

Press Kit

TARN-ET-GARONNE

inattendu



TOURISME-TARNETGARONNE.FR

Welcome in Tarn-et-Garonne!

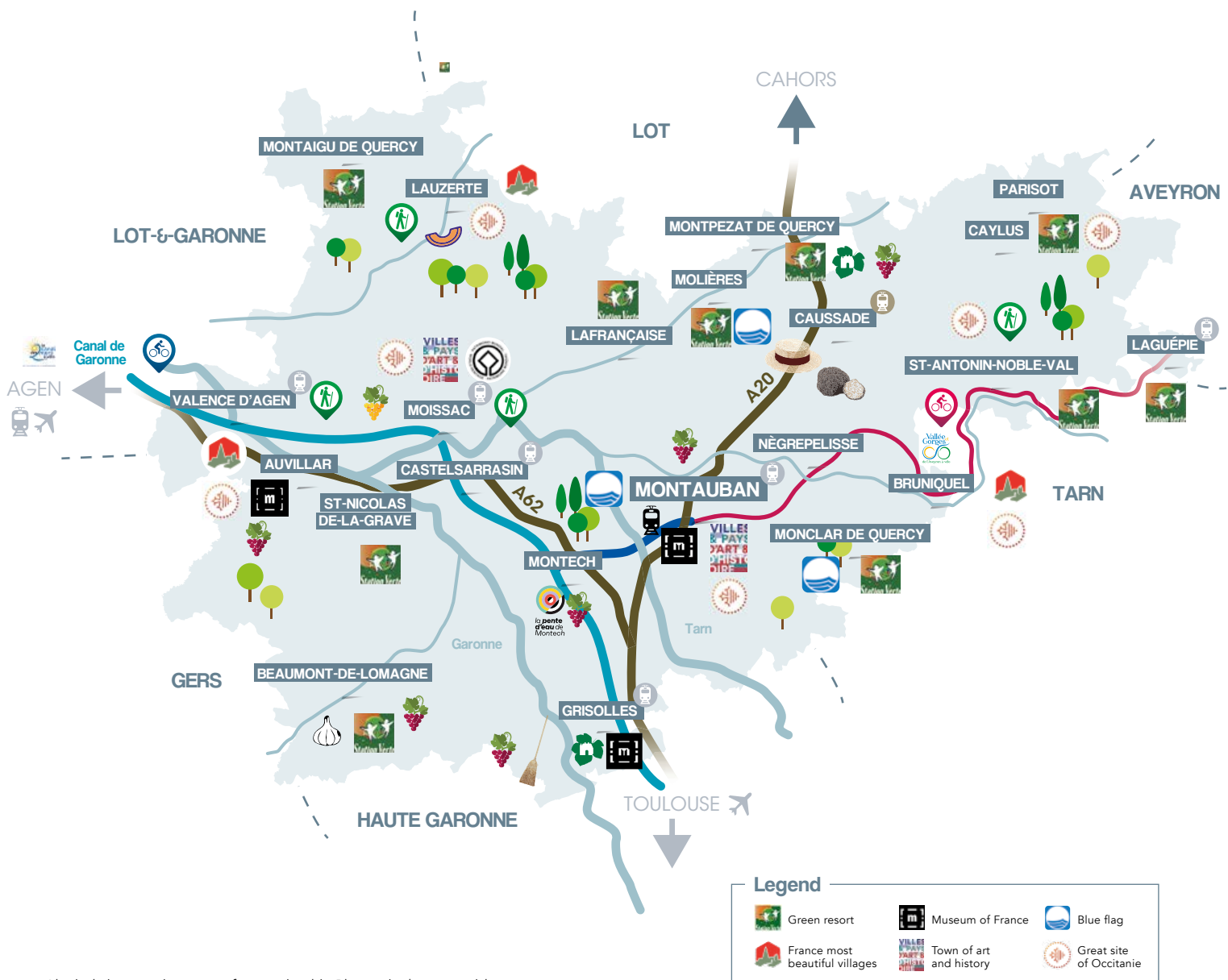
The Tarn-et-Garonne was born on November 21st, 1808, with territories taken from neighboring departments by the emperor Napoleon 1st, to make Montauban a prefecture, important place of political power.

Crossed by three major rivers, the river Aveyron, the river Tarn and the river Garonne, the area of Tarn-et-Garonne, renowned for its peaceful way of life, offers romantic landscapes: plains and hills scattered with fields and orchards, wild gorges, cliffs, limestone plateaux and vineyards.

