la Grave

# THE GREEN

## Scene

Haute-Garonne shows its true nature to the curious, the dreamers, those who love to escape to somewhere new, somewhere green...



© Woodland festival

## Woodland festival in Grazac forest

Sometimes you need to get out of the city – but that doesn't mean you have to leave the party behind. Woodland festival provides 24 hours of musical magic in the forest of Grazac, one of the most beautiful sites in Haute-Garonne. Surreal scenery designs, different stages to match different moods, and a selection of artists bringing the tunes. We're a long way from Woodstock, but you might find a little of its spirit here in this forest.

[www.woodlandfestival.fr](http://www.woodlandfestival.fr)

## Nature loving festivals

### La Vadrouille, Beaumont-sur-Lèze

For a number of years now, this festival has offered an escape to the Occitane countryside for two days of laid back, eco-friendly fun. The idea is to create a place that is family friendly and creates a bridge between rural and urban life. A unique combination of music lovers, party spirit and conviviality, suspended in time together for one weekend. Creative and educational workshops, live music, the chance to meet others and create memories while the sun shines.

And this being the South West, eating plays a big part, with a selection of locally sourced and organic food.

[lavadrouille-festival.fr](http://lavadrouille-festival.fr)

# Somewhere special For an overnight stay

## A cosy Pyrenean cocoon

In the Vallée de Luchon, in the little hamlet of Montmajou in the heart of the mountains, the Cocons Pyrénéens offer a unique experience for nature lovers.

These cosy little pods, with their beautiful décor, come with knock-out views and a whole new way to appreciate the natural environment. Watch wildlife from close up, spot the constellations in the night sky... and breathe. Take the time for a revitalizing break in an unique place. The hardest part will be packing up and leaving when it's time to go.

<https://lescoconspyreneens.com/>



© lescoconspyreneens.com

## Angora and a farm stay in Courneillac

Under an hour from Toulouse, in the heart of the Comminges de Pyrenees region, this amazing farm breeds angora goats for their wool, the angora, or mohair, which is so sought after for its softness and lightweight warmth. A whole selection of artisanal angora products are available on the farm, all made in France. But the best part is that you can meet the angora goats all year round through educational visits. Bucolic landscapes, exceptional vistas over the Pyrenees; once you get there, you'll want to stay longer. And why not? Spend a unique, romantic night in your own bubble, close to nature. Transparent and cosy, each bubble offers incredible views. The perfect way to soak up the night sky and reconnect to nature.

[www.fermedecourneillac.fr](http://www.fermedecourneillac.fr)



## Captivating cabin breaks in the Pyrenees



Just one hour and a quarter from Toulouse, perched on top of the Col des Ares and surrounded by beech trees, this log cabin provides an unforgettable place to stay at the heart of the Frontignes. Sustainable materials, traditional construction, rustic and welcoming, with magnificent Pyrenean views, the beautiful simplicity of this place is enchanting. There are plenty of activities to do, such as rafting, canyoning, and climbing from mid-May to the end of September. The beautiful surroundings are perfect for hiking, and uncovering Haute-Garonne's wild side. Pyrénées Emotions, where you'll find the cabin, also has a small campsite with six pitches, and there are five bed and breakfast rooms in the owners' house, which has the Gites de France stamp of approval.

[www.pyreneesemotions.com](http://www.pyreneesemotions.com)

## It's all in the stars at Auriac- sur-Vendinelle

Imagine an oasis of greenery, acres of beautiful, calming countryside. That's the backdrop for this unusual destination where you can spend the night under a canopy of stars, with just an observation dome between you and the night sky. An invitation to travel to the constellations, a memorable experience for couples or for families. The two domes offer a break from reality, with queen-size bed, jacuzzi, private bathrooms and a garden room. Room service is available; order from a selection of products from Haute-Garonne.

[www.lesetoilesdemorphee.fr](http://www.lesetoilesdemorphee.fr)



## Relax and unwind at the Pigeonnier d'Olivier near Revel

Everyone feels that need for a break from time to time. Preferably in a welcoming place, surrounded by nature, where a sense of wellbeing comes with no effort at all.

This unusual accommodation, deep in the Lauragais, offers a return to the sacred art of idleness. A 360-degree panorama of the surrounding Lauragais and the Pyrenees beyond, the cosy lodgings here are just right for two. If you want to venture out, there is a hiking trail between the fortified town of Revel (home to one of the 100 most beautiful markets in France) and the Lac de Lenclas, at the foot of the medieval village of Saint-Félix Lauragais. Or take a trip to the lac de Saint-Ferréol, a UNESCO world heritage site.

