

Destination Haute-Garonne



PUBLISHED BY THE CONSEIL DÉPARTEMENTAL OF HAUTE-GARONNE

02

SUMMER
2018

HERITAGE
&
discovery



**Agir
pour vous !**



ÉDITORIAL

BY GEORGES MÉRIC
PRESIDENT OF THE CONSEIL DÉPARTEMENTAL
OF HAUTE-GARONNE

There are many reasons why you should spend this summer in Haute-Garonne. From its pastures to the middle valley of the Garonne and the high Pyrenean mountains, the Haute-Garonne is both stunning and surprising - with its landscapes and villages and the multitude of activities on offer.

In the heart of Occitania, it passionately cultivates history and is known worldwide for its modernity.

Since the famous Venus of Lespugne, sculpted at the beginning of humanity, to the latest leaders in the aeronautic and space industries, the Haute-Garonne is an admirable showcase for curiosity and inventiveness, art and technology, expertise and skill.

Set off to explore all of its wonders and you will experience surprising nature, unique heritage, and an art of living based on interaction, sharing and exchange.

The surprises will just keep coming !

The great **Saint-Bertrand-de-Comminges** listed as a Unesco world heritage site ; the **Central Pyrenees**, with the thermal town of **Luchon**, known quite rightly as the “Queen of the Pyrenees”; **Toulouse**, the pink city or “ville rose” celebrated by Nougaro ; **the Fronton area and its vineyards**, designated AOP and renowned for its red and rosé wines; the **château de Laréole**, neighbouring the village of Cadours, capital of purple garlic, also designated AOP ; the **hillsides and the traditional bastides of Lauragais, Volvestre, Comminges ; the lac de Revel - Saint-Ferréol**, a village by the lake at the foothills of the **Montagne Noire**, where you can find the museum dedicated to **Pierre-Paul Riquet**, inventor and engineer of the **canal du Midi**. Listed as a Unesco world heritage site, this waterway flows through our department and shapes our land. Along the canal, like the **Garonne**, green tourism is developing and today there it is more popular than ever.

Whether you are with your family or a group of friends, there is always something to do, see or hear in Haute-Garonne.

Come to the “31” and enjoy quality tourism on a local level where each person can, according to their taste, discover the hidden treasures of art and heritage, practice their favourite sport in magnificent sites, admire the local artisanal crafts, enjoy culture and shopping in the city, or experience the “douceur de vivre” rooted in the flavours of the “terroir” which we treat with the same attention and passion as our ancestors.

Come and see us in Haute-Garonne and take the time to breathe. Take a break from the fast pace of everyday life, re-energise yourself and experience some unique and special moments.

Welcome and have a good trip.

DESTINATION HAUTE- GARONNE

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THE HAUTE-GARONNE AT A GLANCE



an area of **6,309KM²**



18 mountain **PEAKS**



600KM
of walking trails



6 swimming **LAKES**



40
PARKS & GARDENS

10
GOLF
courses



+ 50
MUSEUMS
+ 200
LISTED BUILDINGS



+ 100 **festivals**

4
SITES LISTED



AS A UNESCO WORLD HERITAGE SITE:
THE CANAL DU MIDI

and, under the roads of Saint-Jacques:
the Basilique Saint-Sernin, Hôtel-Dieu
Saint-Jacques, in Toulouse, and basilique
Saint-Just de Valcabrière.



11 **Michelin-**
starred
restaurants

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Haute-Garonne view
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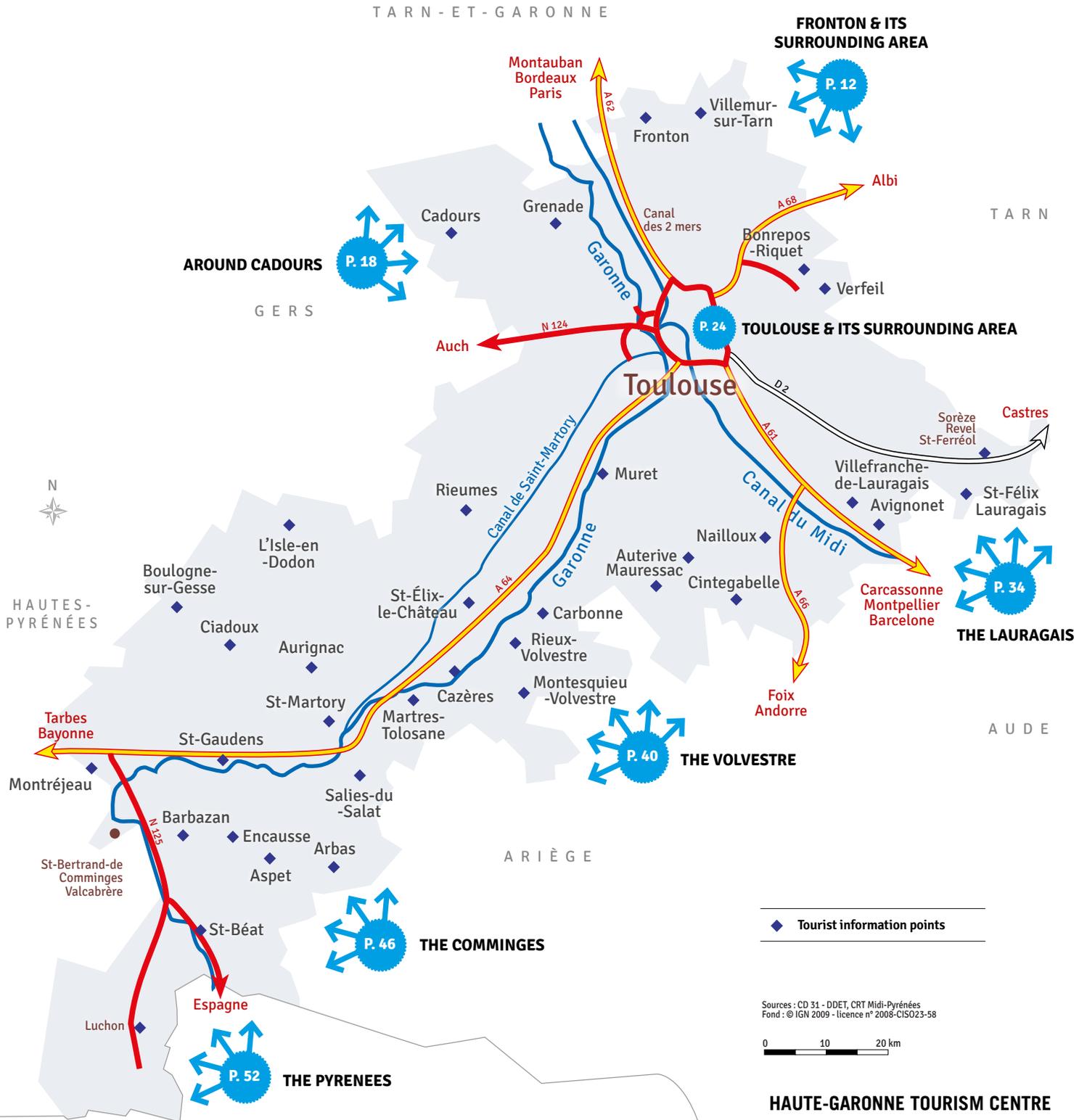
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31 NOTES D'ÉTÉ
FESTIVAL

TOURIST MAP OF HAUTE-GARONNE

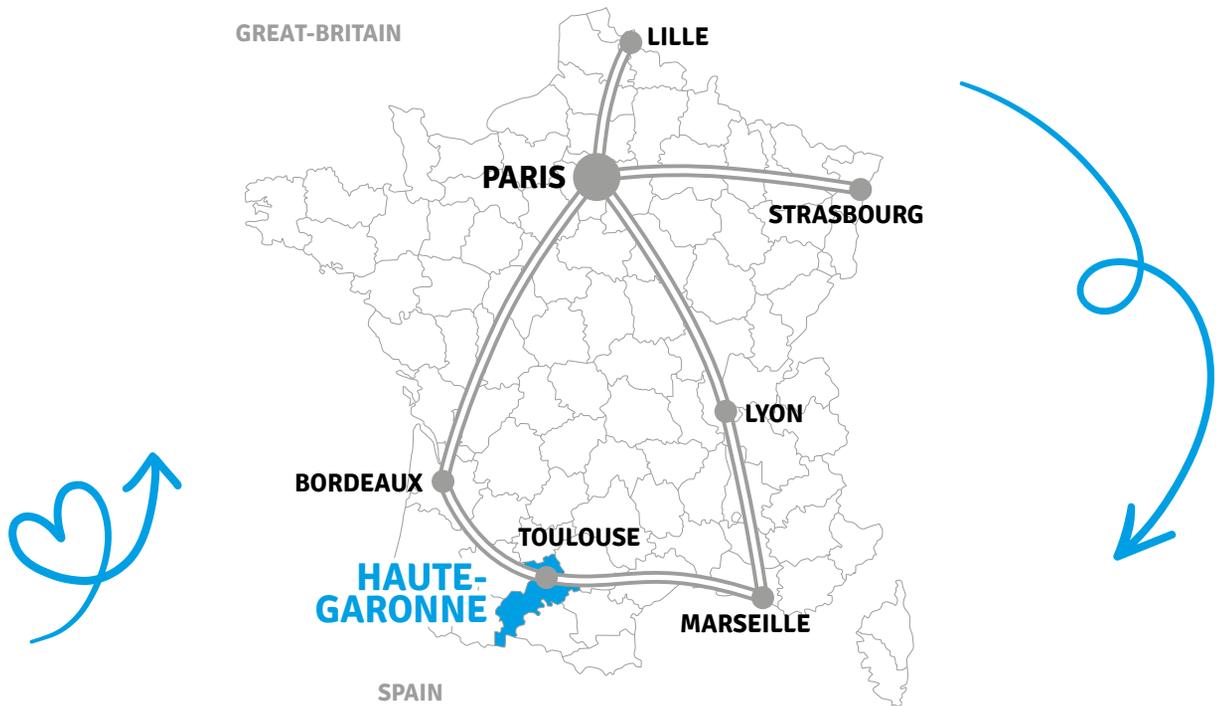


◆ Tourist information points

Sources : CD 31 - DDET, CRT Midi-Pyrénées
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0 10 20 km

HAUTE-GARONNE TOURISM CENTRE
 14, rue Bayard - TOULOUSE
 (metro B, Jeanne d'Arc)
 Phone : 00 33 5 61 99 44 00
 Monday to Friday from 9 am to 6 pm
 and Saturday from 10 am to 6 pm
 hautegaronnnetourisme.com



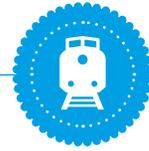
BY CAR

Paris – Toulouse: 680km
Highways A10 / A71 / A20

Paris – Bagnères-de-Luchon: 815km
Highways A10 / A71 / A20 / A 64

Nantes – Toulouse: 570km
Highways A83 / A10 / A61

Marseille – Toulouse: 400km
Highways A7 / A9 / A61



BY TRAIN

Nearest TGV stations:
Toulouse, Montpellier, Marseille, Bordeaux

Corresponding SNCF stations: Auterive, Carbone, Colomiers, Escalquens, Fenouillet-Saint-Alban, Labège, Martres-Tolosane, Montastruc-la-Conseillère, Montrabé, Muret, Pibrac, Portet-sur-Garonne, Saint-Jory, Saint-Gaudens, Villefranche-de-Lauragais, etc.



BY PLANE

Toulouse-Blagnac International Airport

Cities of departure: Ajaccio, Bastia, Brest, Caen, Calvi, Figari, Lille, Lyon, Marseille, Metz-Nancy, Mulhouse, Nantes, Nice, Paris, Rennes, Strasbourg.



BY BUS

Bus terminal Toulouse-Pierre Sémard
Lots of bus companies operate in Toulouse.

Cars from the réseau Arc-en-ciel
travel all around Haute-Garonne, with low prices.
For more info: [transports.haute-garonne.fr](https://www.transports.haute-garonne.fr)



THE FAVOURITES PLACES OF...

They are singers, journalists, writers, athletes... but they are all from Haute-Garonne! They share a selection of places, rides and restaurants they really like.

Par Pascal Alquier, Julie Pontonnier et Axelle Szczygiel



© Tôt ou tard



NINA GOERN

SINGER FROM CATS ON TREES

A place

“Without hesitation, for walking enthusiasts I would recommend the idyllic, Lord of the Rings like walks in the valleys around the Oô Lake in the Pyrenees. Some summer mornings, mist covers the paths and resembles a scene from Tolkein. When my father passed away over 10 years ago, my mother and I needed a place where we could get away from it all and meditate. This walk was an opportunity for us to find ourselves...”

A trip

“Along the Canal du Midi, by bike! The more intrepid can keep going until they reach Carcassonne. I’ve never gone that far but on one occasion this bike ride gave me and Yohan (her band mate from Cats on Trees, editor’s note) a chance to make up after an argument. We’d just spent several days shut inside working like crazy. One morning, I decided we should go for a bike ride rather than make music! And we came back much more relaxed!”

A restaurant

“I have to say, I absolutely love pasta. So naturally I recommend the best Italian restaurant in Toulouse: La Tratto Mizzica, Rue Palaprat, in Toulouse. The pasta with prawns and the mozzarella di buffala are to die for. I once went three nights on the run!”

MICHEL SARRAN

MICHELIN-STARRED CHEF IN TOULOUSE

A place

“There are areas of Toulouse that I love like the area of Saint-Étienne, I like to wander through the streets of the old town of Toulouse. I also like to be in the Place du Capitole at certain times of the day, go to the Canal de Brienne or the banks of the Garonne. I love water for its soothing properties and Toulouse is a city full of water.”

A trip

“I like to ride around on my motorbike, I go to the Lauragais and as I have my pilot’s licence, I enjoy taking short plane trips, flying above the region; it’s wonderful! On foot, I like to walk or run along the Canal du Midi, it’s like having part of the countryside in the city and it’s lovely to go for a stroll when the weather is good.”

A restaurant

“It’s difficult to choose just one! Some of my former apprentices have opened places like “Chez Marius” (rue des Filatiers in Toulouse), “L’Air de Famille” (place Victor Hugo) and “Les Sales Gosses” (rue de l’industrie), who are all doing interesting things in different ways.”



JEAN-PIERRE MADER

SINGER

A place

"Like any true Toulouse city-dweller, I love my neighbourhood (le Chalets, editor's note) and especially the Rue de la Concorde which is quite incredible. It is one of the rare streets where there are still trees. The Café de la Concorde has a truly unique ambiance. It's a street that is becoming livelier and livelier and new faces move there; it's nice."

A trip

"I really love to take a stroll in my childhood neighbourhood, Les Carmes. For 25 years I lived next to the Place du Salin and I like to go back and get lost in the narrow streets. A bit further along, you wind through the streets to arrive on Rue Fermat where I enjoy the exhibitions of Fabrice Galvani who introduced me to the very talented painter, Tony Soulier."

A restaurant

"I particularly like La Pente Douce, a restaurant in the Chalets area where you can enjoy a really good brunch the first Sunday of each month. In the Carmes area, I also like the delicious cuisine of the Bon Servant, Rue des Couteliers, and Les Têtes d'Ail, Rue de la Fonderie, which offer simple, inexpensive, home-made cuisine."



© Bruno Levy

BERNARD MINIER

AUTHOR

A place

"The Pyrenees are very important for me: I spent the first 20 years of my life there! I draw on my own memories to write and I often document my own experiences. A few months ago, I went to Montréjeau with my editor and on the way to Vielle-Aure — for a kind of Servaz Tour (Martin Servaz is the protagonist in his books, editor's note) — I think I remember picturing a cathedral sitting on top of a hill which is of course Saint-Bertrand-de-Comminges. And so I invented Saint-Martin-de-Comminges where the story "The Frozen Dead" is set. I have a kind of fantasy and imaginary geography of Comminges!"

A trip

"I really like the banks of the Garonne, especially early in the morning. While everyone else is still asleep, I love to go for a walk along the banks of the river when it's covered in a light fog."

A restaurant

"I really like the Place Saint-Georges and the food markets in the Carmes area and especially in the Victor-Hugo area. On a Sunday morning, you can enjoy "a bite to eat" with charcuterie from Garcia and cheese from Xavier or Betty, and then go to the market, it's perfect!"