In the heart of the South-West, in Occitanie region, Tarn-et-Garonne is the destination for medieval architecture lovers. Lauzerte with its beautiful medieval streets lined with half-timbered houses, the upper castles of Bruniquel overlooking the river Aveyron. A variety of places that promise a real time travel.

Each season is a new experience to live : have a wine tasting in the vineyards in January, go to the truffle market in Caussade in February, see the blossom in March, walk along the Compostella walking path in April, taste the delicious cherry of Moissac in May, swim in the river Aveyron in Laguépie in June, dance in the streets of Lafrançaise during the white night in July, watch a classic movie in Auvillar harbor, under the stars in August, taste a Chasselas grape in September, cycle along the Canal of the Two Seas, under the falling leaves in October, get lost in Saint-Antonin-Noble-Val narrow streets in November and live magical moments in Montauban and see the enchanting Christmas lights in December.

The Tarn-et-Garonne is an all year long trip!



Alcohol abuse is dangerous for your health. Please drink responsibly.

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Must have experiences

in Tarn-et-Garonne

01



Live a sacred moment in Moissac cloister

The cloister of Moissac is a masterpiece of Romanesque architecture with 76 capitals sculpted in a special atmosphere.

02



Visit Beaulieu-en-Rouergue Abbey

This Abbey, contemporary art center, is one of Tarn-et-Garonne most unmissable jewel.

03



Choose your straw hat in Caussade

This town hides two great hat factories and one hat blocker in a workshop.

04



Get a breath of fresh air perched at 300 feet above the river Aveyron

The castles of Bruniquel are built at the edge of the cliff and offer a breathtaking view on the Aveyron gorges and its wild nature.

05



Ride under the autumn leaves along the canal of the Two Seas

The cycle path of the Canal of the Two Seas is built on the old tow-path, bordered with plane trees and offers a wonderful spectacle of colours during each season.

06



Taste your first bunches of Chasselas de Moissac grapes in the hills of Quercy

From September bunches of Chasselas grapes are ready to be harvest. The producers welcome the visitors for visiting and tasting in the middle of the vineyards.

08



Observe the migratory birds in Saint-Nicolas-de-la-Grave

The confluence of Saint-Nicolas-de-la-Grave is a ornithological reserve, the most important in the southwest and unique in Europe, famous for the diversity of species who live there.

07



Take a french breakfast in the place nationale of Montauban

This square is the heart of the town, a treasure of architecture built in pink bricks, with double line of arcades.

09



Go to the market in Saint-Antonin-Noble-Val

On sunday mornings go to one of the most famous market in the region. Taste the local flavours and meet some local producers in the medieval alleys of this charming old city.

10



Taste the best locals wines

Taste it at the restaurants or directly at the producers farms. The Tarn-et-Garonne counts 6 designations of guaranty of the quality of all the different wines. Independent wine producers, organic production, wine cellar, taste it all.

City Trips: Montauban

Welcome in the city of Ingres



Montauban, town of Art and History, nine centuries old, is wearing well. Built of pink brick, it offers treasures such as the 17th century Place Nationale with its splendid arcades and surrounding old streets, its luxury private mansions, the view on the former Bishop's Palace from the Pont-Vieux (old bridge). The town has managed to keep its identity whilst renovating its architectural heritage, witness of a rich and eventful history. Must see: the Church of Saint-Jacques, the Ingres Bourdelle museum, the Notre-Dame cathedral, the sculptures by Antoine Bourdelle scattered around the town.

www.montauban-tourisme.com



Street art adventure

In Montauban, you can admire many works of art and street art in the streets of the town centre. They pay homage to famous children of the city. Artists who have produced some of our country's greatest masterpieces, have influenced future generations and have left their mark on the history of France! Go on a graphic adventure looking for the feminist Olympe de Gouges, Bourdelle and Ingres, the 100 Taur young artist masterpieces...

Ingres Bourdelle museum

In the former archbishop palace dating from the 17th century, the Ingres Bourdelle Museum houses works by two of Montauban's most famous sons, the painter Jean-Auguste-Dominique Ingres and the sculptor Antoine Bourdelle. The museum exhibits an important collection of paintings by Ingres, as well as over 4000 of his drawings, one of the museum's great assets. The Bourdelle collection also includes numerous sculptures by the master, such as the monumental sculpture of Hercules the Archer, a masterpiece by the artist showing Hercules performing one of the twelve labours.