[www.pigeonnierdolivier.com](http://www.pigeonnierdolivier.com)



## Joie de vivre guaranteed at the Ferme d'Oulanbat

Camping on the farm is always a good idea. The three yurts on this particular farm make the experience comfortable, welcoming and relaxing. An authentic experience taking you close to nature, with minimum effort involved. And of course, where there's a farm, there's food. Delicious meals are available, mostly prepared with produce straight from the field. The real speciality of the farm, though, is donkeys. They're everywhere, and you can even take them with you for walks around the area.

[www.lafermedoulanbat.fr](http://www.lafermedoulanbat.fr)

# Eight eco-gites, eight unforgettable places to stay



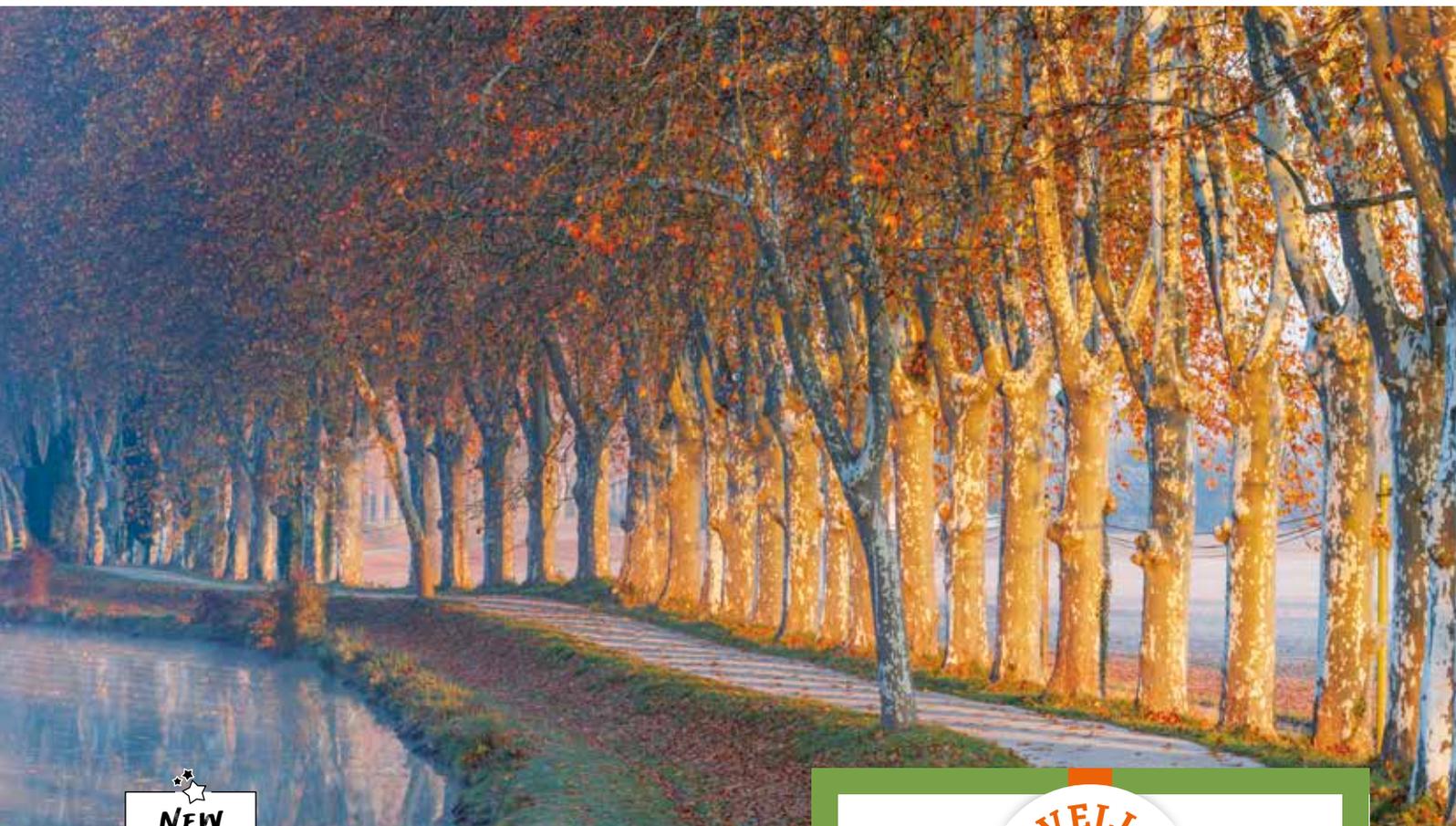
Bagnac, Lavalette

Haute-Garonne boasts no less than eight establishments with the eco-gite stamp of approval; gites which are environmentally friendly, and which allow guests to benefit from the naturally beautiful settings that surround them.