© Stade toulousain / Colin Saint-Charment



WILLIAM SERVAT

FORMER PROFESSIONAL RUGBYMAN,
COACH OF STADE TOULOUSAIN RUGBY TEAM

A place

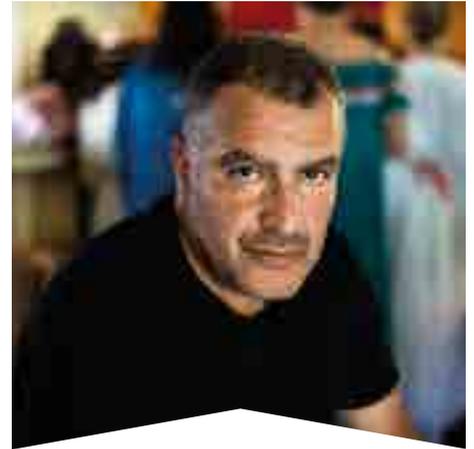
"A place that matters to me is of course the Ernest Wallon stadium in Toulouse, for everything it represents in my life because I was lucky to arrive here when I was 14 and I've never left! I remember my first match as a junior with my grandad and family in the stands. Some family members are no longer with us so it's an important memory for me I remember some amazing moments like being in the Place du Capitole where the public of Toulouse, like the true supporter it is, gave us an electrifying reception."

A trip

"I like to walk between the small villages of Touille and Salies-du-Salat. As I have lots of hobbies like fishing or hunting, I love spending time in the region, where I enjoy walking and taking time out with my friends who live locally. It also helps me to disconnect from the world of rugby..."

A restaurant

"In Castelginest, I love going to Trevor Brennan's "Brennan's Bar". It's a friendly place with a very Irish theme. It's a place we like to go to for brunch as a family to spend time with a very good friend. I spend quality time at Trevor's after intense moments at the rugby."



© Pologarat

MAGYD CHERFI

SINGER, WRITER AND ACTOR

A place

"The first time I stepped foot in the Cave Poésie in Toulouse was a long time ago, to see a Samuel Beckett play. I've been back many times and I have taken part myself performing musical storytelling. It's an intimate space which always gives me the impression of being in Saint-Germain-des-Prés in the 1950s!"

A trip

"Around the Lake Saint-Ferréol. I'm a hopeless urbanite and I don't often leave Toulouse, except to go for a bike ride along the Canal du Midi or for a walk in Saint-Ferréol. My parents would often take me when I was a kid and I've kept up the tradition. Now I often take my own children."

A restaurant

"Le Kasbah, Rue de la Chaîne in Toulouse. I've known this place since I was 15, it feels like home. What I love about it is the mix of Arabic and Andalusian influences in the decoration, the couscous...and most of all, the multicultural ambiance which reflects the Arnaud-Bernard area of the city."





CHRISTELLE CHOLLET

ACTRESS, SINGER AND COMEDIENNE

A place

“Corine Pey and Gérard Pinter’s “Les Trois T.” This is a unique place. It’s a bit like my good luck charm because the first night of each of my shows take place there.”

A trip

“I recommend the Poney Club de la Tuilerie in Quint-Fonsegrives. It’s a really friendly place and the owner is lovely – Muriel, or Mumu for those who know her!”

A restaurant

“If you want to eat with the family, after a horse riding on “Roudoudou” or “Zorro”, I recommend “L’envol bar et plage” with its view over the runway of the Quint-Fonsegrives flying club. It is both incredible and unique, and the views of the sunsets are unforgettable.”



© Sarah Baladère

HUGO CLÉMENT

JOURNALIST ON QUOTIDIEN
ON THE CHANNEL TMC

A place

“I love the Saint-Ferréol Lake. I would often go at the weekend with my friends when the weather was good. Sunbathing, swimming - it’s perfect! And the water in the lake is really beautiful.”

A trip

“It’s a classic, but I’d say the Canal du Midi! I’d cycle between Pompertuzat and Ramonville-Saint-Agne when I was younger. I loved walking at the Prairie des Filtres along the banks of the Garonne, especially during the Rio Loco festival.”

A restaurant

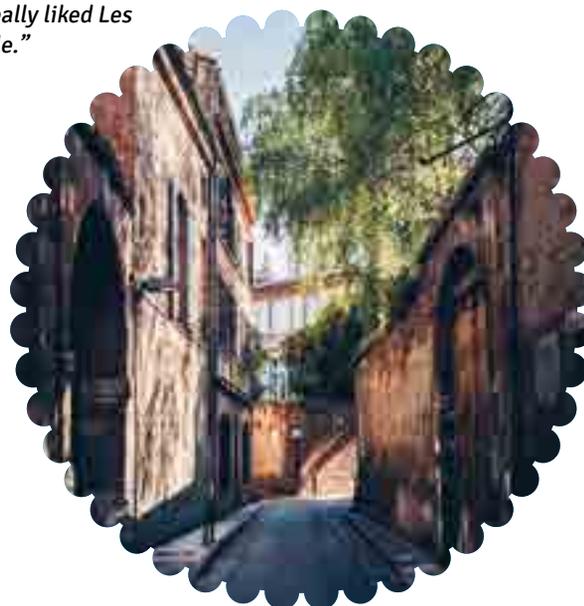
“I used to go to Sherpa, rue du Taur in Toulouse all the time for delicious, inexpensive crêpes. I also really liked Les P’tits Fayots, Rue de l’esquile.”

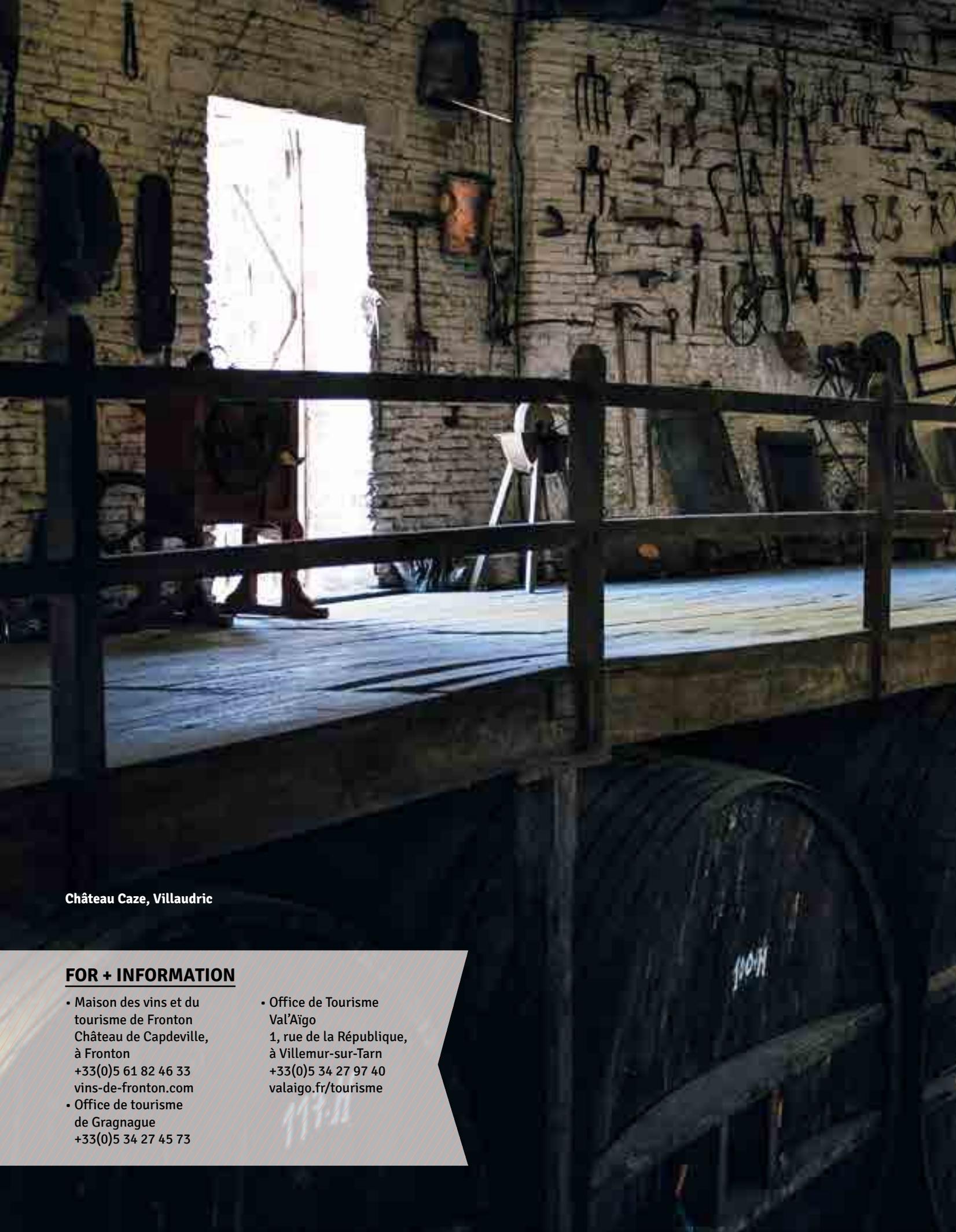


© Esther Joly



© Pierre Olivier





Château Caze, Villaudric

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Château de Capdeville,
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vins-de-fronton.com
- Office de tourisme
de Gragnague
+33(0)5 34 27 45 73
- Office de Tourisme
Val'Aïgo
1, rue de la République,
à Villemur-sur-Tarn
+33(0)5 34 27 97 40
valaigo.fr/tourisme

FRONTON

&

*its surrounding
area*

Nestled between the Garonne and the Tarn, the north-east area of the department is perfect for wine lovers, walkers and lovers of old stones. Around Fronton, in an area that benefits from more than 2000 hours of sunshine each year, grapes have been cultivated since Gallo-Roman times. The vineyards of Fronton are therefore some of the oldest in France. They are also the most unique, with their cultivation of the Négrette, the characteristic black grape variety. Before tasting the wine, this living heritage invites you to discover the numerous signposted footpaths around Villaudric, Vacquiers, Bouloc and Castelnau d'Estrétefonds. If you prefer a bit more shade on your walk, head east to the Forest of Buzet where a variety of paths allow you to discover the oak forest by foot, horse or mountain bike. After the sport activities, why not enjoy a bit of culture. Further north you'll find Villemur-sur Tarn nestled between the river and the hillside. This is a walled city with narrow and windy streets. Traces of its prestigious past can still be seen today: 12th century defence towers, the Greniers du Roy from the 17th century and the frescos in the choir of the Saint-Michel church, by the Toulouse painter Bénézet.



Fronton

DISCOVERING
THE VINEYARDS

ON THE TRAIL OF THE WINES OF FRONTON

At less than 30 kilometres from Toulouse, the vineyards of Fronton are spread over 1600 hectares. Here, wine-growers cultivate a unique grape variety that is grown nowhere else in the world - the Négrette.

par Axelle Szczygiel

Alcohol abuse is dangerous for health



Pure or blended with Cabernet franc, Cabernet-Sauvignon and Syrah, it makes fine red wines that are elegant and complex, with aromas of red fruits (blackcurrants, raspberries) and flowers (violets, peonies) as well as lively rosé wines that are round, fresh and aromatic. To discover these wines, meet the wine-growers who are passionate about Fronton wines!

1. DOMAINE LE ROC – FRONTON

In the heart of the Fronton AOC, the Ribes family are committed to working their vines intuitively and with respect for nature, using old farmers' wisdom. The family have been cover cropping (planting crops between the vines) for more than thirty years. This practice has become more popular over the last few years in the South-West as a way of increasing the biodiversity of the soil. And it's the sheep of the domaine who, during winter, come to "mow" the grass! This original environmental approach continues in the chai (outside wine storage) which is built from a wooden structure and hay bales. This naturally keeps the temperature constant to ensure the wines are perfectly conserved.

2. CHÂTEAU CAZE – VILLAUDRIC

Created by Antoine Caze, the domaine has been in his family for seven generations. Martine Rougevin-Baville has been at the head of the domaine since 1991, taking as much pleasure in making the wines as organising tastings in the superb half-buried chai, which dates back to the 18th century. Visitors are invited to take a tour of the chai where they will find the different tools that were used in the past in a vineyard, cellar or workshop. Given the remarkable acoustics of the cellar, the owner organises several concerts each year.

3. DOMAINE ROUMAGNAC – VILLEMATIER

When Jean-Paul Roumagnac, owner of the domaine, and Nicolas Roumagnac met in 2009, they immediately got on. Apart from sharing the same name (even though they are not related!), the two men discovered a shared passion for "the terroir and the emotion it brings." They became associates, restoring the domaine to its former glory. The range of wines were developed and the distribution model reorganised, and today this joint effort is bearing fruit: the wine of the Domaine de Roumagnac has gone from being a product sold in bulk at the wine merchants, to today being a selected product - made, matured and bottled at the domaine and sold exclusively by the Roumagnacs themselves.

4. CHÂTEAU PLAISANCE – VACQUIERS

This vineyard has been certified organic since the 2011 vintage. It is the result of a long process which was started at the beginning of the 2000s by the owner Marc Penavayre. A former INRA researcher, he took on the family holding in 1991 and began to use only natural products - no fertiliser or pesticides. When making the wine, he only uses the wild yeasts found naturally on the skin of the grapes and uses only a small amount of sulphur. In addition, his wines are unfiltered and unfinned (a technique which makes the wine clear and bright), to ensure optimum quality in terms of taste.

5. CHÂTEAU DEVÈS – CASTELNAU D'ESTRETEFONDS

Michel Abart has been running his vineyard, situated on the highest terraces of the left bank of the Tarn River, for more than thirty years. Despite the increasing use of mechanical harvesting in the industry, he is still very much attached to harvesting the grapes manually - a method which no doubt plays a part in the success of his Noir Désir wine. Made exclusively from the Negrette grape variety, it is one of the most distinctive of the Fronton wines and one of the most appreciated among connoisseurs. Why? Because of all the Fronton wines, this is the most concentrated in rotundone, the aromatic compound which gives the wine its peppery taste and which is also found in Syrah. —

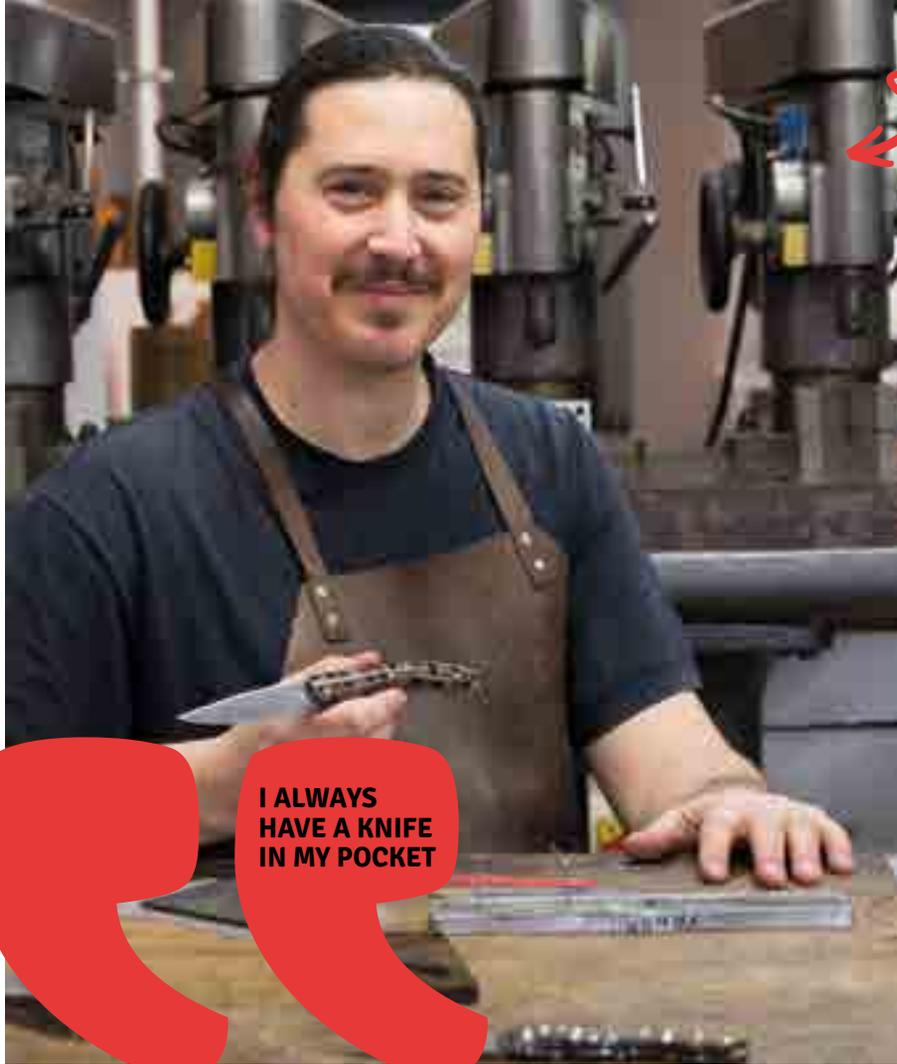


XAVIER SENA

CHEESE MAKER AND AFFINEUR IN FRONTON

“The Sena family have been cheese makers for four generations. Having started out on the Carmes market in Toulouse working for the family business, my father Max Sena began selling on the markets in the north of Toulouse in the 1970s. I joined him in 1998. It was natural for me - I love working with a product that everyone agrees on, it puts everyone in a good mood! Since my grandfather’s time, the job has become more professionalised to compete with supermarkets and with customers who are more and more demanding. Today we have four cheese cellars? This enables us to offer a range of products perfectly adapted to the tastes of our customers. My wife and I also opened a shop in Fronton in 2009 where we offer cheese board selections and tastings. Along with the traditional Comté, Saint-Nectaire and Fourme d’Ambert, we showcase regional cheeses - Roquefort, Rocamadour, Laguiole, Broucaou and Calebasse. Broucaou and Calebasse, cheeses from the Pyrenees in Ariège, go perfectly with Negrette wine, the grape variety of Fronton wines!”
by Axelle Szczygiel

**CHEESE
MAKES YOU
FEEL GOOD!**



GILLES VICTORS

FINE CUTLERY MAKER IN VACQUIERS

"I have had a passion for the interaction between objects and fire since I was a child. I could have been a ceramicist or a glass blower. But when I decided to change my career fifteen years ago, I decided on the knife as the object of my artistic expression - because I always have one in my pocket! I set up my workshop in Vacquiers with my wife Alexandra Courty, who is a ceramicist. This is where I design and create my models, with styles ranging from traditional to contemporary. My speciality is Damascus steel. This technique involves forging a blade from other steels to make it flexible, resistant and beautifully decorated. For the handles, I like to use unusual materials! I work with exotic wood, cactus, Banksia wood, coral, fossilised mammoth teeth and even meteorites. I like the idea of finding materials that come from the depths of time and space on one knife!" by A. S.