Exhibitions 2025 :

- **Jan-May:** cartoons exhibition about the masterpiece of Ingres « Le Vœu de Louis XIII », displayed in Montauban cathedral. The 70 cartoons, drawings, paintings offer a window into Ingres' ideas, creative process and technique.
- **Jan-May:** Duchein 's collection exhibition. 4 important masterpieces of this collection, owned by two Art collectors from Montauban, will be display in the museum for the first time.
- **Jan-May:** « Monet-Debré: Entre Fog et Brume » a unique chance for the museum to welcome a masterpiece of Monet, one of « Houses of Parliament » facing a famous painting of Debré, owned by the museum, in collaboration of Musée d'Orsay, thanks to the program « 100 oeuvres qui racontent le climat » to confront Art and the climate crisis.
- **May-June:** Salade Suprême artists from Montauban will be invited to exhibit their urban Art in the Salle du Prince Noir.
- **June-Oct:** Great exhibition of the two most famous French sculptors Rodin and Bourdelle, the exhibition « Rodin-Bourdelle, destins croisés » is supported by the Musée Bourdelle and the Musée Rodin of Paris

<https://museeingresbourdelle.com/>

City Trips: Moissac

Stone, water and grape...



This city is indeed the home of the famous AOC Chasselas grape, the first fresh fruit to benefit from AOC, and listed as French Cultural and Immaterial Heritage. Moissac, charming city, is well-known worldwide for its abbey church and its cloister, listed as World Heritage Site by UNESCO. Founded in the seventh century, the abbey of Moissac was for centuries one of the most important in France. It was and still is a major stop on the Compostella walking path. The tympanum of the abbey is also among the masterpieces of Romanesque sculpture. With a pretty marina, Moissac is ideal for people wanted to walk along the Canal of the two seas. Don't miss the impressive Cacor bridge.

<https://tourisme-moissac-terresdesconfluences.fr/fr>

Focus: Belleperche's Abbey and Espace Firmin Buisset, two wonders to discover near Moissac



Have a tea in Belleperche

In the Middle Ages, Belleperche Abbey was one of the largest and richest monasteries in the Southwest of France. The unique exhibition "Earth and Tea" at the Museum of Table Art in the Cistercian Abbey of Belleperche is not to be missed. This exhibition displays the "Valfré collection", unique in Europe, it is a real aesthetic and cultural treasure, a collection of old ceramic masterpieces, mainly from China. It is above all 246 stoneware pieces, mainly teapots from the city of Yixing. Yixing is the place where the teapot was invented at the beginning of the 16th century, when tea prepared by infusion finally replaced the decoction (pressing/ mashing) process that had been used for centuries. Yixing teapots, with their many nuances of red, violet, purple, brown, yellow or black, have been appreciated and sought after in China for five centuries. What was once a collector's item and curiosity reserved for princes has once again become a daily object, and rightly so; Yixing stoneware is the perfect material for preparing tea in the best conditions to express the aromas and flavours.

www.belleperche.fr



Firmin Buisset in Castelsarrasin

Firmin Buisset was born in Moissac in 1859 into a modest milling family. He revolutionised the art of advertising and transformed his advertising icons into household names. He is also the illustrator of the famous english book "One day in a baby's life". A space dedicated to Firmin Buisset is now a must see in Maison d'Espagne.

www.espacefirminbuisset.fr

The most beautiful villages of France

Get lost in their medieval streets and fall in love with these 3 jewels of Tarn-et-Garonne



Auville

Overlooking the river Garonne valley from the top of its hill, the village of Auville is classified as one of the "Plus Beaux Villages de France".

The triangular square where you can admire the stunning grain hall gives the village an Italian atmosphere, thanks to the toscan columns of the hall and the charming houses around it.

The tourist office, which is in the former Clarisse convent is a peaceful place where you can have a breathtaking view on the river Garonne.

www.officedetourismedesdeuxrives.fr



Bruniquet

Bruniquet is a medieval enchanting village, surrounded by forest, caves and nature, the beauty of Bruniquet lies in the magnificent facades of its medieval houses. Not one but two castles stand side by side and dominate the river Aveyron. The castles gardens are not to be missed.