A close-up on three places to discover:

- **Bagnac, Lavalette:** two eco-gites, two invitations for eco-tourists who want to take a relaxing break while taking care of the environment. Ideal for getting away from the noise of the city.
- **Chaumarty, Gaillac-Toulzac:** An idyllic spot, a magnificent view over the countryside, with the Pyrenees as a backdrop. The perfect place for a breath of fresh air.
- **Marquas, Forgues:** A timbered house in the hills that's full of character, and built with natural materials (limestone, earth, straw, wood). Beautiful and sustainable.

<https://bit.ly/3p71Lwu>



**NEW**

## Follow the traveller's charter to ensure a happy trip

In April 2021, Haute-Garonne Tourism shared the Chartre du Voyageur Responsable, or the responsible traveller's charter, with tourist offices, hotels and guest houses, restaurateurs, and anyone else connected with the tourist industry. This charter aims to create the foundations for a more sustainable kind of tourism. The main objective is clear: help clients (those visiting only once, and those who come regularly) to behave responsibly during their stay in the region.

Since 2020, Haute-Garonne Tourisme has had a strategy for the development of sustainable tourism, with a four-year plan of action. Among the action points, educating visitors about responsible behaviour is one of the most important. That means respect for the environment, but also cutting carbon footprints and supporting the local economy. There are, of course, a number of other points, and they are all interconnected.

The idea is to encourage people to enjoy exploring Haute-Garonne, but to take into account important environmental considerations while doing so. Travelling is not harmful when it is done in a way that is respectful to the people, places and wildlife one encounters along the way.

The charter has been published digitally and is available on the Haute-Garonne Tourisme website. It's a simple tool, but one which is designed to help support an equitable and sustainable future, while respecting visitors to the region, now and in the future.

**TRAVELLER'S Charter**  
For happy holidays in Haute-Garonne

- PRIORITISE THE LOCAL ECONOMY**  
Reserve trips and activities directly with providers or local reservation services
- BE RESPONSIBLE**  
Prioritise eco-friendly activities and accommodation: it's good for the environment and it's also a sign of quality
- EAT LOCAL**  
Choose local produce to connect with producers from Haute-Garonne, and benefit from their savoir-faire
- FOLLOW THE LEADER**  
There is so much we can learn from the experts. Follow a local guide to find out all there is to know about Haute-Garonne
- SLOW DOWN**  
Reconnect with your environment: leave the car at home and take public transport, or give yourself time to travel by bike or on foot
- PARK PROPERLY**  
Respect parking regulations and stay in designated parking zones to protect our natural and historical heritage
- RESPECT LOCAL HERITAGE AND WILDLIFE**  
Stay on the designated pathways and obey the rules to protect our natural and cultural heritage
- LEAVE NO LITTER**  
Take away any rubbish and leave all sites as clean as they were when you found them
- REDUCE YOUR ENERGY USE**  
Think of your energy consumption: turn out lights and turn off taps, even when you're on holiday

For happier holidays today, tomorrow and for years to come  
Welcome to Haute-Garonne, where you'll find your happy place!

haute-garonne tourisme  
haute-garonnetourisme.com

# 4 RESORTS

## 4 seasons

In the mountains, all the seasons are celebrated with the same enthusiasm. Walking, skiing, snowboarding, climbing. Whatever the season, it's time to get outside.

## Peyragudes The big one

Altitude: 1600 — 2400m

Facilities: 51 pistes, 18 ski lifts, the Skyvall gondola connecting Loudenvielle village in the Louron valley to the slopes at Peyresourde.

Activities: Downhill skiing, snowboarding, snowshoeing, skiing for the disabled, fatbike, airboarding, via ferrata, spa, dog sledding, mountain biking, mountain scooter...

[www.n-py.com/fr/peyragudes](http://www.n-py.com/fr/peyragudes)

## Authentic and plentiful, the farmers' market of Castillon de Larboust

Local producers and artisans are the mainstay of this market, which creates a link between visitors and those who work the land all year round. Pyrenean heritage is centre stage, with a selection of exceptional local products. Delicious and carefully crafted nearby, they are proof of the area's enduring traditional savoir-faire. There are events, workshops and live music. In July and August, it's the perfect place to spend a sunny Sunday.

## A new challenge at the heart of the resort

This new bike trail on the Agudes side of the resort will thrill mountain bikers. With 3.2km of trails, and 600m elevation, ride along ridges and take in unforgettable panoramas. The chairlift to the start point is open all summer.