**I ALWAYS
HAVE A KNIFE
IN MY POCKET**

GILLES BERTHELOMEAU

GUIDE AT THE CHÂTEAU DE BONREPOS-RIQUET

"In 2008, when I moved next to this 17th century château, I didn't know anything about the person who had built it - the creator of the Canal du midi, Pierre-Paul Riquet. But I quickly became familiarised with his world. At the time, his domaine had just been bought by the City and all efforts were called upon to restore the château and the 30 hectares of park that had been left abandoned. With my hedge trimmer, I came to clear the basins that Riquet had built below the château in the valley of the Garenne to test the water supply of the future Canal de Midi. This gave me the time to observe his work and understand his way of thinking. The château and the park reveal the complexity of this figure. Since I joined the team of volunteer guides for the association "Sauvegarde et Valorisation du Domaine de Bonrepos-Riquet", I have loved highlighting the courage of this man - a simple commoner who managed to see his project to the end thanks to his intelligence, courage, perseverance and a degree of political skill!" by A. S.



**A PLACE TO
UNDERSTAND
RIQUET!**

FOR + INFORMATION

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chateaulareole@
cdt-haute-garonne.fr
- Office de tourisme
Save et Garonne
+33(0)5 61 82 93 85
tourisme-grenade.fr



Around CADOURS

We call this area the “Gascogne Toulousaine”. Situated in the north-west of the department, nestled between the Gers and the Tarn-et-Garonne, the rolling hills of this area are worth the detour. With its rich historical heritage, from the Château de Merville to the Château de Laréole, the Forteresse de Launac to the Château de Larra, this area offers a trip back in time. Other places you can visit on this historical voyage include Saint-Marie-du-désert, a Cistercian abbey dating back to the 12th century; the former Ursulines convent; the numerous covered market places like that of Grenade; or the “pigeonniers” (dovecoats) that are typical of the region. The idyllic landscapes including the Save river and the forest of Bouconne make this area a great place for a bucolic getaway. And not forgetting the local markets, such as the one in Cadours where you can discover the famous purple garlic.



+ INFORMATION

Château de Laréole,
near Cadours,
free entry.
There is a tearoom
within the château
which opens in mid-
June, open in May
and June.
Opening time:
From May 1st to mid-
June: on Saturday,
Sunday and bank
holidays 10h-18h.
From mid-June to mid-
September: every day
except Monday.
In June and
September: 10h-18h.
In July and August:
10h-19h.
From mid-September
to the end of
September: on
Saturday, Sunday
10h-18h.
+33(0)5 61 06 33 58

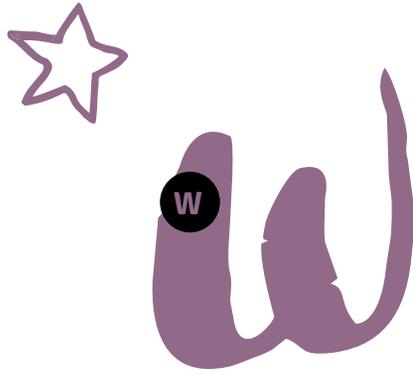
LARÉOLE

**THE RENAISSANCE
OF A GEM**

Perched on a hill, a stones throw away from Cadours, the Château de Laréole could have easily been forgotten.

Bought by the Conseil Départemental of Haute-Garonne when it had fallen into disrepair, this Renaissance gem underwent 20 years of restoration to restore it to its former glory.

by Julie Pontonnier



With its Oriental pagoda style architecture and its pink and white striped brickwork, the monument is rather usual. Nestled above the Gascon countryside and surrounded by 5 hectares of wooded park, the Château de Laréole could easily have disappeared forever. Although the monument was a listed historical building, it was abandoned at the beginning of the 20th century. The building was then forgotten about until the 1980s when the Conseil Départemental of Haute-Garonne decided to buy it and restore it. After twenty or so of meticulous restoration work, this gem of the Renaissance, built in the 16th century by a rich pastel merchant from Toulouse, Pierre de Cheverry, has regained its splendour. “The alternating brick and stonework is a typical example of the style of architecture from the period of the pastel trade, which we can also find in the Hôtel d’Assézat in Toulouse,” explains Régis Jandot, who gives free guided tours of the château. “But there is no other monument in Haute-Garonne with such a specific façade.”

BRINGING THE PLACE ALIVE

To bring the château alive and to create a hotspot for culture and heritage, each season from May to September, the Department organises a programme of events - guided tours, exhibitions, performances, etc. Exhibitions from previous years include the paintings of Marc Saint-Saëns and the photographs of Gérard Rondeau. This summer, Michel batlle’s paintings will be on display. The “31 Notes d’Été” festival will take residence at the château for a number of dates. It’s a chance for those wanting to discover the château to do so in a fun way whilst enjoying the exceptional green surroundings. You can picnic under the shade of the trees in a dedicated area – a popular activity for those living in Toulouse looking for a cool place to relax in the summer. —



**CHÂTEAU
DE MERVILLE,
NEAR GRENADE**



ON THE TRAIL OF THE CHÂTEAUX

Those with a passion for old stones won’t be disappointed - as well as the Château de Laréole, around Cadours there are no less than eight châteaux to discover! Two of these are classed as “Monuments historiques” (listed buildings).

In Merville, the Château de Merville has an outstanding 30-hectare park with the “Jardins Remarquables” label, as well as a box hedge maze winding over 6km - the biggest in Europe!

In Larra, you can visit an 18th century château (visits by appointment).

Its architect, Guillaume de Cammas, is famous for having designed the façade of the Capitole in Toulouse. Its park and gardens also benefit from the “Jardins Remarquables” label. **In Daux**, visitors can discover three châteaux: Thomas de Montval, Peyrolade and Lalo.



**CHÂTEAU
DE LARÉOLE,
NEAR CADOURS**



DID YOU KNOW...?

Filming for the film *Riquet, le songe de Naurouze*, a historical documentary film, took place during the first fifteen days of April at the Château de Laréole. Jean Périssé, a director from Toulouse and Michèle Teyssere, writer and screenwriter, wanted to put the history of Pierre-Paul Riquet, the inventor of the Canal du Midi under the spotlight. In the film he is played by Bernard Le Coq. Filming will also take place at Revel, Saint-Ferréol and in the Montagne Noire.

ONE OF
THE BIGGEST
MAZES
IN EUROPE!

ISABELLE AND LAURENT DE BEAUMONT

TRUSTEES OF THE CHÂTEAU DE MERVILLE FAMILY ESTATE

"Our maze was created in the mid-18th century as an addition to the château. Its park and gardens are listed historical monuments. Benefiting from the "Jardin Remarquable" label, it has managed to survive over time and today it is classed as the biggest box hedge maze in Europe! We wanted to share and promote this heritage and in 2005 we introduced educational and cultural activities with role-play games. With this we went from 8,000 to 40,000 visitors in just one year! This season, discover the "Great enigmas of French history" with the help of the activity booklet handed to you when you arrive. We are open from Easter to the October holidays. This year we are introducing a new smartphone app for visitors to learn more about the history of the château and its grounds. In summer, the maze is a perfect cool place for a family visit where you can wander around the maze under the refreshing shade of the two-hundred-year-old oak trees." by Nicolas Héry



A FASCINATING
GUIDED TOUR
ABOUT...
GHERKINS



CATHERINE ROUSSEAU

GREETER* AT THE GRENADE TOURIST OFFICE

"Born and bred in Grenade and passionate about local history, I have been a member of the association "Histoire et Recherche" for twenty-five years. The association collects information about the town's history. In September 2016, the Tourist Office approached me to become a "greeter". At first, I thought about talking about the old shops because I already knew a lot about the subject. But when I found old photos and letterheads from the former gherkin cooperative where my grandfather had worked, and where I spent the first few years of my life, I realised immediately the interest that the history of this local speciality could spark. I offer a rather different guided tour and this is what visitors look for. Complete with photos of the time, I accompany tourists to the sites of the two former pickling factories of the town. I share different anecdotes and even give them some recipes. Up to now, no-one has been able to tell me the difference between sweet and sour gherkins and Russian style gherkins!" by Nicolas Héry

* Greeters are volunteers who give visitors free guided tours of the region.

GILLES KORCZYK

GUIDE-MILLER

AT THE MOULIN DE BRIGNEMONT

"I bought the 18th century windmill from my aunt more than 20 years ago. It was like living a childhood dream! When I was little I often came here to play, so when she decided to sell it, I thought about buying it. She agreed but under one condition: that I start making flour again. After a process lasting two years - because of its listed building status - and one month spent restoring it, the Moulin de Brignemont was given a second lease of life! I have built up a real affection for this place, which is steeped in history. I try to share this passion with visitors by organising guided tours each summer, from 3pm to 7pm every day. I like to say I'm a "guide-miller" because this isn't a lifeless museum; it's a place that lives and breathes. A farmer by profession, I bring the organic wheat that I cultivate myself and we then transform it into flour during each visit. The older generations are reminded of the smells of yesteryear and the younger visitors are enchanted by the magic of the mill. There is something for everyone. As for me, I think I did the right thing in saving a part of our heritage." by Julie Pontonnier

IT'S NOT
A STATIC
MUSEUM, IT'S
A DYNAMIC
PLACE



FOR + INFORMATION

- Office de tourisme de Toulouse
Donjon du Capitole, square Charles de Gaulle, Toulouse
Open everyday
toulouse-tourisme.com

TO READ

- *Toulouse, patrimoine et art de vivre*, éditions Loubatières
- *Toulouse secret et insolite, les trésors cachés de la Ville rose*, de Sonia Ruiz et Corinne Clément, éditions Les beaux jours



TOULOUSE

&

*the surrounding
area*

The aerospace capital of France, Toulouse is also known around the world for its way of life. Regularly listed as one of the top five French cities “where it feels good to live”, the “Ville rose” (pink city) attracts more than 10,000 new arrivals each year. Its narrow streets with their red brick, the typical southern French accent and dialect (here it’s a “chocolatine” not a “pain au chocolat”!), its bustling terraces and the green water of its Canal du Midi are what make the city so appealing. It’s a lively and vibrant place full of architectural treasures that can be found in the hidden courtyards of the cities town houses. Ideally situated between the Mediterranean Sea and the Atlantic Ocean, Toulouse offers a thousand and one possibilities. Its museums and monuments, including the Saint-Sernin basilica and the Hôtel-Dieu Saint-Jacques which are listed UNESCO World Heritage sites, its gardens and green spaces, its markets and restaurants are all good reasons to visit the city.

Whether as a long or short trip, enjoy without moderation.





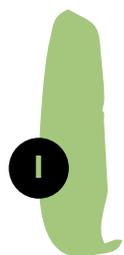
THE HISTORY
OF THE PINK BRICK

A STROLL THROUGH THE “VILLE ROSE”

The capital of the Haute-Garonne dazzles with its prestigious past and the beauty of its streets, dotted with magnificent brick buildings which have stood the test of time. Here is an urban trail to discover the “city of beauty of the South-West.”

by Pascal Alquier

The Hôtel d'Assézat



In sunny weather, the sunlight adorns the brick façades of the historical centre, the quays of the Garonne or the various squares of Toulouse, magnifying the beauty of this Gascon city, so dear to Claude Nougaro. Proud heir of the tradition of the 12th century troubadours, he is without doubt the one figure to have given the biggest homage to his native city. It was all written in the ode he published fifty years ago.⁽¹⁾ His song takes us on a guided tour and evokes his own memories of the city. It's the perfect accompaniment to a stroll along the right banks of the Garonne.

THE PASTEL LEGACY

The area between the river and the Canal du Midi is the heart of the Ville rose. It is alive with shops, markets and the student population from the Toulouse-Capitole University and the high school, Lycée Pierre de Fermat where Nougaro once worked. The Hôtel de Bernuy - built from 1503 to 1533 - which houses the school, along with other buildings in the city centre, are evidence of the wealth of the merchants who had earned their fortune thanks to the pastel trade and became “capitouls” (chief magistrates of Toulouse) like Jean de Bernuy. A short walk away towards the recently renovated Quai de la Daurade, in the Place d'Assézat, is the Hôtel d'Assézat, which is another example of the opulence of the period. This building housed the intellectual societies of the city. Since 1994 it has been home to the “Fondation Bemberg”, an impressive collection of classical and modern paintings (Bonnard, Boudin, Matisse, Degas, Dufy, Gauguin, etc.), modern drawings, bronze sculptures, old books, furniture and objets d'art from the 16th, 17th and 18th centuries.

FROM SAINT-ETIENNE TO SAINT-SERNIN

On the other side of the Garonne, other places worth visiting include the dome of the Hôtel Dieu and the gallery of the Château d'Eau, founded by Jean Dieuzaide, a photographer from Toulouse. The nearby Place de la Trinité is definitely worth a visit, to admire the beautiful fountain built in 1826 by the architect Urbain Vitry. This is the first of nine fountains dotted around the city. Then, continue straight ahead towards Saint-Étienne Cathedral which gave its name to this area of the city. The cool, shaded, winding streets are full of hidden architectural gems. Don't forget to lift your gaze and take in the full atmosphere as you walk along the winding streets which lead deep into the heart of the old city. On the corner of Rue Croix-Baragnon and Rue des Arts, you'll find a beautiful half-timbered house. In Toulouse the term “corondage” is used to describe this type of architecture. There are no less than two hundred of these types of houses in Toulouse. Then, at the end of the street you'll come across the Musée des Augustins, worth visiting for its beautiful 13th century façade and its collection of 12th century Romanesque sculptures as well as a collection of paintings from the 16th to the 19th century. The Place Saint-Georges and Place Wilson offer a pleasant visit on the way to the Capitole. From there, take Rue du Taur where you can visit the interior courtyards of some of the beautiful town houses, before arriving at the foot of the sumptuous Saint-Sernin Basilica, the biggest preserved Romanesque church in Europe. In the same square, you'll find the Musée Saint-Raymond, Musée des Antiques de Toulouse, where you can discover the early history of the historical capital of the Languedoc. —

(1) The song *Toulouse* was first released on vinyl as a single with the title *Ô Toulouse* in April 1967..