If you want to discover the secret of Bruniquet's cave, visit the castles and the room dedicated to this famous scientist discovery.

www.bruniquet.fr



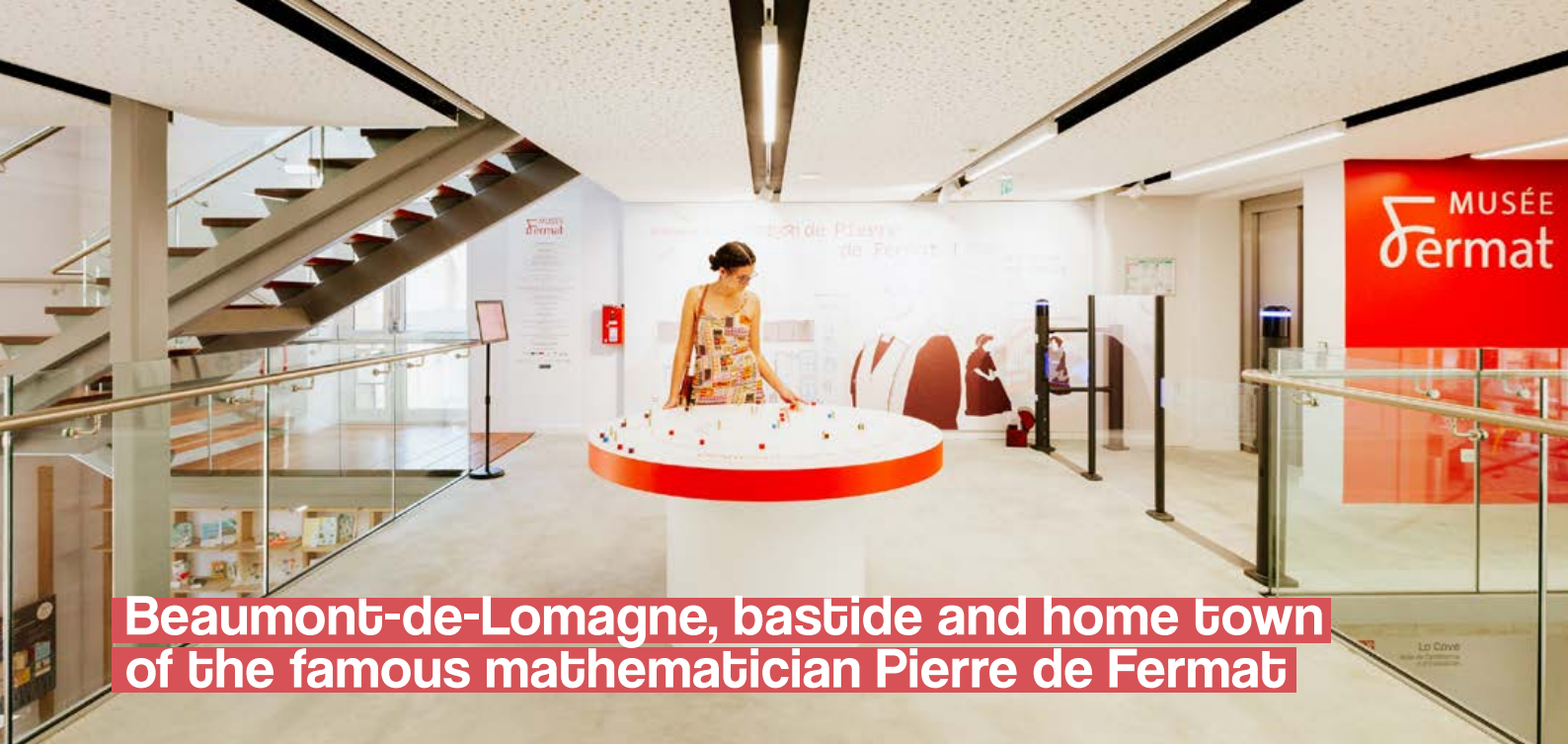
Lauzerte

The village of Lauzerte overlooks the valleys and hills of Quercy Blanc. This medieval "bastide" has an incredible rectangular square surrounded by timber-framed houses, restaurants and you can see in front of the church the surprising turned corner.

A farmers' market is held every Saturday morning all year long, and a "marché gourmand" every Thursdays evening in July and August.

The village is famous for its arts and crafts workshops.

www.quercy-sud-ouest.com



Beaumont-de-Lomagne, bastide and home town of the famous mathematician Pierre de Fermat

NEW

.. Fermat Museum

The new Fermat Museum is now open in Beaumont-de-Lomagne, one of the most charming city of Tarn-et-Garonne, in the heart of the South-West in Occitanie region. The town, famous for the white garlic, is the home town of the genius Pierre de Fermat. He was one of the most intelligent man of his time. He is best known for his Fermat's principle for light propagation and his Fermat's Last Theorem in number theory, which he described in a note at the margin of a copy of Diophantus' Arithmetica.