<https://bit.ly/3Je1q4H>



Mountain biking in Agudes

## Le Mourtis

The resort for happy families

Altitude: 1350 — 1860m

Facilities: 19 pistes, 10 ski lifts including 1 four-seater chairlift and one magic carpet

Activities: Downhill skiing, cross country skiing, ski touring, snowshoeing, airboarding, sledging, torch-lit skiing, mountain scooter, mountain biking, motocross, paragliding, biathlon, orienteering, donkey rides, off-road roller-skating, hiking, karting...

[mourtis.fr](http://mourtis.fr)

## Walks on the wildflower side

Nolwenn Tounsi is a herbalist, forager and producer of medicinal plants. She dries plants to create infusions, balms, oils and syrups, all of which are 100% natural, and shares her knowledge on guided walks and during her workshops.

Être Simple, Montgaillard-de-Sallies, [etresimple@ecomail.fr](mailto:etresimple@ecomail.fr)

(+33) 6 07 28 82 13

## A big breath of fresh mountain air

All year round, Florise Ordonneau, mountain guide, offers hiking tours aimed at reconnecting people with nature. She is passionate about the valleys of the Pyrenees and especially loves the arrival of spring, when she leads walkers to spots where they can see the plants and animals as they wake up after the cold months.

(+33) 6 88 42 00 73

## Forest therapy

Nathanaël Roussel has created guided hikes around Aspet to discover the beneficial qualities of trees. For this mountain guide, the forest is a place where we can commune with other living beings. After all, learning how to take time to appreciate the natural environment is a truly therapeutic experience.

(+33) 6 08 67 46 04



## Bourg d'Oueil

### The bijou resort

Altitude: 1350 — 1600m  
Facilities: 6 pistes, 3 ski lifts  
Activities: Downhill skiing, cross country skiing, sledging, snowshoeing, hiking, mountain biking  
[www.bourgdoueil.fr](http://www.bourgdoueil.fr)

## Luchon Superbagnères

### The panoramic resort

Altitude: 1465 — 2125m  
Facilities: 28 pistes, 14 ski lifts, 1 gondola linking the slopes to the town  
Activities: Downhill skiing, cross-country skiing, snowboarding, sledging, snowshoeing, hiking, paragliding, airboarding, climbing, swimming and spa, golf, mountain biking horse riding...  
[www.luchon-superbagneres.com](http://www.luchon-superbagneres.com)

### The Crémaillère Express, a new way to connect

Work on the new cable car at Luchon-Superbagnères, the Crémaillère Express, begins in April 2022. It's expected to open to the public in December 2022. With ten places per cable car, it will be able to carry a greater number of visitors, including those with reduced mobility, as well as bikes (and stretchers, to take injured people down safely). This link between the town of Bagnères-de-Luchon and the ski slopes of Superbagnères will take less than eight minutes, a huge time saver compared with the 15-minute cable car and 30-minute car journey required until now. The Crémaillère Express will be able to transport between 1,500 and 2,500 people every single hour.

### Riding high

Not every cyclist gets to wear the red spotted jersey of the best climber, but anyone can try to climb the heights. Cyclists from all over the world come here to test their strength on the legendary *cols* that feature in the Tour de France. On a classic road bike, an electric bike, off road on a mountain bike, alone or with a guide. Two wheels are definitely good up here.

### The Passerelle Pequerin: look down if you dare

Passerelle Pequerin has made a name for itself in and around Bagnères-de-Luchon. It's worth taking a detour to see – or cross – this modern-day rope bridge, (*pont de singe*, or monkey bridge, in French). It stretches vertiginously from the peak to the chasm of Marie-Louise. Just a ten minute walk from the carpark, access is via the path marked number 4 from Castelvieux to route du Portillon. The ideal family walk for any wannabe Indiana Jones.



### The bellow of the stag, the call of the forest

The Luchon mountains are home to one of the densest deer populations in France. From mid-September to mid-October, the bellow of the stag rings through the valley as night falls. To hear it is unforgettable.

The beauty of the mountains, that animal power in action; it's nature at its most pure, and a privileged experience for visitors. The Bureau des Guides in Luchon organises tours allowing you to see, close up, how this extraordinary ritual plays out. You can even enjoy a gourmet evening meal after your observation hike, or choose a two-day trip including an overnight stay in the heart of the Pyrenees.