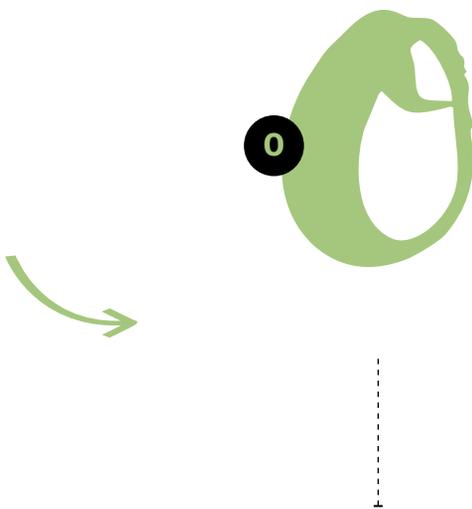


INFORMATION

The Toulouse Tourist Office offers a variety of tours of the city based around different themes. Themes include heritage, major monuments, street art, fine arts, famous crimes, town house architecture and the courthouse. .

toulouse-tourisme.com





Opened in January 2015, the Musée Aeroscopia in Blagnac celebrates more than a century of local history, an area that has close links with the great aeronautic legacy. Many of the major figures and key dates are connected with the Haute-Garonne! The site houses iconic aircraft from different periods and different countries. A Caravelle; two Concorde - the n°1 and the n°9; Fox Charlie - which regularly flew to New York for Air France; an A300 B; and the Super Guppy - which had the job of transporting the parts for Airbus from one site in Europe to another. The collection has grown mainly thanks to the association “Ailes Anciennes” which was founded in 1980 and offers guided tours of its site. “Our aim is to preserve this aeronautic heritage and to make it available to the public,” explains Jean-François Bruna-Rosso, president of the association. “We collect and restore old aircraft which are of technical, historical or sentimental importance. We recently added the Bréguet 941 to the collection of more than 100 aircraft.” The military aircraft - the Airbus A400M has now joined the collection, and it shouldn't be long before the A380 - the huge Airbus carrier plane - also joins the collection.

LIVE FROM SPACE

Bringing history and culture together, the Montaudran site will welcome the “Piste des Géants” in 2018 to celebrate the 100th anniversary of the first flight by René Cornemont and Georges-Pierre Latécoère to Barcelona. The site will create a link between heritage and creativity, offering a tribute to the great figures of the Aéropostale aviation company and showcasing the giant mechanical creations created by the street art company “La Machine”. Nearby, with its unusual shaped building and replica of the Ariane 5 rocket, the “Cité de l'Espace” tells the story of past and present space travel



**THE CITÉ
DE L'ESPACE**

PLACES TO VISIT

Aeroscopia	Ailes anciennes Toulouse	Cité de l'Espace
Allée André Turcat à Blagnac.	4, rue Roger Béteille à Blagnac.	Avenue Jean Gonord à Toulouse.
+33(0)5 34 39 42 00 musee-aeroscopia.fr	+33(0)5 62 13 78 10 aatlse.org	+33(0)5 67 22 23 24 cite-espace.com

in a comprehensive and inventive way. Modernised in 2012, the museum is innovative and modern, reflecting the scientific themes it presents. The “Cité de l'Espace” is a place for discovery and exploration where you can follow important events in space research or ongoing missions - such as Thomas Pesquet's recent mission on board the ISS. Live the full space experience through the museum's collections and features which include a piece of moon rock brought back by the astronauts of Apollo 15, the Mir space station, satellites, an actual Soyouz spacecraft, an IMAX® screen and a huge Planetarium. Experience what space is really like with the different attractions – take part in the rescue mission of the giant Hubble telescope with the film *Hubble 3D*, float above the Earth on board the ISS with the film *A Beautiful Planet* and learn about the daily life of a space explorer. From Clément Ader's “Eole” project to the robot Curiosity, a part of which was built by teams in Toulouse, when it comes to pioneering spirit, the sky's the limit in Haute Garonne... —



KEY DATES

- 19 April 1890:** Clément Ader applied for a patent for his invention of a “winged machine for airborne navigation known as: “Avion” (aeroplane).”
- 1920:** Émile Dewoitine founded his company which became “Airbus” a few decades later.
- 2 March 1969:** the first flight of the supersonic aeroplane Concorde.

Musée Aéroscopia, Blagnac

TOULOUSE
AND THE AEROSPACE INDUSTRY

HEAD FOR THE STARS

From the first airmail planes to the most sophisticated aeroplanes, Toulouse is historically linked to the development of the aeronautic and space industries. Today, sites such as the Musée Aéroscopia or the Cité de L'Espace pay tribute to the people who opened the skies...

by Pascal Alquier

TIP

To make the perfect “Kir Toulousain”, pour a small amount of violet liquor into the bottom of a champagne glass, add a crystallised violet flower and leave to infuse for 5 minutes, then top up the glass with champagne or sparkling wine. The sugar coating on the violet will dissolve and the flower will float delicately to the top. Cheers!

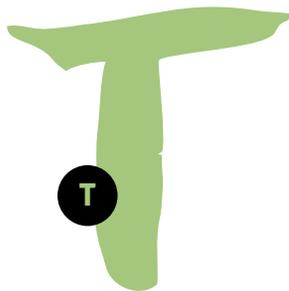
A SMALL, PURPLE FLOWER
FROM TOULOUSE

**THE VIOLET,
THE EMBLEM OF
TOULOUSE**

Toulouse’s affection for the violet is a long and sometimes turbulent relationship! Let’s take a look at the story of this small mauve-coloured flower that is now the emblem of the Ville rose.

by Axelle Szczygiel

The “yaourt à la violette”, an original recipe made by starred chef Franck Renimel.



The small, winter flower with its forty mauve coloured petals and white centre has adorned the gardens of Toulouse with its sweet fragrance since the medieval times...But when asked about the origins of their “viola parmensis”, the inhabitants of Toulouse prefer the more romantic version of the story - a soldier from the army of Napoleon III is said to have brought the flower back from a military campaign in Italy, offering it to his sweetheart who had stayed behind in Saint-Jory! The fact remains that in the 19th century the flower became more and more popular with market gardeners in the north of Toulouse. The flower was in bloom from November to March, giving them produce to sell in the winter months. During the first half of the 20th century, the violet provided a livelihood for up to 600 families across over 20 hectares between Lalande, Aucamville, Castelginest and Launaguet! In Toulouse, kiosks along the boulevards sold bunches by weight to the public. The flower was also exported across Europe. It was used to make confectionery, perfume, liquors, etc. However, it wasn't not easy to grow the violet in open ground, in fact it was very demanding. The plant is sterile and only reproduces by taking cuttings. Over time, the quality of the violet degraded and the trend died out. During the harsh winter of 1956, a large part of the crops were killed by frost. This was the beginning of the end for the violet crops which were no longer profitable by this point. Despite a plan to bring back the violet in the 1980s, based on in vitro development and off-ground cultivation, this didn't lead to much success. Today, there are only a handful of committed producers left. But all hope is not lost! Three research laboratories in Toulouse are currently working on bringing back the cultivation of the violet and introducing a new economic sector for the flower in the region. They are working on identifying natural extracts that could be used in cosmetic and pharmaceutical products. Could this be the start of a new life for the violet? —



LA MAISON DE LA VIOLETTE IS SITUATED ON A BARGE, ALONG THE CANAL DU MIDI.

HÉLÈNE VIÉ, AMBASSADOR

“I fell in love with the flower more than 20 years ago and I love it just as much now. The violet brings me happiness every day!” Says Héléne Vié. On board the canal boat of the “Maison de la Violette”, she sells sweets, crystallised flowers, jam, soap,

home fragrances, candles, honey, liquor, chocolate, or even mustard - all made from violets of course! There is a range of 150 products in total, sold with the “Le Jardin d'Elen” label, a brand created by the shop owner in 1993. *“I wanted to dust off*

the old-fashioned image of the violet and modernise it, giving it the place it deserves as part of Toulouse’s heritage.” And since, visitors from all over the world come to buy perfumes, food products, and potted violets when it's the season, which come directly from the shop owner's greenhouses in Toulouse.

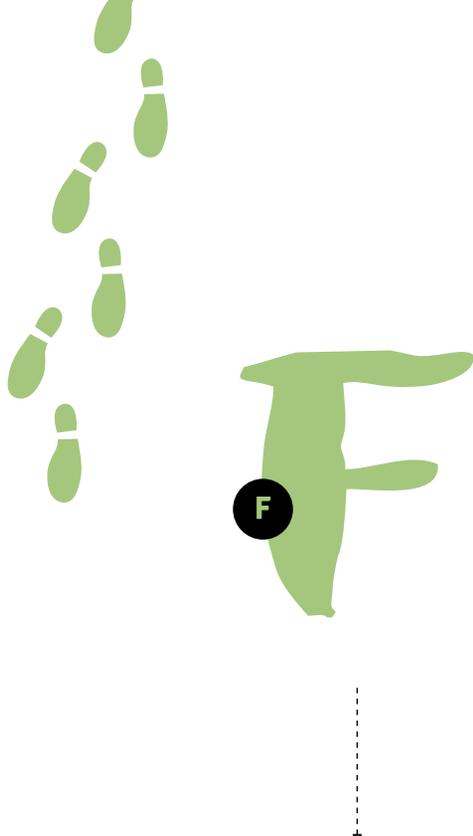
YOGHURT À LA VIOLETTE” BY FRANK RENIMEL

For the Michelin-starred chef of the restaurant “En Marge” in Aureville, the violet is not just a great local product, it is also a taste of his childhood. *“When I was little I would give bunches of violets to my mother,”* he says. *“The sweet-smelling fragrance stayed with me.”* Today, he often uses violets in his dishes, to accompany pan-fried foie gras or duck with coffee sauce. But his most popular violet dish is his famous “yoghurt à la violette” - a delicious dessert composed of a dacquoise sponge, a seasonal fruit sorbet and a fromage blanc emulsion, sprinkled with (you guessed it) violet infused sugar. It's delightful!



DID YOU KNOW...?

The flowers and leaves of the fragrant violet have emollient, expectorant and soothing properties. The plant is therefore recommended to soothe a cough, bronchitis, or joint pain. When applied externally, the fragrant violet can be used to soothe nervousness, stress and insomnia.



Fond of the friendly atmosphere that fills the sixty covered and open-air markets, the people of Toulouse enjoy going to the market each day to meet the often colourful market vendors. Claude Parvy - butcher, charcutier and rôtisseur is one of the lively characters that make this atmosphere what it is. This year he celebrates his 30th year in the job: “I’m the oldest on the Marché du Cristal! I don’t come for the money but to make my customers happy!” he says playfully, as his customers jostle to find a tender piece of Pyrenean or Aveyron meat, or a juicy Gers chicken. Known for being one of the most affordable markets in the city, the “Marché du Cristal”, which extends up to Place Jeanne d’Arc and along the boulevards of the city centre, offers a large choice of fresh produce, fruit and vegetables six days a week, attracting a large number of customers.

Nearby, you can spot the outline of the car park for the Victor Hugo covered market. This place has been a hive of activity since 1896. Lionel Dupin, co-president of the association for the 88 stallholders, is full of enthusiasm for his market: “We do our best to keep the market up to date, we have even just created a website for online orders so that customers can get meat products - sausages, pâtés, cooked meats, black puddings, melsat sausage etc. as quickly as they need them.” Ten years ago, Pascal Bellocq took over the family fishmongers created in 1972: “A market like ours requires you to get fully involved; there is an emotional and personal side where you get to know the customer. Also, it is important on a local and national level. The late openings we introduced two years ago enable us to reach a different type of customer; it has a new influence on the city.” And the popularity of these Spanish-style late openings demonstrates how welcome this evolution is.



**THE MARCHÉ
VICTOR-HUGO**

COVERED MARKETS

- Marché Victor-Hugo, place Victor-Hugo
- Marché des Carmes, place des Carmes
- Marché Saint-Cyprien, place Roguet

From tuesday to sunday, from 7 am to 1:30 pm.

OPEN-AIR MARKETS

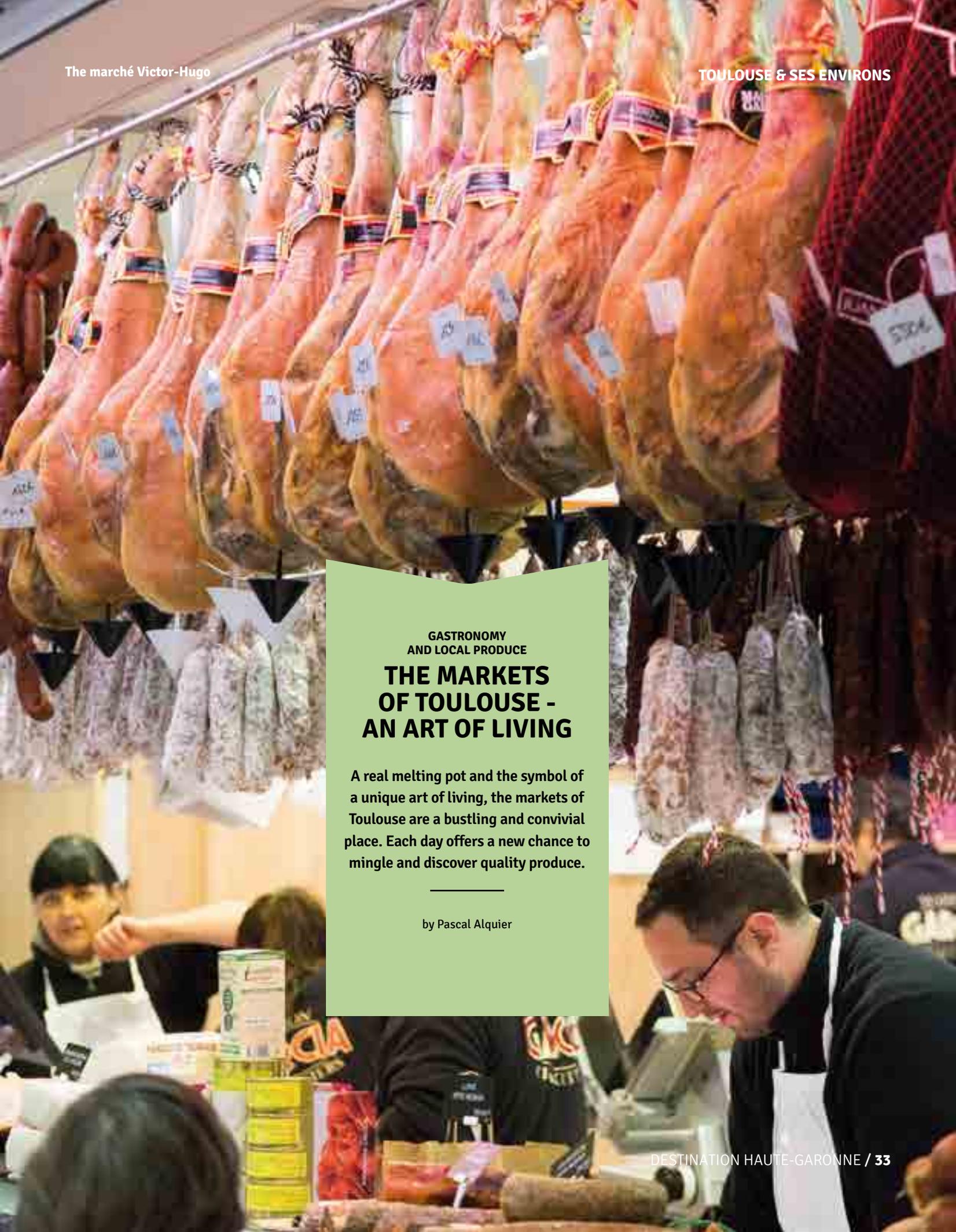
- Marché des Arènes, place Émile-Male
- Marché Arnaud-Bernard, place Arnaud-Bernard
- Marché Belfort, place Belfort
- Marché Bio de l’Esparcette, Square Charles-de-Gaulle
- Marché Cristal, boulevards de Strasbourg et d’Arcole
- Marché Étoile de Belfort, place Belfort
- Marché Saint-Georges, place Saint-Georges
- Marché du Salin, place du Salin
- Marché Croix-de-Pierre, place de la Croix-de-Pierre

For more info: toulouse.fr



The approach is the same at the “Marché des Carmes”, led by Patricia Allouchen, president of the association of stallholders and owner of the “La Daurade” fishmongers: “Everyone can be involved when we decide to hold an event and that allows a new type of customer to discover the market. And we love the contact we have with our usual customers, with whom we can chat to and joke with! (laughs)”

You find the same joyful atmosphere on the “Marché Saint-Aubin”. Yannick Ferronato, organic market gardener, originally from the Gers, is glad to make the trip every Sunday morning: “Saint-Aubin remains one of the proper farmers’ markets for producers (and other sellers) who do their job well. And on Sundays, we sell directly to the customers; they just have to open their doors to buy our wonderful produce.” Satisfying the taste buds and the senses in a convivial and friendly atmosphere, the markets are an irreplaceable part of the city’s way of life. —



GASTRONOMY
AND LOCAL PRODUCE

THE MARKETS OF TOULOUSE - AN ART OF LIVING

A real melting pot and the symbol of a unique art of living, the markets of Toulouse are a bustling and convivial place. Each day offers a new chance to mingle and discover quality produce.

by Pascal Alquier

FOR + INFORMATION

- Office de tourisme
Avignonet-Lauraguais
+33(0)05 61 81 69 46
Maison de la Haute-Garonne
Port Lauraguais
- Office de tourisme des Terres
du Lauragais, à Nailloux
+33(0)5 62 57 09 68
lauragais-tourisme.fr
- Office de tourisme de Revel
+33(0)5 34 66 67 68
auxsourcesducanaldumidi.com
- Maison de la Haute-Garonne
Port Lauraguais
+33(0)5 61 81 69 46
[haute-garonnetourisme.com/
la-maison-de-la-haute-garonne](http://haute-garonnetourisme.com/la-maison-de-la-haute-garonne)

TO READ

- *Lauragais: pays des cathares
et du pastel*, de Jean Odol,
aux éditions Privat.