This museum is a major site for scientific tourism, and a perfect occasion to visit Beaumont-de-Lomagne.

www.museefermat.com

.. Beaumont-de-Lomagne, the queen of Lomagne

A royal fortified town, Beaumont-de Lomagne was designed by surveyors according to a rigorous grid pattern. Logically, the town's emblem is the 14th century market hall whose oak framework shelters the food stalls. From the timbered houses to the horse riders distance markers, Beaumont's architectural charm is revealed on every corner of its right-angled streets!

The Lomagne countryside is full of surprises, with treasures from Baroque Art, the chapel of Lachapelle, which looks like an Italian opera, and the church of Larrazet, where one will be amazed by its magnificent white "retable", where angels and saints invite you to party.

<https://tourisme.malomagne.com/>



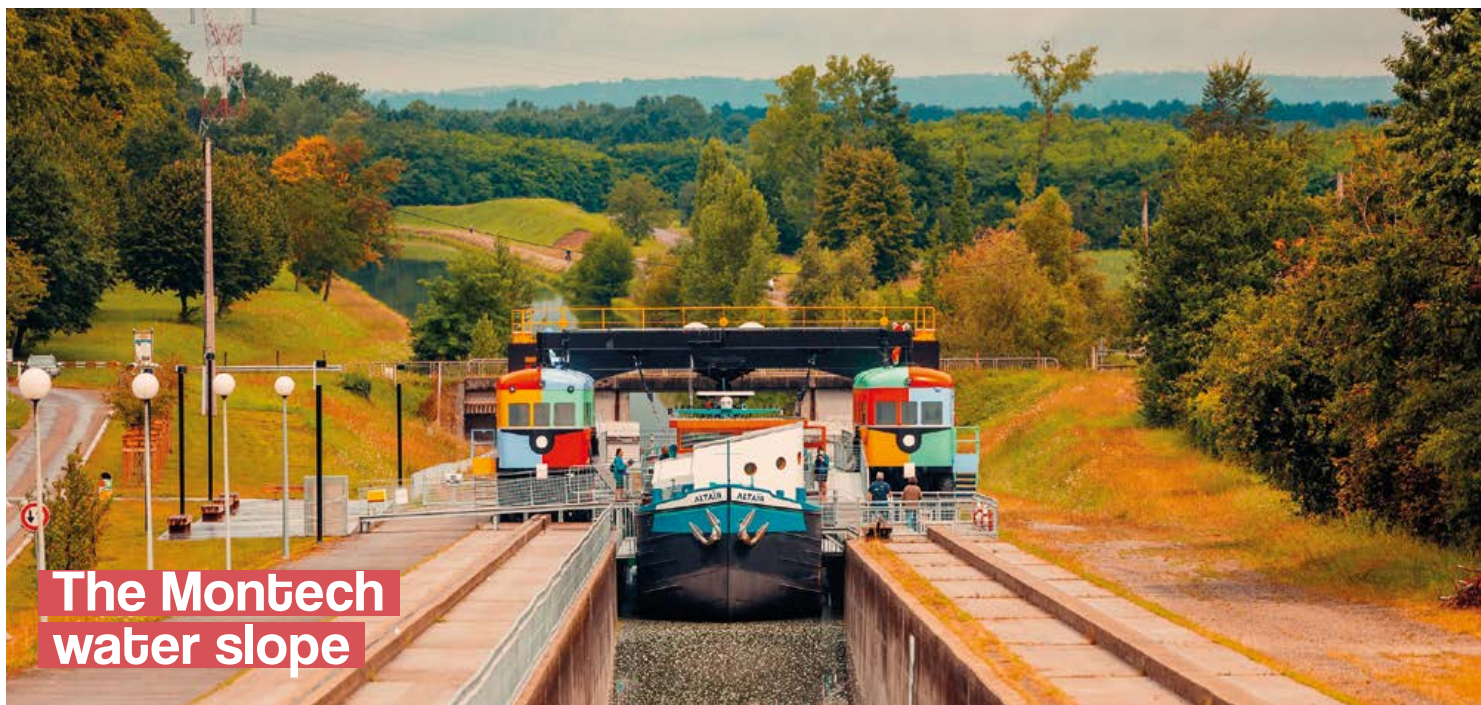
Modern Art in Tarn-et-Garonne

4 amazing places to discover, to be surprised by artists,
from modern times



Geneviève Bonnefoi and Pierre Brache saved it from ruin in the 1950s. The Cistercian Beaulieu-en-Rouergue Abbey is now run by the Monuments Nationaux and houses the couple's incredible contemporary art collection (1363 pieces, 350 of which are displayed since 2022). It is the second biggest contemporary art collection from the Paris school after the Pompidou's in Paris. Aside from the permanent collection, the major contemporary art Centre in the middle of nowhere will host temporary exhibitions.





The Montech water slope

This tourist site is opened in Montech since 2020. Colorful and unexpected, it is part of a project to upgrade the town's water slope. It showcases a unique heritage focused on river tourism and its industrial treasures along the Canal des Deux Mers. The water slope has been painted with colors that remind the sailing codes, inspired by the Italian art movement, Memphis. The Altair barge complete the visitor tour and also hosts exhibitions. The courtyard of the former paper mill accommodates the tourist office of Grand Sud Tarn-et-Garonne. It has been transformed with a landscaped car park and an open-air theatre to provide a dynamic platform for this contemporary and modern space.