***The Bellow of the Stag in the Vallée d'Oueil with the Bureau des Guides in Luchon***

<https://bit.ly/3FkGORj>

### Learn-o-Parc, an escape game that opens horizons

A free, year-round activity that can be enjoyed from as young as three years old, Learn-o-Parc is a fabulous way to learn, all while playing a fun game. An enjoyable way to find out about the environment, the diversity of the local flora and fauna, architecture in the area, and more. Play, explore, and prepare to be surprised.

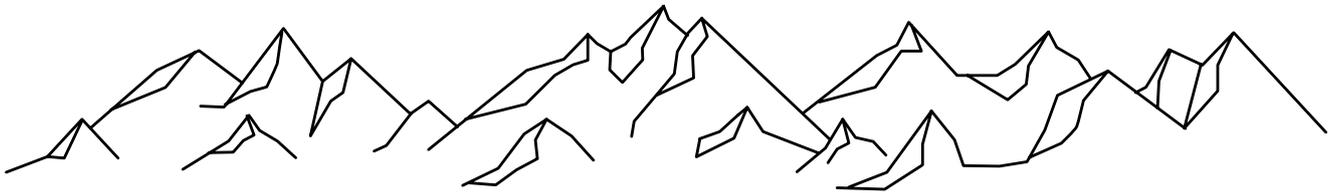
<https://bit.ly/3pkW8wE>

# Haute-Garonne

## FOR THE HIGH LIFE

The clue is in the name. *Haute* means high – and the greatest concentration of the highest peaks in the French Pyrenees is right here. Nestled among these rocky giants is the authentic mountain town of Luchon, which attracts visitors all year round for hiking, skiing, rafting and kayaking on the rapids, mountain and road biking and, of course, spa treatments. The town is full of charms, and like the colours of the mountains, they change with the seasons.

### 18 SUMMITS OVER 3,000M HIGH



- 1 Pic de Perdiguère 3 222 m
- 2 Pointe de Litérole 3 132 m
- 3 Pic des Gourgs blancs 3 129 m
- 4 Pic de Royo 3 121 m
- 5 Pic oriental des Crabioules 3 116 m
- 6 Pic Seil de la Baque 3 071 m

- 7 Pic du Maupas 3 109 m
- 8 Pic Lézat 3 107 m
- 9 Pic occidental des Crabioules 3 106 m
- 10 Pic occidental du Seil de la Baque 3 097 m
- 11 Cap du Seil de la Baque 3 110 m
- 12 Pic Jean Arlaud 3 065 m

- 13 Pic des Spigeoles 3 065 m
- 14 Pic du Grand Quayrat 3 060 m
- 15 Pic du Portillon d'Oô 3 050 m
- 16 Pic Gourdon 3 034 m
- 17 Pic Belloc 3 008 m
- 18 Pic de Boum 3 006 m



### Singing the blues

The fantastic *circuit des Lacs* hiking trail takes lucky hikers from lake to lake on the mountains around Luchon. Lac d'Oô, lac d'Espingo, lac Vert, lac Cé linda, lac Bleu, lac du Boum and lac de la Montagnette; the list is impressive and the views even more so. The trails can be taken at your own pace, in stages, and the adventure is even better shared with friends.

### Soar above the summits

Ready for take-off? Climb aboard a small plane for a 30-minute sightseeing trip taking to the skies, leaving from Luchon. The pilot will be your guide, and will talk you through all the sights you can see from up high. Lac d'Oô, cirque de Crabioules, and the Lacs Vert, Bleu and Cé linda, as well as Port de Vénasque and Hospice de France. An extraordinary trip offering a whole new perspective.

[www.aeroluchon.fr](http://www.aeroluchon.fr)

### The Route des Cols road trip

Once done, never forgotten. Whether by car, campervan motorbike or bike, the Route des Cols des Pyrénées has to be one of the most beautiful road trips you can take in the French mountains. This legendary mountain road zigzags from one internationally renowned site to the next, with awe-inspiring panoramas one moment and charming villages the next. The Haute-Garonne section of the Pyrenees counts around ten of the passes, or *cols*, regularly taken on by the cyclists in the Tour de France, such as Port de Balès, and the col de Menté, the col du Portet d'Aspet, the col du Portillon and the col de Peyresourde.

## Orientation tables – the easy way to see it all

Tired? Feeling a little lazy? You don't have to walk far to see the sights. Orientation tables let you find your way around the mountains without even lacing up your hiking books.

Here are some you shouldn't miss:

- The natural balcony of the plateau of Superbagnères and Oeuil, accessible by car, or by cable car from Luchon
- The col de Larrieu, between Aspet and Arbas
- The col de Balès above the village of Bourg d'Oueil, accessible by car (or by bike, if you feel like a challenge)
- At the summit at Le Mourtis, from the terrace of the Louzat restaurant
- The orientation table in Bastion des Frontignes on the way up the col d'Ares
- The orientation table at Sode, on the route d'Artigue, accessible by car or bike from Luchon.