THE LAURAGAIS

Around 10km to the east and south-east of Toulouse, wedged between the Montagne Noire and the foothills of the Pyrenees, the “thousand hills” of the Lauragais could be mistaken for the rolling hills of Tuscany. But the vast colour palette this agricultural landscape offers walkers is not the only reason to visit. This area has been the setting for some of the most important events in the history of the Languedoc. You can follow the trail of the Cathars in Saint-Félix-de-Lauragais or relive the great years of the pastel trade which brought wealth to the region in the 15th and 16th centuries, when it earned the nickname “The Land of Cocagne (woad balls)”. This rich heritage gained another treasure in the 17th century with the Canal du Midi, a monumental work designed by Pierre-Paul Riquet and listed as a UNESCO World Heritage Site. Nature lovers can enjoy beautiful walks in the shade of the plane trees that surround this central part of the Lauragais. Those with a thirst for knowledge can visit Revel, with its “Musée et Jardins du canal du Midi” to discover the amazing history of the canal. Why not finish off with a refreshing dip in the Saint-Ferréol Lake.

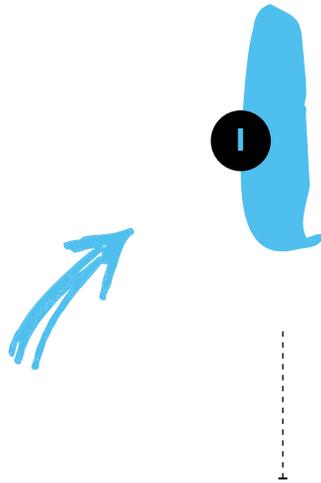




THE EPIC STORY OF “BLUE GOLD”
**WELCOME TO THE
LAND OF PASTEL**

A tall plant of up to one metre high with wide, smooth leaves and topped with bunches of small yellow flowers - the pastel (woad) or the “grass of the Laugarais” brought wealth to the region situated between Toulouse, Albi and Carcassonne.

by Axelle Szczygiel



In the 15th and 16th centuries, pastel was cultivated all over Europe for the blue pigment produced by its leaves. Used as a dye, it produced different tones of blue, from the lightest to the darkest. It also didn't fade when exposed to light or washed. The Pastel of Laugarais was particularly sought after for the exceptional quality of its pigment, a result of the fertile lands of Montgiscard, Caraman, Ayguesvives and Gardouch. Quickly, this "blue gold", its cultivation and its trade brought immense fortune to the rich landowners and pastel merchants of Toulouse. This fortune was used to build numerous monuments and buildings. Churches were built, like those in Baziège, Villefranche-de-Lauragais, Nail-loux, Bourg-Saint-Bernard or Saint-Felix, as well as châteaux like Loubens and Montgeard, not forgetting the numerous opulent town houses in Toulouse. But this prosperity did not last. In the 17th century, the religious wars and the arrival of indigo imported from India were the beginning of the end for the pastel trade. Recently however, the plant began to be cultivated once again. The fashion and art worlds are particularly interested in the plant's pigment. Recent research has shown the extensive beneficial properties of the plant - insecticide, fungicide, fireproof protection, skin healing, anti-inflammatory etc. —

DID YOU KNOW...?

In the past, the method of obtaining the pigment was a long-winded process. After being harvested, the pastel leaves were ground in pastel mills and reduced to a paste. This was then left to ferment for eight weeks. The fermented leaves were then moulded into balls called "cocagnes". The balls were dried for four months and then crushed into a powder. After being wetted with waste water or urine, they were fermented for a second time. This produced a powder called "agranat". Dyers mixed the powder with water and lime in a large vat before soaking the fabric.



PLACES TO VISIT: THE ROYAL BASTIDE OF MONTGEARD

Founded in 1317 by Philippe V, Montgeard saw its hour of glory in the 16th century thanks to the "blue gold" and a rich family of pastel merchants - the Durand family. From being simple land owners, they bought the Lordship for the village from Catherine de Medici, Countess of Lauragais. The family financed a large part

of the construction work for the church, which today is the gem of the village. They then had the Château de Montgeard built in 1555. Although the majestic high tower was dismantled brick by brick in the 19th century, there are still some beautiful historical remains to admire such as the impressive vaulted cellar and the magnificent fireplaces.



SHOPPING: CARRÉ BLEU DE PASTEL, IN REVEL

This boutique, situated in the heart of Revel, offers a large range of products that have been dyed with the "blue gold" - clothing, household linen, interior and exterior paints, jewellery etc. The most difficult thing is deciding which shade of blue to choose! Visitors interested in learning how these shades are obtained can visit the workshop of Carré bleu de Pastel in Roumens, where the fabrics are dyed. Each Wednesday morning, both children and adults are invited to attend a two-hour workshop to try their hand at fabric dyeing.



THE ONLY ANGORA GOAT FARM IN THE DEPARTMENT

SÉBASTIEN BONNEAU

MOHAIR MONTAGNE NOIRE IN SAINT-FERRÉOL

“Around fifteen years ago, we opened our horse riding centre, Les Ecuries de Lapouticario, above the Saint-Ferréol lake. When we decided to expand our activity, we opted for Angora goats. These animals have a gentle nature, are easier to keep and are more sociable than dairy goats. It is still today the only Angora goat farm in Haute-Garonne. Twice a year, we shear the goats and sort the wool. This mohair is soft, light and warm and allows the skin to breathe. Once sorted, it is sent to a cooperative, SICA Mohair, where it is processed. It is then transformed by French companies into balls of wool, jumpers, scarves, gloves or blankets which are then sold here at the Ecuries de Lapouticario. Some of our products are knitted by family or friends who create handmade, unique and customisable pieces with the logo “Mohair Montagne Noire”.”

by Axelle Szczygiel

MICHAËL MOISSEFF

“SMELL SCULPTOR” AT THE “EXPLORARÔME” IN MONTÉGUT-LAURAGAIS

“Our sense of smell is always functioning but we aren’t used to using it consciously. Of our five senses, it is definitely the sense we know the least about! The “Explorarôme” was born almost 30 years ago from this realisation, as a way of introducing the public to the wonders of our sense of smell. First I take visitors to the fragrance garden to see if they can recognise aromatic and medicinal plants. Then we go to the greenhouse where we find plants from around the world - patchouli, orange blossom, henna, etc. Next, we enter the laboratory where I introduce them to the different methods of “catching” a smell. I take the opportunity to test on the visitors the smells I am currently working on, these include: the sea, horses, Armenian charcuterie or even salt and vinegar crisps! The tour ends in the exhibition room where each visitor can test their nose with the different interactive activities. There is never a wrong answer because our relationship with smell is unique and personal - for some the smell of cloves reminds them of mulled wine whereas others think of being at the dentist!”
by A. S.



SENSE OF SMELL IS THE LEAST WELL-KNOWN



THE CASTLE
WOULD BE
HAUNTED!

JACQUELINE D'ORGEIX

OWNER OF THE CHÂTEAU DE LOUBENS-LAURAGAIS

"This Renaissance style château, which was modified several times over the centuries, has belonged to my husband's family for generations. We moved here in the 1960s when my father-in-law, Henri d'Orgeix, passed away. But the sumptuous parties that had been organised during the interwar years were no more than a distant memory - the house was in complete disrepair and infested with rats and ants. Over the years, we restored the woodwork, repaired the wooden floors, uncovered the original ceilings etc. My husband plunged into the archives to retrace the history of the château. In 1986, we decided to open the château to visitors. Before each visit I recreate the scene - I light a fire in the fireplace, fill the vases with flowers, leave a jumper on the bed, take some books from the bookshelves and leave one open on a chair. This takes some time but I want people to feel at home, like they're visiting friends, although according to my father-in-law, the château is haunted by the Marquis de Bournazel, with his wooden leg!" by A. S.



FOR + INFORMATION

- Tourist Offices
Carbonne: +33(0)5 61 87 59 03
Montesquieu-Volvestre:
+33(0)5 61 90 19 55
Rieux-Volvestre:
+33(0)5 61 87 63 33
tourisme-volvestre.fr

TO READ

- *Au pied des Pyrénées,
le Volvestre et ses abords,*
éditions In Extenso

THE VOLVESTRE

Each region has its own charm, each area has its own character and then there are those places that stand out and that we never forget. This is how you may feel when you visit the Volvestre. Situated 45 minutes from Toulouse, this area is the green lung of the Ville rose. Changing, eclectic and surprising, it is adorned with the beautiful cliffs of the right bank of the Garonne and the wide terraces of the left bank. An area rich in traditions, some of which are still alive today, it goes back to the knights of the Middle Ages. Its distinctive heritage is several thousands of years old. Lose yourself in the streets and medieval arcades of the villages, take a break on the pebbles of the Garonne, bask in the sun on the banks of the Arize, then head to the shade of a covered market place to try a few culinary specialities... Welcome to the Volvestre!



THE VOLVESTRE FOR FAMILIES

THREE FASCINATING PLACES TO VISIT

With places like Latrape, Carbonne and Rieux-Volvestre, prepare to be enchanted by the magic of the Volvestre. An astronomical observatory, a poetic amble along the Garonne or the Village Gaulois - here are three ideas of fascinating family outings to discover the area in a whole new way.

by Isabelle Prunier



1



DID YOU KNOW...?

Along the Rabé esplanade in Longages, you might be surprised to see a pyramid of pebbles made from pebbles of the Garonne. It has nothing to do with the Egyptians, this monument symbolises the geographical centre of the department!

1. HEAD FOR THE STARS IN LATRAPE

For those who love stargazing, the Volvestre offers you a chance to enter the world of astronomy. Nestled in the hillside, the small village of Latrape is home to the little known “Balcon des Étoiles”, a sky observatory and “Station de Nuit” (a label given to specialised observatory centres by the French association of astronomy). At this magical and fascinating place, learn to better understand and observe what’s happening above our heads thanks to the educational work of the association “Les Pléiades” and their powerful telescopes. Learn all you need to know about astronomy, including asteroids, ephemerides, lunar eclipses, the solar system etc. Balcon des étoiles organises courses and weekend workshops, astronomy tours and evening events called “astro-repas” for an evening of astronomy, dinner and conviviality.

More info at les-pleiades.asso.fr



2



2. FOLLOW THE “BALADE AUX ABRIS” FOR A WALK ALONG THE GARONNE

Around 40km from Toulouse, the village of Carbonne is the ideal starting point for several walking trails. Among them, the “Balade aux Abris” is a trail worth exploring. Designed and created by the Breton artist and sculptor Laurent Cadilhac in partnership with secondary school pupils, this 1 ½ hour trail offers a different way of discovering Carbonne, along the Garonne. Discreet but captivating, this poetic trail invites you to explore the different creative wood or metal shelters that move and represent fairground figures or creatures. At each of the different sculptures you can hang your bag, hide inside or imagine taking a nap under the forest canopy...

[Info at ville-carbonne.fr](http://ville-carbonne.fr)

3. AN (INDOMITABLE) GALLIC VILLAGE

With all due respect to the characters of the famous comic, south of Volvestre, there remains a small Gallic village which has always resisted invaders (and modernity). Situated in Rieux-Volvestre, this archaeological and cultural park is a fascinating visit for all the family. Comprised of around twenty buildings, some of which were recreated using scientific research, the “Village Gaulois” is spread over six hectares and recognisable from its thatched roof huts. Meet artisan jewellery makers, potters, weavers, blacksmiths and basket makers who passionately demonstrate the Gallic techniques and art that can still be found in today’s artisan crafts. Spend the day in this indomitable village and learn about the history of the Gauls in a fun and hands on way. It’s also possible to experience the culinary delights of the Volvestre with a banquet comprised of dishes inspired by historical recipes.

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



3



3

SOPHIE MASSAT

ARTISAN LUTHIER IN SAINT-SULPICE-SUR-LÈZE

"I was born in Toulouse and after living overseas for a period of time, it felt natural for me to settle in the Volvestre. I love this region facing the Pyrenees with its mountains and forests. In Saint-Sulpice, the houses with their archways are full of character and history. I love this medieval village, going for walks or going to the market. I love my region as much I love my job! I started off as a cabinetmaker and then I met some luthiers who shared their passion and expertise with me and taught me the ropes. After this I followed some training. From the electric guitar to the string quartet, the viola to the cello as well as the violin and the double bass, I adjust, repair, polish and make instruments in my workshop, situated next to the Mairie. Don't hesitate to come in for a visit; I also exhibit the instruments I make. Being a luthier is my whole life. It's important to be patient, persevering and also to have a good ear."

by Isabelle Prunier

I LOVE MY REGION AS MUCH I LOVE MY JOB



ALAIN ROUJAS

ENTOMOLOGIST, FOUNDER
OF THE "CLAIRIÈRE AUX INSECTES"

"My passion for the science of insects began when I was 6 years old! The pivotal moment was when I visited the museum of natural history in Toulouse. I remember going with my friends looking for insects in the mountains opposite, our Pyrenees. I was born and bred in the region and I know it well. Wanting to share my passion, I built the "Clairière aux Insectes" from scratch with the team from the association. It was first aimed at schools and later we opened our visits to the general public. I wanted it to be like a big wild garden on the edge of the forest. Situated in a natural area of ecological interest for fauna and flora and protected from pollution, you can discover many varieties of insects. You can learn how they feed and defend themselves. My objective has always been to help people understand this little known world that is yet all so important for our ecosystem. It's a place where children have fun and adults are left stunned by the sheer variety of fauna and flora!" by I. P.



HELPING
PEOPLE
UNDERSTAND
THIS LITTLE
KNOWN
WORLD



COOKING
BRINGS
PEOPLE
TOGETHER

CLAUDE SUBRA

CHEF AT THE "RESTO DE LA HALLE"
RESTAURANT IN RIEUX-VOLVESTRE

"The Subra family have had a passion for food and flavours for more than six generations! I started out as a charcutier-traiteur (someone who works with cooked meats and delicatessen foods), then I opened a grocer's shop with my wife Marlène, and later a restaurant. I remember putting a sign on the pavement where I wrote: "Here we eat!" When my mother came to see us, she told me that my grandfather had displayed the exact same words in front of his butcher's shop in 1930; I didn't even know! With my son, who has now joined me in the kitchen, I like to offer a local cuisine based on quality produce. As soon as the good weather starts, we set up tables under the covered market place in the village. My speciality? "Ris de veau à la crème et aux champignons" (sweetbreads in a creamy mushroom sauce) from the fields and hills of our region. This dish earned me the title of "ambassador of Volvestre" at the food quality show in Toulouse and the label of "Auberge de Village". But what I love the most is welcoming guests and seeing them leave happy. Because cooking itself is what really brings people together." by I. P.

FOR + INFORMATION

- Office de tourisme
du canton de Saint-Gaudens
+33(0)5 61 94 77 61
tourisme-stgaudens.com
- Les Olivétains,
Saint-Bertrand-de-Comminges
05 61 95 44 44
- Office de tourisme
des Terres d'Aurignac
+33(0)5 61 98 70 06
tourisme-aurignac.com
- Office de tourisme
Intercommunal
des Portes du Comminges
+33(0)5 61 79 43 69
tourisme-lisleendodon.com

THE COMMINGES

This region of wooded hilltops and fertile valleys, against the backdrop of the mountains and with the Garonne running through has preserved its magnificent heritage throughout the centuries. From the Sainte-Marie Cathedral in Saint-Bertrand-de-Comminges to the Hôpital Notre-Dame in Lorette, the Saint-Gaudens Collegiate, the Palais des Evêques in Comminges or the Château de Valmirande and its park listed as a “Jardin Remarquable” - visitors will be amazed at what the region has to offer! Go even further back in time to discover an exceptional Gallo-Roman heritage, between the ruins of the Antique city of Lugdunum Convenae and the Gallo-Roman villa of Montmaurin. Without forgetting the major archaeological sites such as the prehistoric hut in Aurignac or the Gorges de la Save, where the caves built into the rock were inhabited by Palaeolithic man. There is also a large selection of outdoor and leisure activities - the forest of Cardeilhac, the lakes of Montréjeau and Gimone, thermal baths and the Salies-du-Salat golf course will easily please both young and old.