www.pentedeaudemontech.fr/



NEW

MAGMA, a new place to discover near Montech:

The new MAGMA museum, is nestled in Finhan, few miles from Montech, in a magnificent private mansion from the XIX century surrounded by an enchanting garden. It will open in 2025, when the works of the mansion will be over. This heritage and cultural attraction will highlight the fascinating story of Music, as MAGMA hosts an incredible worldwide collection of musical objects, records, instruments, lyrics... to discover the world of Music from the beginning of this Art.

<https://www.musicophages.org/>



Exhibition

« CARTO : Représenter le Monde »

- ▣ **July-Sept:** Maps threw the ages. From the first maps designed during the 3rd millennium before J.C to modern maps, this exhibition presents the evolution of cartography in the world. Old maps, Napoleon land register, Cassini's map, some maps are real masterpieces. Local artists will be invited to design these wonders and bring these maps back to life with Art!

www.conservatoiredesmetiersdautrefois.fr

Arts & Crafts



The brooms of Grisolles

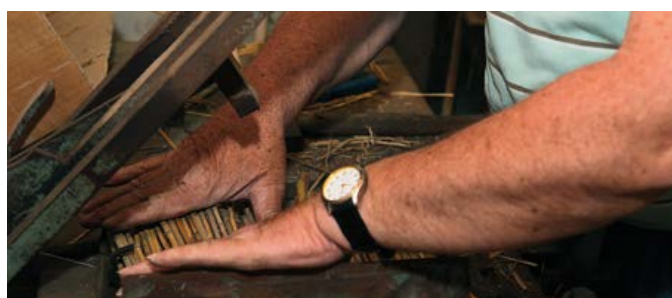
During more than a century, Grisolles was the Europe capital of the broom.

The industry of the nineteenth century enables the fertility of the plains of river Garonne. It's a revolution that transforms a coarse utensil of straw in a tool aesthetic and usual with strong wooden handle, different straw, wire for tie, conical shape flattened, and all keeping by a pretty cord of colour. This is a 100% Occitan's broom. Before the First World War, the canton counts more than 20 workshops and around 400 workers in Grisolles.

Jean Marc Coulom, the last broom maker of Grisolles:

He is the inheritor of a handmade knowledge in danger. Always passionate, Jean Marc insures this old tradition. You need to be patient to make a broom and some raw material of quality: beautiful straw of Sorgho, wooden handle of pin of Landes, reed of Camargue, plasticised hemp yarn and a little bit of red paint on the apple and at the end of the handle: emblem of the workshop. His creation are a mixed of art, old knowledge and usual product.