Orientation table at Sode, on Route d'Artigue

## Keep running up that hill

The mountains provide countless challenges for athletic types looking for the next way to test their strength and stamina. Trail running offers the chance to run in some stunning – and tough – landscapes.

### • Luchon Aneto Trail

No fewer than six trails, each offering different experiences. The Dika takes runners on a more accessible trip, while the Ultra Lat challenges runners on a 85km journey with elevation of 5,300m. This year, the trails celebrate their 10th anniversary. On your marks...

**8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> July 2022 (10<sup>th</sup> edition) - [www.luchonanetotrail.fr](http://www.luchonanetotrail.fr)**

### • Trail du Mourtis

Here, the philosophy is to create a sustainable trail for everyone. There are different routes aimed at new trail runners through to the most experienced. Close to nature, environmentally friendly, beautiful panoramas. If you're a runner, it's one for the bucket list.

**7<sup>th</sup> May - [traildumourtis.fr](http://traildumourtis.fr)**

### • Trail du Cagire

17km, 35km, or both? This intense weekend of trail running offers multiple circuits to give runners the most rewarding experience possible in a stunning natural environment. The race is popular with regulars, who come back again and again for its friendly atmosphere.

**24 - 25 September 2022 - [www.facebook.com/trailducagire/](https://www.facebook.com/trailducagire/)**

## Tables with a view

The high altitude giving you an appetite? There are plenty of excellent options for a meal in the mountains. Try:

- **Les Hauts Pâturges in Artigue**, for an amazing view point over the Pyrenees and delicious wood-fired food.  
**(+33)5 61 79 10 47**
- **The Spijeoles hotel and restaurant in Oô**, come and discover local specialities (*pétéram*, a tripe dish, *pistache luchonnaise*, similar to cassoulet and made with mutton, or organic trout from Oô).  
**[les.spijeoles.free.fr](http://les.spijeoles.free.fr)**
- **La Ferme d'Espiau in Billière** is a favourite thanks to its terrace with views over the Pyrenees and its copious servings.  
**[www.restaurant-luchon.com](http://www.restaurant-luchon.com)**
- **L'Auberge d'Astau in Oô**. The starting point for several hiking trails that lead to the lakes of Oô, Espingo, and Portillon, as well as the Val d'Esquierry.  
**<https://astau.fr/FR/>**



L'auberge d'Astau in Oô

- **La Ferme de Tailleher in Aspet** and its belvedere overlooking the chain of mountains from the Pic de Cagire to the Pic du Midi, with plunging views of the valley below thrown in.  
**(+33) 5 61 89 66 28**
- **The Taverna Ootava**, a surprising gourmet destination which has built up an excellent reputation through word-of-mouth. Local Pyrenean produce, organic foods made with care and the unique atmosphere of the Chateau de Bezins-Garraux.  
**[www.ootava.com](http://www.ootava.com)**

# WITH the children

Haute-Garonne has so many destinations that are perfect for families, with plenty of new things to try and fun things to do; the hardest part will be deciding where to start. Sport, nature, mystery... choose your own adventure. Practically anything is possible.

## Pyénées Hô for adventurers big and small

An unusual adventure park with exceptional climbing courses. Clipped safely to a cable, children and adults can climb the trails taking you across rockfaces, up trees and down hair-raising zipwires. Try the Via Ferrata or the giant zipwire that spans the valley. There are courses to suit all ages and all levels of bravery, and everything blends in perfectly with the stunning mountain setting.

It's more than a park; it's a veritable adventure, and the perfect way to escape for some quality family fun.

[www.pyrenees-ho.com](http://www.pyrenees-ho.com)



Le Village Gaulois

## A trip into the Gallic past

The Village Gaulois is almost undefinable. Part living museum, part archaeological trail, part cultural park, this reconstruction of a Gallic village is only half an hour outside Toulouse, but a visit here feels like entering another world, and another time.

Conceived by people with a passion for history, the original project aimed to build a faithful reconstruction comprising 20 or so huts. But the end result is so much more than that. Surrounded by a giant moat and an embankment, with 200m of ramparts, the village is hidden away from the modern world. It spans six hectares and is bursting with historical surprises, where craftspeople demonstrate ancient techniques in traditionally constructed thatched huts.

It's also a venue for conferences and exhibitions. A place to learn, but also to have fun, where culture and history really come to life.