THE COMMINGES

DISCOVER COMMINGES

A DAY IN SAINT-BERTRAND

110 kilometres south of Toulouse, surrounded by lush valleys and dominated by the foothills of the Pyrenees, is one of the most beautiful villages in France - Saint-Bertrand-de-Comminges. It is worth dedicating a whole day to visiting this majestic site to discover its 2000-year history.

Follow the guide!

by Axelle Szczygiel

9AM



9AM: A FAMILY WALK AROUND SAINT-BERTRAND

“Le Belvédère Autour de Saint-Bertrand” (The belvedere around Saint-Bertrand) is a 2 ½ hour trail combining nature and history and enables walkers of all ages to admire this episcopal village from every angle. The trail starts in the car park situated at the foot of Saint-Bertrand and leads to the hamlet Le Mont, which offers a breathtaking view of the Saint-Marie Cathedral. The trail then goes through the forest to reach the Cap du Galin, before bringing you back to the lower village. Take this opportunity to discover the farms of Comminges and stop by “Sabots d’Isa” to meet Isabelle Segonzac-Estrade, France’s only female clog maker! Then, it’s back onto the path of the Pre-Pyrenees (GR78) in the direction of the Saint-Just-de-Valcabrière basilica. Built in 1200 and standing tall in the middle of the pastures, the walls of this Romanesque church are filled with fragments of architecture and sculpted stone from the Antique city of Lugdunum Convenarum whose ruins (theatre, baths) are the highlight of the trail.

12PM: LUNCH AT THE BISTROT GOURMAND

This small restaurant with a “vintage” feel, situated at the foot of the cathedral, proposes delicious, beautifully presented, creative, home-made food made “on site using local organic produce,” specifies Martine Ceytte, the characterful and bubbly restaurant owner. Some of the specialities of the house include: beef cheek daube with blueberries, medieval-style veal blanquette or crispy goats’ cheese and duck breast served with fresh fruit.

2PM: VISIT SAINTE-MARIE CATHEDRAL

Built in the 11th century and modified and extended several times throughout the Middle Ages and the Renaissance, Sainte-Marie cathedral, listed as a UNESCO World Heritage Site as part of the Way of St. James, is an accumulation of “layers” of different periods and styles. The square bell tower, the lintel above the door representing the twelve apostles, the tympanum decorated with the adoration of the three kings as well as a cloister walk, are all features dating back to the Romanesque period. The cloister walk, which has been open to the foothills of the Pyrenees since the end of the 19th century, is a place for contemplation. Inside the cathedral, two gems of the Renaissance -the magnificent sculpted choir stalls and the imposing corner organ - are a must-see.



2PM

3PM: TAKE A WANDER AROUND THE TOWN

On exiting the cathedral, head over to the “Olivétains” building. Housed in a former 19th century convent, this building offers a tourist information space, a cultural library as well as contemporary art and photography exhibitions. Continue your visit though the streets of the higher part of the village to admire the numerous medieval timber-framed houses. These houses are a reminder of the village’s importance in the 15th century. Need to take a break? Stop off to see the blacksmith, Patrice Ghione. See him working on his craft and watch a demonstration of a sword fight.

4.30PM: CANOEING ON THE GARONNE

Head to Valcabrère, to the foot of the Labroquère bridge for a two-hour canoe trip. This section of the Garonne of around ten kilometres long, situated between steep limestone and moraine banks, offers a beautifully diverse natural landscape with lines of trees, pebble beaches and hedged pastures, where you can often spot grey herons, white-throated dippers and king fishers. As you approach Gourdan-Polignan, you’ll discover the outlines of the major historical sites of Saint-Bertrand - beautiful buildings, windmills, canals, wash houses and bridges - lasting traces of the importance of the river in the past.



3PM



4.30PM



BRINGING
THE RICH
HERITAGE
ALIVE!

FRANCINE ANTONA-CAUSSE

PRESIDENT OF THE FESTIVAL DU COMMINGES

“The annual “Festival du Comminges” is part of my DNA! It was created 43 years ago and I have been part of the organisation for almost as long. Although it has evolved over the years from being a purely classical festival (which was rare at the time) to being a more varied event mixing tradition and modernity, the spirit of the festival has remained unchanged. It offers the public great musical entertainment with high quality performances and new and experienced artists, whilst bringing the rich (but often little known) heritage of our beautiful Comminges alive. I have been the president of the festival committee for two years and my mission is to attract more young people but also those who live in rural locations by extending the outreach of the festival. Like previous years, this year there will be Sunday concerts in several Romanesque chapels in the Comminges, including Saint-Béat and Montsaunès. For this year’s edition, which will celebrate 2000 years of history, we’ll have the honour of welcoming some big names such as les Chantres du Thoronet, l’ensemble Ouranos, Guillaume Bellom, Tanguy de Williencourt, Quatuor Zaïde, Romain Leleu et Thierry Escaich.” by Axelle Szczygiel

JOËLLE ARCHES

DIRECTOR OF THE MUSÉE-FORUM
DE L'AURIGNACIEN

“I was appointed director of the establishment in 2014. At the time, the walls were built but the inside was completely bare! I relished the challenge. When I was a student of history and history of art, I dreamed of working in Aurignac. The site is known around the world because it is here that in 1860, the palaeontologist Edouard Lartet uncovered the first traces of the earliest modern humans who lived in Europe between 38,000 and 29,000 BC - the Aurignacians. In the museum, we display numerous hand carved objects as well as animal bones discovered in Aurignac or at other Aurignacian sites. We also have illustrations, maps and films enabling the visitor to clearly imagine the way of life at the time. To further experience this way of life, each day in summer visitors can attend workshops to learn how to light a fire or make a necklace!” by A. S.



I DREAMED
OF WORKING
IN AURIGNAC



AT FIRST,
PEOPLE
THOUGHT
WE WERE
MAD!"



MICHEL ET JOËLLE JOUIN

FOUNDER OF LA BIÉRATAISE

"La Biérataise was founded twenty years ago when we were working on ideas for an Irish-themed village fête. Michel, who came up with the idea of creating an imitation traditional brewery became interested in brewing beer. He started with a simple home brewing kit! The fête never took place but Michel, who was looking to change his career at the time, decided to make this his new job. At first, people thought we were mad, but today La Biérataise is the pride of the villagers! We produced 120,000 litres of beer last year. For the past three years our neighbour has been cultivating the barley we need to make our own malt. In 2013, I created the "Resto-Bière" to run alongside Michel's activity. I create starters, main dishes and desserts using beer, malt and beer wort. Each friday, visitors can see how the beer is brewed and then enjoy a meal made with beer. The "Carbonade Flamande" (a Flemish beef stew) is always very popular!" by A. S.



FOR + INFORMATION

- Office de tourisme de Luchon
+(0)5 61 79 21 21
luchon.com
- Office de tourisme des vallées
de Saint-Béat
+(0)5 61 79 45 98
lesvalleesdesaintbeat.com

TO READ

- *Pyrénées, montagnes
de caractères de Santiago
Mendieta et Etienne Follet,*
Sud Ouest éditions.
- *Pyrénées Magazine,*
éditions Milan

THE PYRENEES

From “La Pyrénéenne”, the A64 motorway between Toulouse and Bayonne, it’s all you can see! Its imposing size, which stretches from the Mediterranean to the gulf of Gascony, dominates the horizon. Occupying a 22-kilometere stretch in the south of the Haute-Garonne, the peaks and valleys of the Pyrenees mountain range offer something for everyone. In summer or in winter, the possibilities for activities and experiences are endless! In a protected environment, among the characteristic fauna and flora, experience the breathtaking surroundings of this natural landscape, through which the GR10 walking trail crosses. The Garonne river also crosses through this mountain range. From its Pyrenean source, it stretches more than 200 kilometres between the Luchonnais, Volvestre and the region of Toulouse. A world of natural beauty and stunning panoramic scenery, the Pyrenees is the place for trying new experiences and living life to the full.



DISCOVER THE PYRENEES

A MOUNTAINS RANGE THAT OFFERS SOMETHING FOR EVERYONE

A trip to the valleys and peaks of the Pyrenees is full of opportunities for fun activities, for getting out in the fresh air and for learning new things. There's so much to do that one trip isn't enough to experience everything the mountains have to offer...From relaxing and doing nothing to exploring cultural heritage or doing outdoor activities, whether as a family, with friends or on your own, everything is possible when the sun shines in this wild yet welcoming land.

by Pascal Alquier

1. A PARK FULL OF ADVENTURE

You'll never be bored at "Pyrénées Hô" - everything here is made to for you to have fun as a family. There are no less than 14 tree-top trails, perfect for thrill-seekers of all ages. Those who prefer to keep their feet on the ground can try the range of other activities including a giant slide, go-karts, giant inflatable wheels, etc. Those looking for an exhilarating activity can try the giant zip-wire, the trampolines or even a jump from a 13-metre height! You can even stay overnight at the park, in a tepee or log cabin.

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



© Fotolia

1

2

2. AN INVIGORATING HOLIDAY IN (AND UNDER) THE WATER

Looking for somewhere to cool off? Try some aquatic activities on the Garonne! Over a distance of 10km, you could try activities in tumultuous waters, go canoeing or swimming in the fast flowing river or why not try canyoning. Head to Saint-Béat or Bagnères-de-Luchon where you'll find two companies offering you a wet and wild experience! - All of this in the lively yet natural surroundings of the Pyrenean waters. For a refreshing, invigorating and fun holiday, as family or with friends, head to the bases of Fronsac and Antignac (Antignac Rafting) and H2O Vives, which offer a wide range of aquatic activities.

Info at antignac-rafting.com and h2o-vives.com



© Fotolia

3. A BIRD'S EYE VIEW

If you're looking for adventure - this is the place for you! Take a ride in a plane or a microlight, go gliding or try paragliding to discover the Pyrenees from the skies. What better place than the high peaks of Luchon to take in the sheer size of the mountains? You might want to take a first time flight, a sightseeing tour or just enjoy the feeling of flying like a bird. You might also choose to enjoy (if that's the type of thing you enjoy!) a 20-minute, 1200-metre drop in a two-seater paraglide - an original way of taking in the views!

Info at luchon.com

© Fotolia



3

4. LUCHON FLOWER FESTIVAL

You have to see it to believe it! Each year, at the end of August, everyone in Bagnères-de-Luchon lends a hand to ensure the famous "Fête des Fleurs" is a success. Young, old and everyone in between come together in a fun and enthusiastic atmosphere to create floats that are then paraded in the streets of the village. And the festival wouldn't be the same without the traditional groups, the Bandas and Batucadas who provide the festival's entertainment, the traditional "course de garçons de café" (café waiters' race), the parade of flower-covered floats or the election of Miss Fleurs.

Info at luchon.com



4

5. A WINDMILL FOR ART IN SAINT-BÉAT

For centuries this was a place that brought people together - people living in the valleys would come here to get their wheat ground by the miller - the "Moulin des Arts" was still in use until the 1960s. Built during the 16th century, it has lasted through the centuries and has a unique feature - it is the only windmill in Europe with three white marble wells, made from the marble of Saint-Béat. The windmill showcases both art and the Pyrenean way of life, displaying works of art in the machine room and a rich collection of 19th and 20th century objects which recall the professions of a bygone era.

Information at st-beat.fr



5





THE
MOUNTAINS
BY HORSE

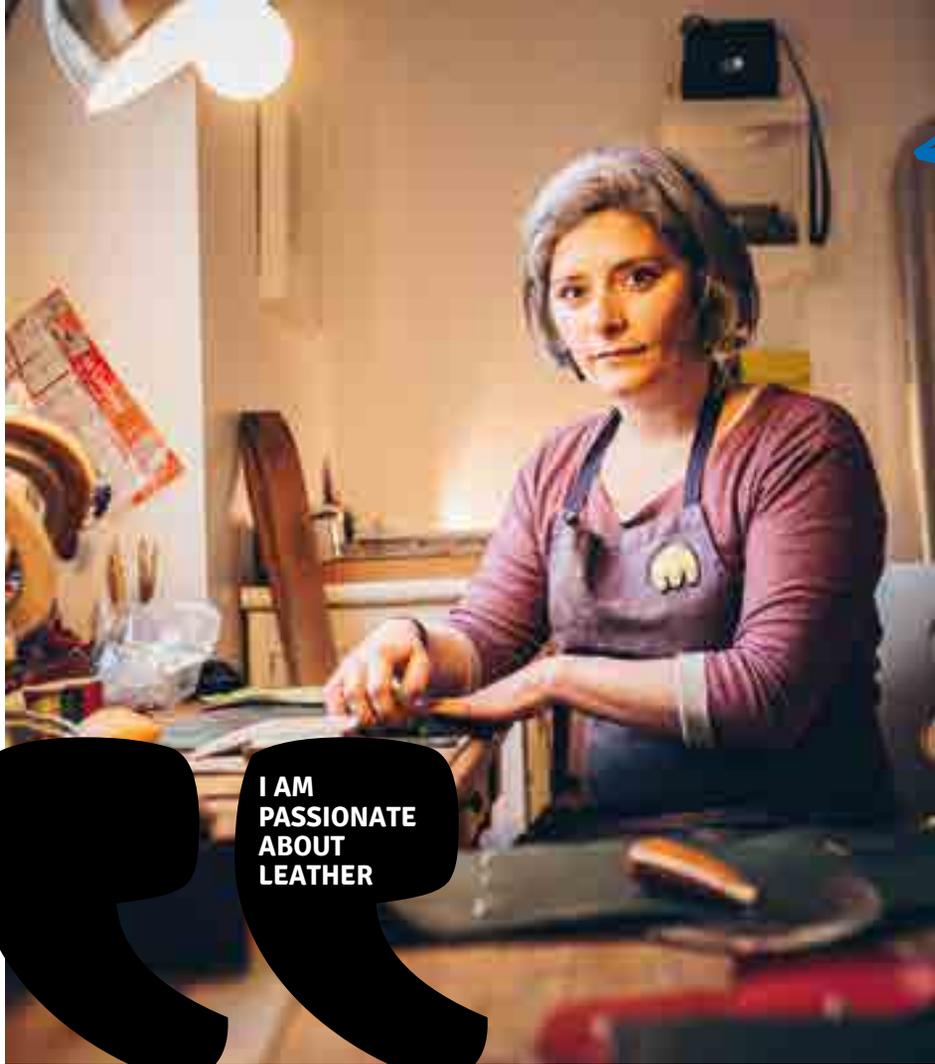
CHRISTIAN MATHIAS

GUIDE FOR HORSE RIDING TOURS IN LUCHON

“As well as my job as manager of the slopes at Superbagnères, I have also been a horse guide for more than 25 years. I offer hikes in the mountains with the Centre Equestre de Luchon (Equestrian centre). These tours can be two days, four days or even a week. We can go as high as 2,400 metres with the horses! The tour of the Luchon valley starts off on the ridges surrounding the town, between 1,800 and 2,200 metres high - the Pic du Lion. Then we head to the Bareilles lake, the Pic de l’Antenac, Bacanère, Poujastou, on to the Pic de Lantécave, the Col de l’Escalette and the Port

de la Picade, where we cross into Spain and head to the “Hospital de Benasque”. Each evening we stay overnight in mountain huts or gîtes, depending on the route. We take groups of experienced riders who are comfortable walking, trotting and galloping. The equestrian centre offers lessons for beginners and half-day tours in the valley for less experienced riders. It is always a wonderful experience and the scenery is truly magnificent!”

by Pascal Alquier



AURÉLIE SARAZIN

ARTISAN OF LEATHER GOODS IN
CAZAUX LAYRISSE

“After my training as a saddle and harness maker at Le Pin national stud, I worked at Hermès in Paris, before I met my husband here in the Pyrenees. I created my leather goods workshop and boutique, “Ôdaim” in 2011, thanks to the business incubator in Saint-Gaudens. Everything is made bespoke, by hand. It’s the customers who create their own product! I can make anything including a keyring, a bag, a tablet case, a bookmark, a belt etc. Over time, customers have given me new ideas and helped me to grow. The bags are not cheap, but that’s why I offer quite a wide range of products, to try and offer something for everyone. The fastenings come from Italy, but I also work with materials from the Basque country, threads from the north of France and French beeswax. I try to use only French materials.” by P. A.