<https://balaispaillecoulom.com>



Calbet Museum

The Calbet museum was created in 1938 by writer and poet Théodore Calbet Occitan, the museum of arts and popular traditions of Grisolles has a set of collections related to different aspects of regional daily life from prehistory to the present. A room is dedicated to the broom production of the city and its story. Since 2002, the museum opened its Calbet spaces to contemporary Art, inviting exhibition and residency, artists revisiting the concepts of heritage, community and territory. An original encounter that makes this museum a place of unusual dialogue between the ancient heritage and artistic creation...

www.musees-midi-pyrenees.fr/musees/musee-calbet



Glass makers in Moissac Ce qui est en verre

"Ce qui est en verre" is a showcase of light dedicated to glass. Set up in the "rue des Arts" the workshop is a charming spot, with the medieval stairway yard, the garden and in the end the shop. You can admire Caroline and Laurent while they are working, see glassblowing demonstrations or have a real one-hour lesson. Animals, lights, Christmas balls, fruits, vases, jugs, bowls... you can find original creations to use every day at home.

<http://cequiestenverre.fr/>



Wear a real "Canotier" in Caussade

Caussade is known worldwide for its hat factories and the truffle market. In the XIX century, Caussade made straw hats for French actors, such as Maurice Chevalier, and rich ladies of Paris. Today, the hat festival in July invites artists and designers of hats from the all world to present their best creations at the art show. Since 2015, Caussade has also its kind of Hat Museum, "L'Épopée chapelière". This original space, dedicated to the hat history of Caussade, allow visitors to discover the creation and history of hat factories in Caussade, wearing a real canotier.



Didier Soligon, artist and Ironworker

In Lauzerte, Didier Soligon and his creations are known to all! A designer who imagines most of his pieces, inspired by people, nature and History.

Didier mainly produces decorative objects and furniture, which are sold in his workshop in Lauzerte. He is keen to highlight old trades, the Quercy region, the wine and the animals. His workshop is close to the Pilgrim Garden of Lauzerte, in the old armoury from Middle-Ages, not a bad place to expose knives and swords!

***"When people look at a piece,
there should be no questions asked!"***

<http://ferronnerie82.fr/>

Gastronomy



**The orchard
of the southwest**



The Tarn-et-Garonne, with its microclimate and rich soil, produces 80% of the fruit in the Occitanie, 420 000 tons to be exact. It is the vineyard of the Southwest. Chasselas de Moissac AOC, with its light golden fruit, is one of the bestselling grapes. Reine-Claude Label Rouge is a unique variety of plum from the southwest with a firm, juicy, sun-drenched texture. The plum tree is in fact the oldest plant species cultivated for marketing. Tarn-et-Garonne also produces Quercy melons with their exceptional aroma and taste, Moissac cherries, Apples, Lomagne hazelnuts, Laguéprie chestnuts, saffron, white garlic from Lomagne, and duck specialities such as foie gras.

Irresistible Chasselas of Moissac



In 2017, Chasselas of Moissac has been recognized by France to be listed on National Inventory Cultural Heritage.

Twenty producers of the famous table grape Chasselas de Moissac AOC expressed a desire to share their passion. Passionate about their work, they welcome visitors into their farm to discover the fruit growing. Its delicious simplicity, the most daring cooks do wonders ...

Consecrated first "station Uvale" of France in the 1930s, Moissac continues the tradition of wellness treatments. Nowadays, you cannot only enjoy eating grape juices, but you can also relax in spas, steam, and saunas... in this beautiful city.

<https://chasselas-de-moissac.com/>



Quercy Lavender

Formerly, the lavender of Quercy was recognized of specific quality. Florence and her husband Robert cultivate the official lavender in organic farming. They distil on site since 2017 the oil from the 700 feats of their lavender fields, but also lavendula, angustifolia. Come in June or July to see the flowering.

<https://leslavandesdeflorence.fr/>



Lovely Markets

Weekly markets are expected reunions for locals and tourists, and take place in the heart of our towns and villages. Dawdle through medieval towns and villages, in front of stalls laden with local producers, soaking up local atmosphere and its warm welcome. In the Tarn-et-Garonne, the markets are colourful and clamorous... just like its inhabitants! With a lot of emblematic products, the Tarn-et-Garonne presents a tasty and delicate diversity, the workers have a lot of choices to create some specialities from those treasures.

NEW

∞ New young pastry chef in Montech:

Justine Vidal is a young pastry chef, who created a very original pastry shop, in the family farm, surrounded by fields and goats. Inspired by her grandparents and her father, who was a cheese maker, she always was cooking with her family, and is now making her own recipes!



∞ Chez Lucien, a very original bakery

The first educational bakery of France is now opened in Saint-Nauphary, created by Christophe Passédat. This well-known baker is inspired by local products, and had always made delicious breads with flour from the family's wheat fields, and cereals such as barley. Christophe wants to share its work and knowledge with the future generations, that is why he created this special bakery. People can also eat at the bakery tea-room

<https://boulangerie-chez-lucien.com/>

Chocolates

You can also try some chocolate, 3 creations made for chocolate lovers!