[www.village-gaulois.org](http://www.village-gaulois.org)

## Murder mystery at the Château

# A whodunnit with a French touch

This life-sized Cluedo, played out in the chateau de Saint-Félix Lauragais, invites participants back to the 1920s. Someone has killed the famous composer Déodat de Séverac. But who? Why? What were the motives behind the crime? Working in teams of six people, amateur sleuths attempt to uncover the truth by interviewing suspects in search of clues, using logic and brainpower to reveal the culprit.

**In July and August, Château de Saint-Félix Lauragais - [www.auxsourcesducanaldumidi.com](http://www.auxsourcesducanaldumidi.com)**



## Following the winds of change

The *sentier des éoliennes* is an easy hike dedicated to introducing walkers to the secrets of wind-powered energy. This 4.4km loop is ideal for families and Sunday outings. Tracing its way through the heart of the countryside, the marked trail has five information boards on the theme of wind power, agriculture, history and life in the countryside, now and in the past.

During the holidays, the local tourist office offers guided tours of the wind and solar power farms in Avignonet-Lauragais and the windmill in Nailloux. An educational trip to put the wind in your sails.

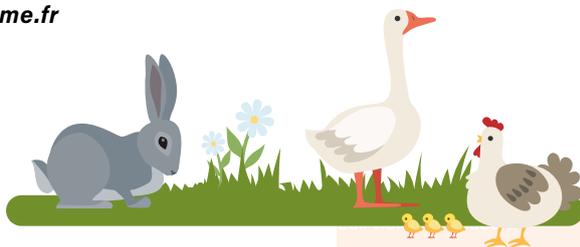
[www.lauragais-tourisme.fr](http://www.lauragais-tourisme.fr)



## Find furry friends in Rieux-Volvestre

The Rucher des Anes is an educational farm, home to donkeys, miniature goats, chickens, rabbits and guinea pigs. Children can take a ride on a donkey, learn about bees, and pet a lot of very cute animals on the farm.

[www.lerucherdesanes.com](http://www.lerucherdesanes.com)



## Haute-Garonne-on-Sea – or nearly ...

We may not have the sea, but that doesn't mean you can't swim here. Haute-Garonne's nine supervised swimming spots offer plenty of opportunities to cool down and create a splash. The clear waters of the lakes at Saint-Ferréol and l'Orme Blanc, or the lakes at Thésauque and Gimone, and then there is Montréjeau at the foot of the mountain, all of which are Blue Flag approved.

[bit.ly/3apLhKK](http://bit.ly/3apLhKK)

## Creating a buzz

### At the Maison des Insectes in Gratens

Follow this easy trail (1h30, 5.2km) and find out about the lives of insects and trees with the help of a collection of around 40 information boards. It's a perfect family walk, with plenty of chances to learn along the way. Look out for the insect hotel and paradise of pollinating plants for the bees, behind the village hall..

[bit.ly/3mtZNU8](http://bit.ly/3mtZNU8)

## A donkey ride at Arbas

At the Oulan Bat farm, Céline, Nicolas, Anhoura and Gabin are working hard to preserve the Pyrenean donkey. They also welcome visitors, who can stay on the farm in a yurt, and take a hike around the area with a donkey. The smallest guests can even ride on their new friend.

[www.lafermedoulanbat.fr](http://www.lafermedoulanbat.fr)

## The amazing world of bees at Génos

The Cité des Abeilles opens the lid on another world. Weave around a pathway through little wooden chalets and learn about the lifecycle of bees, how honey is made, the transhumance of hives and more. It's a fascinating – and important – journey into the lives of these crucial, and threatened, creatures.

[www.lacitedesabeilles.fr](http://www.lacitedesabeilles.fr)



# THE PLACES TO STAY

## in Haute-Garonne...

### Art de vivre at its finest at Hotel du Barry

Imagine a luxury spa resort at the foot of the Pyrenees, with 20 sumptuous suites and rooms, all hidden in leafy grounds. The Hotel du Barry in Sauveterre-de-Comminges is quite simply idyllic. An elegant décor, premium facilities including gym, spa and massage rooms, and of course the gastronomic cuisine of chef Jeremy Lasserre..

[hoteldubarry.fr](http://hoteldubarry.fr)



### La Grande Ourse in Sauveterre-de-Comminges

The Grande Ourse guest house is a perfect base from which to discover Sauveterre-de-Comminges. This traditional stone house dates back to the 18th century, but its interior is a wonderful mix of classic and contemporary styles, carefully combined with plenty of character. The wellbeing space with its jacuzzi, sauna, gym and climbing wall are certainly worth a mention, too. The owner loves to welcome guests, and when it's time to eat, she serves up delicious meals accompanied with vegetables from the garden or chosen with care from producers in the village. Quality and comfort are everything at this very exceptional *chambres d'hôtes*..