I AM
PASSIONATE
ABOUT
LEATHER

JULIE COUSTOU

FOUNDER OF AN ARTISANAL SOAP WORKS
WHICH MAKES ASSES’ MILK SOAP,
IN CIERP-GAUD

“I created “Bulle et Vous” thanks to my brother’s activity. Since 2005, with his company “Abracadabr’âne” he has kept a herd of 14 asses, including Bulle, who was the first to be born here. We came up with the idea of using their milk to make products! We make 100% natural soaps and to do this we analyse the fresh milk regularly. The soaps contain no parabens or preservatives and can be used on all types of skin. Two years ago, we opened the “Bulle et Vous” soap works in our village, Cierp-Gaud. You can find our products here (soaps, shower gels, shampoo, bath salts etc.), on the website or on our market stall until September. We also offer free visits during the school holidays. We explain the manufacturing process of our products, how we look after the asses, how we collect the milk and we offer you a sample of milk to try.” by P. A.

SOAPS MADE
FROM 100%
ASSES’ MILK



TO READ

- *Le guide orange du tourisme durable en Haute-Garonne, aux éditions Loubatières.*



VISIT

THE HAUTE-GARONNE

differently

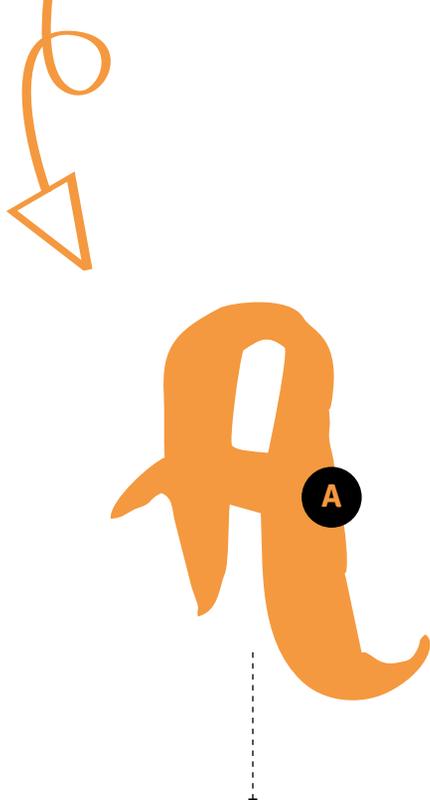
Have you heard about the unique way of life in the Haute-Garonne? Although its vast lands are geographically diverse, with flat fields in the north and mountain peaks in the south, between the waters of the Garonne and the Canal du Midi, one thing is the same wherever you go - the quality of life or *douceur de vivre*. It can be found in each corner of the department, represented by the rich terroir, the natural resources, the cultural heritage and the people. It is therefore not a coincidence that the Conseil Départemental of Haute-Garonne has chosen to focus on the development of “sustainable tourism”. The “Via Garona”, a new 170km walking trail between Toulouse and Saint-Bertrand-de-Comminges is a perfect example. The four cycle paths along the Garonne, the Canal du Midi, the Canal Latéral and next to Saint-Ferréol lake are another. On foot, by bike or by boat, you can visit the Haute-Garonne differently, at a gentle and relaxed pace while respecting the nature around you.



THE HAUTE-GARONNE ON FOOT
**VIA GARONA:
A NEW WALKING
TRAIL**

Although the Haute-Garonne already has a range of walking trails - around 600km of signed footpaths - in summer 2017, the department opened a new trail: the "Via Garona". GR 861 stretches from Toulouse to Saint-Bertrand-de-Comminges, with a 170km path along the banks of the Garonne.

by Pascal Alquier et Julie Pontonnier



As an extension of the Conques-Toulouse route, the new GR 861 will take its place among the traditional alternative routes towards Santiago de Compostela. Funded by the Conseil Départemental of Haute-Garonne, this 170km footpath enables you to walk from Toulouse to Saint-Bertrand-de-Comminges along the Garonne river. Given the name “Via Garona”, this GR path passes through no less than 41 communes of the department, including Muret, Carbonne, Rieux-Volvestre and Saint-Gaudens. It links two paths on the Way of St. James: The “Voie d’Arles” and the “Voie du Piémont.” It also links two of the department’s most treasured monuments, both of which are listed as UNESCO World Heritage Sites - starting at the Saint-Sernin basilica in Toulouse and ending at the Notre-Dame cathedral in Saint-Bertrand-de-Comminges.

A HISTORIC ROUTE

It was Jean-Marc Souchon, a walking enthusiast from Toulouse who discovered the route in 2012 when he was walking from Germany to Portugal. *“When I was doing some research at the department’s archives, I realised there was a natural route along the Garonne, which was used by many... in the 12th century!”* He explained. He quickly realised that a number of sections still existed. *“All we had to do was find a way of linking them together, creating a backbone of the Haute-Garonne.”* Created in partnership with the “Comité départemental de la randonnée pédestre”, the “Comité départemental du tourisme” and the “Agence de coopération interrégionale et réseau – Chemins de Saint-Jacques-de-Compostelle”, the GR 861 will enable walkers to discover the Haute-Garonne and its rich heritage from a new perspective. —



FRONTON AREA

ALSO...

The Haute-Garonne offers a wide range of routes for walkers. These include:

Around Aspet.

From the foothills of the Pyrenees to the pastures of Paloumère. A beautiful part of the mountains of more than 380 hectares where in summer you’ll meet cows, goats and horses who graze the idyllic pastures. Depending on the chosen route, it will be a 2-hour walk for most experienced walkers.

In the Lauragais valley.

In Calmony, a 4km route called the “Sentier des éoliennes” (route of the wind turbines) was recently created. A route dedicated to wind energy; it is adapted to both families and more experienced walkers who can extend the walk along other trails.

In the Fronton area.

There are around ten routes with which you can visit

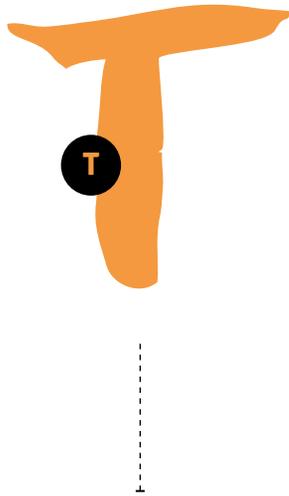
the Fronton area. Along these paths you’ll feel close to the terroir and the wine-makers who welcome visits to their wine cellars or châteaux.

In the Bure valley.

Starting from Rieumes, walkers are offered a beautiful 3-hour trail, with no major difficulties. From the Place du Foirail, it’s easy to get to the stream in Bure, walk through the undergrowth to a clearing where you can enjoy a picnic.



JEAN-MARC SOUCHON
HAS DISCOVERED
VIA GARONA
ITINERARY.



The Haute-Garonne, land of the bicycle. Denis, 60, a cycling enthusiast originally from the neighbouring Tarn, knows this is true. *“My wife and I love to follow the stages of the Tour de France each year,”* he explains. *“I love to watch the cyclists giving it all they’ve got in the passes of the Pyrenees, like Portet d’Aspet or Peyresourde!”* No doubt Denis takes to the slopes once the cyclists have moved on, to experience the pleasure of the climb...Especially as the route is well marked out, with signposts giving technical and practical details, for the pleasure of cycling enthusiasts.

ALONG THE CANAL DU MIDI

It is possible that you will then find these cyclists, at a more relaxed pace, along the Canal du Midi. Here, the objective is different and less energetic, as Denis’ wife, Maryse, explains: *“Two years ago, with four friends and their husbands, we cycled along the banks of the canal from Toulouse to Carcassonne. It was a very good idea because we were able to discover the landscape and some little known places at our own rhythm. And the canal - how wonderful!”* The towpath, which was once used to pull boats and barges by rope, leads to the gites or hotels chosen before setting off. *“We absolutely loved the adventure,”* Maryse continues. *“We even followed the route to the Rigole de la Plaine from the Montagne Noire. We often go to the lake in Saint-Ferréol as a family, so we knew our surroundings and we also discovered some new routes.”*

...OR THE GARONNE

On a similar theme the route in the north of the department, from Saint-Rustice to Toulouse, after the Canal du Midi, is a steady path where you can take in the atmosphere and cycle along the wine route. Castelnau-d’Estrétefonds, is the perfect place from which to discover the controlled

designation of origin (AOC) vineyards. The wine-makers enjoy explaining their craft and the specificity of their vines - the Negrette grape variety. But Denis, who loves a steep slope, is interested in a different trip, the “Parcours Garonne”. *“I heard that we could go from Toulouse to the Pyrenees, passing through Montesquieu-Volvestre, Martres-Tolosane, Saint-Martory and Saint-Bertrand-de-Comminges. Next summer I want to try this route, and why not keep going to reach a stage of the Tour de France!”* And some other good news this cycling enthusiast will be glad to hear, is that soon you will be able to cycle to Spain from the Haute-Garonne, when the new Trans-Garona cycling route is completed. By 2021, this route will go from Fronsac to Vielha in Catalonia, also passing through Fos. The route will complete the existing cycle paths between Carbonne and Fronsac (110 km) and between Marquèfave and Portet-sur-Garonne (42 km). Get peddling! —



INFORMATION

Each year, the Conseil Départemental publishes a map of the cycle routes. Four routes are signposted: the Parcours Garonne (95km from Fronsac to Carbonne), the Canal Latéral (16km from the lock of Lacourtenour), the Canal du Midi (42km from Ramonville to Port-Lauragais) and the Rigole de la Plaine (17km from Revel to the lac at Lenclas).

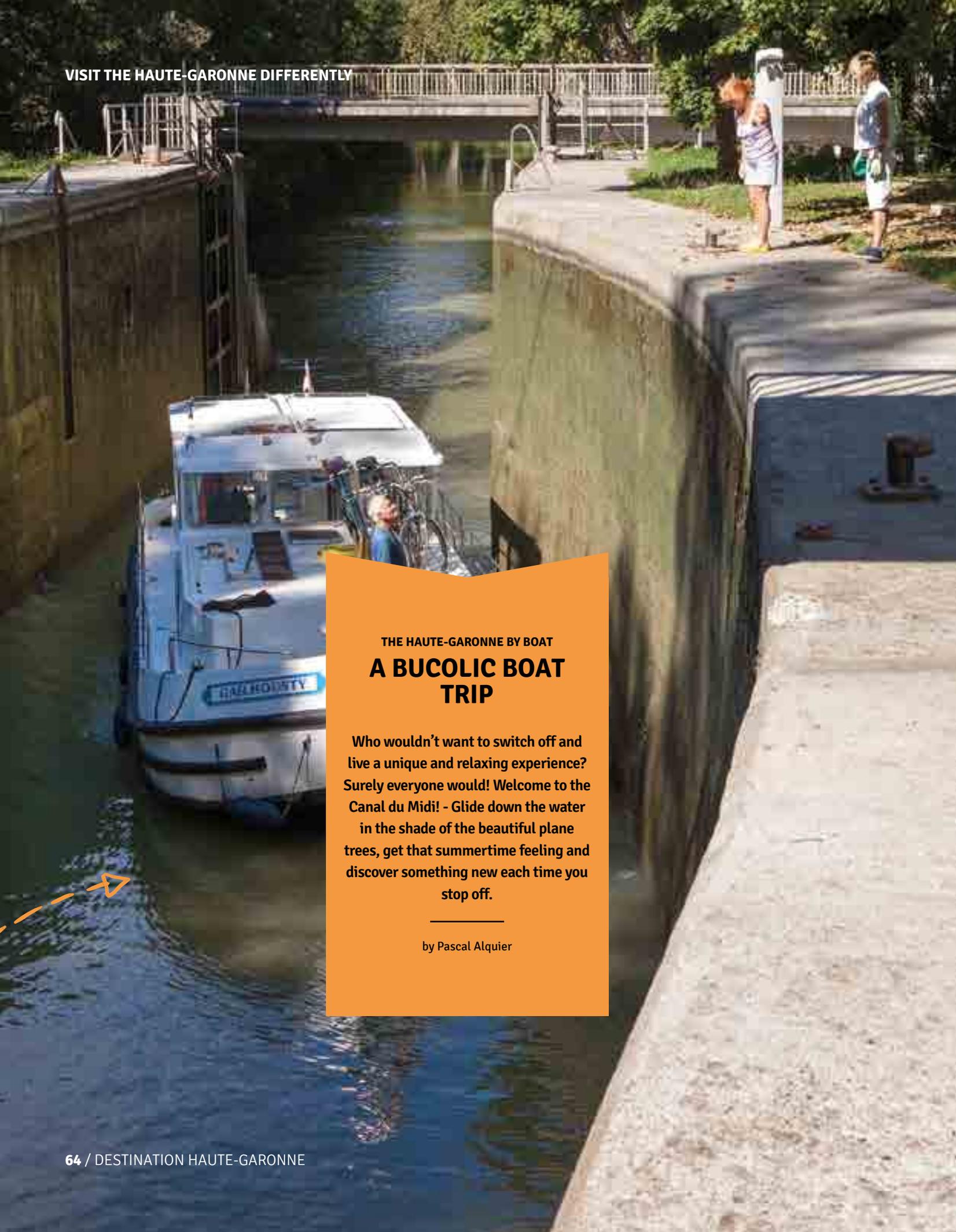
Info at hautegaronnentourisme.com

THE HAUTE-GARONNE BY BIKE

**THERE MAY ONLY BE
TWO WHEELS, BUT
THE POSSIBILITIES
ARE ENDLESS!**

In Haute-Garonne, those who love cycling and nature will find all the spaces, paths and routes they need to enjoy their passion! The department has done its best to make it the perfect place for cycling tourists.

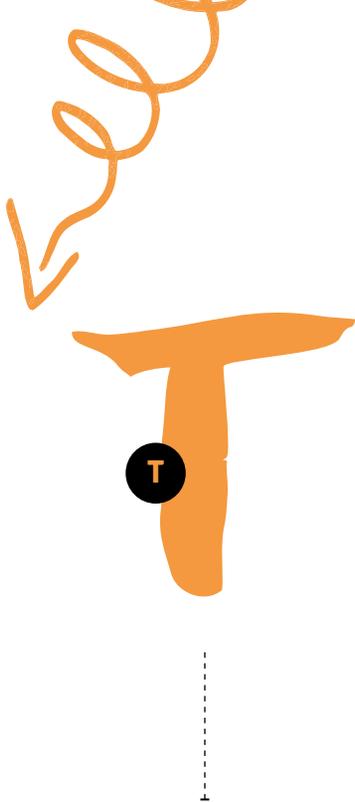
by Pascal Alquier



THE HAUTE-GARONNE BY BOAT
**A BUCOLIC BOAT
TRIP**

Who wouldn't want to switch off and live a unique and relaxing experience? Surely everyone would! Welcome to the Canal du Midi! - Glide down the water in the shade of the beautiful plane trees, get that summertime feeling and discover something new each time you stop off.

by Pascal Alquier



The Canal du Midi is the oldest canal still in use in Europe. It offers a gentle journey along the banks or on the water. Listed as a UNESCO World Heritage Site since 1996, the canal enables you to leave Toulouse and to journey through wild, natural beauty, where along the way bastides, windmills and other characteristic sites of the Lauragais appear on the horizon one by one. On board a rented boat, a restaurant boat or a cruise, travel the whole length or go just as far as you like, passing through Ramonville Saint-Agne, Castanet-Tolosan, Montgiscard or Gardouch, then Renneville and Avignonet-Lauragais. Some hotel boats even offer accommodation on board, as well as navigating the canal and offering meals - this is a great way of cruising the canal with all the home comforts.

FROM THE BUZZ OF THE CITY...

The creator of the canal, Pierre-Paul Riquet, could never have imagined, in 1666, that his great work would be used for any other reason than to transport merchandise and troops. He waited four years after meeting Colbert, who was in charge of the finances of king Louis XIV, before the work could start, linking Toulouse to the lake in Thau, then Sète, then later, the Deux Mers⁽¹⁾. This mammoth project was completed 14 years later! Today, we can continue to admire the beauty and appreciate the relevance of the construction, whose engineering prowess can be seen along the way. In a straight line from the Port de l'Embouchure the canal is like a road through the Ville rose, until it reaches Ramonville Saint-Agne. There are a few locks to go through in the heart of the city before arriving in more peaceful surroundings.

...TO THE PEACE AND QUIET OF THE LAURAGAIS

The journey to Castanet-Tolosan now begins, leaving the hustle and bustle of the city behind and entering the Lauragais and the "Pays de Cocagne", where pastel was once cultivated. On the right bank of the Garonne, Montgiscard appears, with its 15th century church, a listed monument; its Nostreseigné canal bridge and its lock. The Sanglier lock is situated in the commune of Ayguesvives, where there are no less than four châteaux and a castle dating back to the 15th century! In Gardouch, we are reminded of a time when the pastel trade brought wealth to the area. In Renneville, the great canal bridge of Hers built in 1688, which takes you to Hers-Mort, is deservedly listed as a historical monument. You'll have all the time you need to admire, escape and appreciate the beauty of each site and the panoramic views along the way to Avignonet-Lauragais. This is where the journey in the Haute-Garonne ends, near to the Seuil de Naurouze, where the Mediterranean waters and the Atlantic waters meet... —

(1) The "Canal des Deux Mers" is comprised of the Canal du Midi and the Canal de Garonne, which run alongside the Garonne from Bordeaux to Toulouse and serve as a route from the Atlantic Ocean to the Mediterranean Sea.



INFORMATION

From Toulouse

bateaux-toulousains.com

From Ramonville-Saint-Agne

peniche-soleiado.com

From Port-Lauragais

Boat renting Nicols: nicols.com

Navicanal: navicanal.com

From Montesquieu-Lauragais

Locaboat Holidays: locaboat.com

MADE IN HAUTE-GARONNE

Want to take a piece of the Haute-Garonne back with you?
Here are seven ideas for the perfect souvenir

By Julie Pontonnier

01. FOIE GRAS

Wings, thighs, breast or fritons - duck is enjoyed in a variety of ways in the south-west. But if there is one product you should take back with you, it has got to be foie gras! It can be enjoyed all year round, not just during the festive period. "Cuit" or "mi-cuit", spread on toast or lightly pan fried, it will also add a festive touch to your summer aperitifs.



01

02



02. CRYSTALLISED VIOLET FLOWERS

The violet of Toulouse can be found in various different forms: sweets, flavoured sugar, syrup, perfume, etc., and its flower can also be enjoyed crystallised. When dried, the petals are rolled in sugar and this gives the flowers a particularly delicate flavour. They can be eaten on their own as a sweet or used to decorate cakes and patisseries. Some even like to pop one in their glass of champagne! – A gift that is guaranteed to impress.



03



03. THE STADE TOULOUSAIN SHIRT

"If you not jumping you're not Toulousain" - as the chant goes. Red and black are without a doubt the other emblematic colours of the *Ville rose*. We're not talking football here, we're talking oval-shaped balls, tackling and scrums. You can't leave Toulouse without getting hold of a Stade Toulousain shirt as a souvenir! Scarves, socks, baseball caps, key rings etc. are also available to buy from the stadium shop.

04. A BOTTLE OF FRONTON WINE

Red or rosé, Fronton wines are unique because of their unique grape variety - the Négrette. Although it can be temperamental, this grape variety creates a wine that is elegant, structured, aromatic and floral. Straddling the Haute-Garonne and the Tarn-et-Garonne, the Fronton appellation area is spread over 2,400 hectares. 40 wine-growers and a hundred or so cooperative members produce 65,000hl each year.



04

05



05. COSMETICS MADE FROM...PASTEL

In the past, the golden triangle of the pastel (woad) trade linked Toulouse, Albi and Carcassonne. It was here that the balls of pastel leaves were cultivated and dried. Pastel or "isatis tinctoria" was then used to dye clothes a blue colour. Although the process has all but died out today in the clothing industry, some have chosen to bring back the plant for use in cosmetic products because of its beneficial properties. There is something for everyone from creamy shower gel to moisturising milk or face cream.

06



06. A "FENETRA"

Made from sweet shortcrust pastry, candied lemon zest, apricot jam and an almond sponge, a "fenestra" is a typical dessert from Toulouse. Its mix of textures and touch of sharpness gives a unique flavour but the recipe is a closely guarded secret. Today, you can only find a fenestra in a handful of patisseries in Toulouse.

07. AN OCCITAN CROSS

This cross sits proudly at the centre of the Place du Capitole in Toulouse. The Occitan cross, emblem of Occitania, has also become one of the symbols of Toulouse. As an ornament, a pin badge or a piece of jewellery, each visitor will find their perfect Occitan cross souvenir, to take a piece of the south-west back home with them.

07

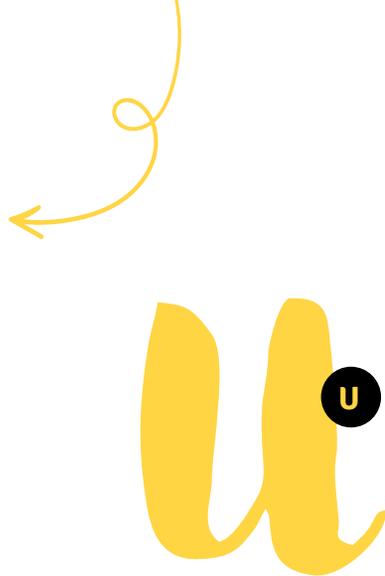


FESTIVAL

31 NOTES D'ÉTÉ GETS THE HAUTE- GARONNE DANCING

Each year in July and August, the “31 Notes d’Été” festival comes to around thirty towns and villages in the department, offering free, open-air performances. For its 21st edition, the festival celebrates the 50th anniversary of May ’68, inviting artists to reinterpret the emblematic sounds of the period...

by Julie Pontonnier



The multi-discipline festival “31 notes d’été” is back for another season. There will of course be music but also dance, circus performances, theatre, musical storytelling and walkabouts will feature in this 21st edition which promises to be a colourful one.

CULTURE

From 13 July to 31 August, there will be no less than 50 open-air performances in some 30 towns and villages of the Haute-Garonne. Prior to each performance (music, dance, circus performances, theatre, street art) come and participate in the tourist events and enjoy the wonderful exhibitions on display in emblematic places of the Haute-Garonne such as the Château de Laréole, Saint-Bertrand-de-Comminges, and the Musée-Forum de l’Aurignacien. Everything you need to discover or rediscover the artistic wealth and magnificent heritage of our department. *“Our objective is to bring culture directly to the people of Haute-Garonne,”* explains Sylvie Castro, Director of Performing Arts for the Conseil Départemental of Haute-Garonne, who is organising the festival. *“31 Notes d’Été is a perfect way of doing this, bringing quality performances to rural locations.”*



FOLKLOR,
THE WORLD
FOLKLORE FESTIVAL
OF MONTRÉJEAU

ALSO...

A whole host of festivals bring the Haute-Garonne to life throughout the summer.

Unmissable events include:

The Festival du Comminges, festival of classical music, from 16 July to 1 September. Info at festival-du-comminges.com

The travelling festival of world music - Convivencia, from 24 June to 27 July. Info at convivencia.eu

The Théâtrales de Rieux et du Volvestre, (theatre festival) in Rieux and Volvestre, from 3 to 5 August. Info at tourisme-volvestre.fr

Folklor, world folklore festival of Montréjeau, from 15 to 18 August. Info at festivalmontrejeau.fr

Fronton, Saveurs et Senteurs wine festival, end of August. Info at fronton-saveurs-senteurs.fr

...AND HERITAGE

On the theme “halles et cœurs de villages” (the market place and heart of the village) this year’s edition will also promote the rich heritage of the Haute-Garonne. As well as enjoying the performances, the public is also invited to participate in “Rendez-vous découvertes”. These activities are organised in partnership with the department’s tourism committee and tourist offices. New and fascinating tours, demonstrations, tastings, guided walks, treasure hunts, sport and water sport activities, etc. - there is a whole variety of activities on offer to the public, and these “Rendez-vous découvertes” become more popular each year. A mix of culture and entertainment, relaxation and fun, the 31 Notes d’Été festival invites us to head off the beaten track. It’s a different way of exploring the Haute-Garonne. —

Visit haute-garonne.fr/agenda to find the full programme.

« 31 NOTES D'ÉTÉ » 2018

A homage to 68!

☂ venue in case of rain

☀ event cancelled in case of rain



13/07

© Phat tran



27/07

© Guillaume Fraysse



28/07

© DR

july

FRIDAY 13

> 9pm
PAULHAC
Boulodrome
(☂ salle des fêtes)
FABIAN Y SU SALSA
Salsa

FRIDAY 20

> 9pm
SAINT-PLANCARD
Place de l'église
(☂ salle des fêtes, village hall)
CUARTETO TAFÍ
Music from Argentina and elsewhere

SATURDAY 21

> 9pm
NAILLOUX
Place de l'église
(☂ Halle, market place)
CUARTETO TAFÍ
Music from Argentina and elsewhere

SATURDAY 21

> 2pm
LARÉOLE ☀
Château gardens
AUTOUR DE SCARLATTI
FESTIVAL RADIO
FRANCE & CULTURE
EN MOUVEMENTS
Baroque music
Circus sessions

SUNDAY 22

> 5.30pm
LARÉOLE ☀
Château gardens
MICHEL BATLLE
Musica plastica
Concert performance

SUNDAY 22

> 7pm
AURIGNAC ☀
In front of the Musée
Forum de l'Aurignacien
EUGÉNIE URSCH
Bohemian "Barock" solo

WEDNESDAY 25

> 9pm
BUZET-SUR-TARN
The Esplanade
(☂ Espace Ribatel)
ASTROLABE
Poetry, fire, trance and passion

THURSDAY 26

> 9pm
AYGUESVIVES
Place de la Mairie
(☂ Salle de l'Orangerie)
TANGLED TAPE
Soul, nu-soul, nu-jazz

FRIDAY 27

> 9pm
FROUZINS
Parc Saint-Germier
(☂ salle de Paucheville)
LES ACROSTICHES
Excentriques
Circus on self-balancing transporters

SATURDAY 28

> 9pm
GRAGNAGUE
Théâtre de verdure (outdoor theatre)
(☂ Espace Edouard Debat-Ponsan)
TIWIZA
Berber rock

SATURDAY 28 & SUNDAY 29

> 5.30pm
LARÉOLE ☀
Château gardens
MOISSON DE CIRQUE - LA GRAINERIE
COMPAGNIE YIFAN
Shouting without making too much noise
Human circus

SUNDAY 29

> 5pm
SAINT-BERTRAND-DE-COMMINGS ☀
Garden of the Musée archéologique
JIANG NAN ET MANDAAKHAI
Winds of the East

SUNDAY 29

> 9pm
MONTRÉJEAU
Cour d'honneur (main courtyard) of the Hôtel de Lassus
(☂ petite halle : place Valentin Abeille)
CATENDÉ
Novo samba

august

WEDNESDAY 1^{er}

> 9pm
MONTESQUIEU-VOLVESTRE
Halle (market place)
FABIAN Y SU SALSA
Salsa

THURSDAY 2

> 9pm
SALIES-DU-SALAT
Place Jules Ferry
(☂ salle socio-culturelle)
LUCIEN LA MOVAIZ
GRAINE
Semi-festive songs



22/07

© DR

FIND OUT MORE

The 31 notes d'été festival also proposes many "rendez-vous touristiques" in addition to each concert. Visit haute-garonne.fr/agenda to find the full programme of events. FREE ENTRY TO THE EXHIBITION

FRIDAY 3**> 9 pm****SABONNÈRES**Place de l'église
(☂ salle des fêtes, village hall)**SWING VANDALS****ORCHESTRA**

World swing

SATURDAY 4**> 9 pm****AURIAAC-SUR-
VENDINELLE**Prairie des écoles
(☂ foyer municipal, community centre)**BOUCAN**

Road trip Trio

**SATURDAY 4 &
SUNDAY 5****> 5.30 pm****LARÉOLE ☀**Château gardens
**MOISSON DE CIRQUE -
LA GRAINERIE**
COMPAGNIE LAZUZ
Baktana
Frantic encounter
**DANIEL ORTIZ &
JOSEPHINA CASTRO**
Ningunapalabra
Aerial performance**WEDNESDAY 8****> 9 pm****CINTEGABELLE**

Parc Rivals (☂ salle des fêtes, village hall)

LA RECETTE

Pop, nu-soul

THURSDAY 9**> 9 pm****AVIGNONET-
LAURAGAIS**Place Raymond d'Alfaro
(☂ foyer rural, rural community centre)**GRAND ORPHÉON**

Music without borders

FRIDAY 10**> 9 pm****L'ISLE EN DODON**Place du Château
(☂ halle, market place)**ASTROLABE**

Poetry, fire, trance and passion

SATURDAY 11**> 9 pm****POUCHARRAMET**Place de l'église
(☂ BÉRAT, salle des fêtes, village hall)**THE ROACH**

Acid soul

**SATURDAY 11 &
SUNDAY 12****> 5.30 pm****LARÉOLE ☀**Château gardens
**PLATEAU
CHORÉGRAPHIQUE
COMPAGNIES SARA
DUCAT & BREAK'IN
HOUSE**
Contemporary dance and hip-hop fusion**SUNDAY 12****> 7 pm****AURIGNAC ☀**In front of the Musée
Forum de l'Aurignacien
**COMPAGNIE
DU PÉRISCOPE**
Les Forains
Street theatre**SUNDAY 12****> 9 pm****ESPERCE**Place de la Mairie
(☂ salle des fêtes, village hall)**LUCIEN LA MOVAIZ****GRAINE**

Semi-festive songs



© Laurent Bugnet

04-05/08

WEDNESDAY 15**> 9 pm****LE PLAN**Halle (market place) or in front of the church
(☂ halle, market place)**LES ACROSTICHES***Excentriques*
Circus on self-balancing transporters**THURSDAY 16****> 9 pm****BAGNÈRES-
DE-LUCHON**Parc Thermal bandstand
(☂ salle Henry Pac)**LES PIQUES DU MIDI**

Voice, cellos, tangos and milongas

FRIDAY 17**> 9 pm****MONTMAURIN**Bandstand
(☂ salle des fêtes, village hall)**TANGLED TAPE**

Soul, nu-soul, nu-jazz

**SATURDAY 18 &
SUNDAY 19****> 5.30 pm****LARÉOLE ☀**

Château gardens

COMPAGNIE A*Les Fâcheux*

Les enquiquineurs de Molière



© Thibault Fernandez

31/08

SUNDAY 19**> 5 pm****SAINT-BERTRAND-
DE-COMMINGES**Walkabout
**CULTURE EN
MOUVEMENTS**
Murmures de cirque
Modern circus cabaret
For artists prepared to do anything**WEDNESDAY 22****> 9 pm****EAUNES**Abbey
(☂ centre Culturel Hermès)**TIWIZA**

Berber rock

THURSDAY 23**> 9 pm****ASPET**Grand préau (covered courtyard)
(☂ salle de l'ancien préau)**BOUCAN**

Road trip Trio

FRIDAY 24**> 9 pm****CASTELNAU-
D'ESTRÉTEFONDS**Parc du terroir
(☂ espace Michel Colucci)**LES PIQUES DU MIDI**

Voice, cellos, tangos and milongas

SATURDAY 25**> 9 pm****PROUPIARY**Abbaye de Bonnefont
(☂ SEPX, salle des fêtes, village hall)**GRAND ORPHÉON**

Music without borders

**SATURDAY 25 &
SUNDAY 26****> 5.30 pm****LARÉOLE ☀**Château gardens
À BOUT DE SOUFFLE
Actéon (Actaeon)
Opera on hunting**SUNDAY 26****> 9 pm****PEYSSIES**Camp site
(☂ salle des fêtes, village hall)**SWING VANDALS****ORCHESTRA**

World swing

WEDNESDAY 29**> 9 pm****LACROIX-
FALGARDE**

Halle (market place)

LA RECETTE

Pop, nu-soul

THURSDAY 30**> 9 pm****GRENADE**

Halle (market place)

THE ROACH

Acid soul

FRIDAY 31**> 9 pm****LARÉOLE ☀**

Château gardens

ALI BABA ET**LES 40 BATTEURS***Rhythms in 3 acts*

Musical



03/08

© Hugues Alban



18-19/08

© Benoît Monié



25-26/08

© Fabrice Roque

INFOS PRATIQUESDIRECTION DES ARTS
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DE LA HAUTE-GARONNE

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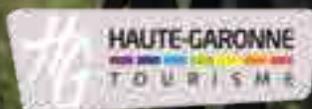
(metro B, Jeanne d'Arc)

Phone : 00 33 5 61 99 44 00

Monday to Friday from 9 am to 6 pm

and Saturday from 10 am to 6 pm

hautegaronnetourisme.com



**Agir
pour vous !**