<https://bit.ly/3t26QKy>

### Domaine des Airs de Toscane in Cazères

This charming 19<sup>th</sup> century property in Cazères is heavenly. The gardens sprawl over some 8,000m<sup>2</sup>, nearby hiking trails let you explore the area and the swimming pool is a perfect place to spend a sunny afternoon. The whole property exudes relaxation – and it has everything you need on a practical level, too. An ideal place to kick back and enjoy the surroundings with friends or family; no wonder the property has been awarded four épis (equivalent to stars) by Gites de France.

<https://bit.ly/3sZY1kh>



### The Château de Vidaussan in Labroquère

The sublime 14<sup>th</sup> century Château de Vidaussan sits among acres of greenery and ancient trees. Once the home of Pope Benedicte XIV, it stands opposite the cathedral of Saint-Bertrand-de-Comminges. The Garonne ripples past the garden, and a private swimming pool tempts visitors to plunge right in. A place appreciated by anglers, as well as hikers and cyclists, who stop off on their journey along the Via Garona or the cycle path, both of which are nearby. Go horse riding, canoeing and kayaking, make use of the spa and gym, or simply sit back and relax; the château gives guests the freedom to do as they please.

[www.chateaudevidaussan.fr](http://www.chateaudevidaussan.fr)



### AND

- **En Marge hotel and restaurant in Aureville**, for the Michelin star food of Frank Renimel  
[www.restaurantenmarge.com](http://www.restaurantenmarge.com)
- **Le Castel d'Alti in Luchon**, for an aperitif while listening to a jazz quartet on the large private terrace  
[www.lecasteldalti.com](http://www.lecasteldalti.com)
- **La Cour des Consuls in Toulouse**, for its secret interior courtyards in the historic centre of Toulouse  
<https://bit.ly/38buvw2>
- **Château de Drudas**, for its 18<sup>th</sup> century decoration  
[www.chateaudedrudas.com](http://www.chateaudedrudas.com)

# Diary



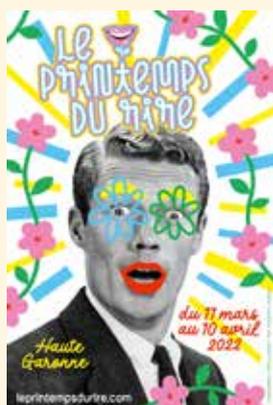
## February

### Festival des Créations Télévisuelles

Luchon

A celebration of Francophone films for the small screen

## March/April



### Le Printemps du Rire

Toulouse

Comedy festival

### Fête Historique de la Cocagne

Saint-Félix Lauragais

Traditional Lauragais festival

## May

### Fête du Papogay

Rieux-Volvestre

Historic, traditional festival where archers shoot arrows at a wooden bird

## June



© Patrice Nin

### Rio Loco

Toulouse

Live world music festival

### Traditional Brandon festival

Various sites in the Pyrenees

Fête de Saint Jean celebrated around the fire

## July

### Convivencia

On the Canal du Midi

Travelling world music festival

### Marbre et Arts

Saint-Béat

Sculpture and marble festival

### Cœur Estival

En Cœur de Garonne

Cultural festival

### Déodat de Séverac Festival

Saint-Félix Lauragais

Occitane music

### Festival du Comminges

Saint-Bertrand-de-Comminges/

Valcabrère

Organ and religious music festival

## August

### Fête des Fleurs

Luchon

Traditional festival

## 31 Notes d'Été

Across Haute-Garonne

Music, dance and theatre festival and tourist visits

## September

### Festival Mureth l'Occitane

Muret

Reconstruction of the battle of Muret

### Piano aux Jacobins

Toulouse

Festival which unites well-known pianists and the new generation

### Bigflo & Oli's Rose festival

Toulouse

Live music from current artists

## October

### Festival Ciel & Vent

Villemur sur Tarn

Hot air balloon festival



### Toulouse les Orgues

Toulouse

International organ festival

### Jazz sur son 31

Across Haute-Garonne

Jazz in all its forms

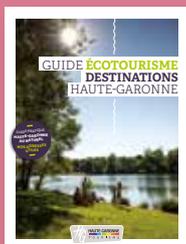
## November

### Salon des arts et du feu

Martres-Tolosane

Shining a light on traditional skills

*Even more inspiration to be found in our new brochures*



## Press contacts

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## On social media

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