The Grain doré: creation from 1954 with dark chocolate, Chasselas seed and a little bit of Armagnac.

The Boulets of Montauban: named after the famous battle against the king of France. It's a hazelnut coated by chocolate.

The Bonbons Flingueurs: tasty roast hazelnuts with crispy coated of acacia gum and milk chocolate.



Gin Saint-Amans, a love story between France and Scotland

Anne, Scottish, and Jean-Louis, French, have worked for a long time in spirits in Scotland, before coming back to Jean-Louis 's home land to make their own special gin.

Tarn-et-Garonne is a heaven for winemakers, the climate producing some of the world's finest grapes. It is the love of these grapes that

forms the basis for this precious gin. Proudly named after the small hamlet in which they live, this gin is the result of a long-lived dream for Anne and Jean-Louis; to create something sustainable and with purpose. Most of the fruits, flowers and herbs are produced in their garden.

<https://saintamans.com/>

Wines



Possessing 6 appellations the Tarn-et-Garonne produces wines where one can taste the influence and earthiness of the rich soil that nourished the grapes.



PDO Fronton

Cultivated on the terraces of the left bank of the Tarn, these wines are characterised by their main grape variety, the Négrette, which produces reds with scents of black fruits, cassis or blackberries, flowers and spices. The rosés are fruity and soft with good aromatic intensity. To qualify for PDO certification, the blend must contain at least 40% Négrette.

> Wines: red and rosé

www.vins-fronton.com



PDO Saint-Sardos

The history of this wine is linked to the Cistercian Abbey of Grandselve. The production area spans the valleys bordering the left bank of the Garonne and includes about fifty winemakers who are members of the cooperative cellar of Saint-Sardos, alongside an independent winemaker and they cultivate 165 hectares. The main grape variety is Syrah, with spicy notes, combined with Tannat, for its character and fruitiness. Cabernet Franc and Merlot complete this blend.

> Wines: red and rosé

www.saint-sardos.blogspot.fr



PDO Brulhois

Thanks must be given to our English friends who, since the nineteenth century, have recognised the quality of this wine and exported it home. Connoisseurs have known of this rare wine for a long time, but it wasn't until 2011 that the Brulhois Winemakers obtained PDO certification for their production. The "Black Wine" is quintessential of Brulhois. Sommeliers agree that the wine is known for its complexity of aromas, which blend with the spices, jammy black fruits, leather notes and fern.

> Wines: red and rosé

www.vigneronsdubrulhois.com



PGI Lavilledieu

The little known vineyard of La Ville-Dieu-du-Temple is located upstream of the confluence of the Tarn and the Garonne, between Montauban and Castelsarrasin. It owes its strong character to a harmonious blend of

varieties, which include Négrette, Cabernet Franc, Syrah, Tannat, Gamay and sometimes Fer and Milagranet. The PGI comprises three estates: The Peyrarols Estate in Bressols, the Gazania Estate in Labastide du Temple and the Chais de Massougné Estate in Barry d'Islemade

> Wines: red and rosé



PDO Coteaux du Quercy

The denomination includes 18 towns surrounding Montpezat de Quercy and its collective. The main varieties of the denomination are Cabernet Franc (40% to 60%), Merlot, Auxerrois,

Tannat and Gamay. Their character and finesse perfectly complement the local cuisine. The Confrérie (brotherhood) des Vins of Coteaux du Quercy has over 1,000 members and ensures the promotion and protection of its wines.

> Wines: red and rosé

www.vins-coteaux-quercy.fr

Château Baudare

When he met Clare, the mother of his four children, David Vigouroux opened his heart and his market... towards England. The fifth generation of his family at the Château Baudare, David Vigouroux, often elected "Best Winegrower/maker of the Frontonnais", produces a wide range of elegant, honest and delicious wines. Now his young daughter Lucie is helping him and bringing new ideas to write a new chapter of the vineyard history.



The Hills and Terraces of Montauban PGI Comte Tolosan

Thanks to its different soils and exposures, the same denomination surrounding Montauban can produce different wines according to their origin. In addition, winemakers can play with several varieties: Syrah, Cabernet Franc, Tannat, Merlot, Gamay for reds and rosés, and Sauvignon and Chardonnay for whites.

> Wines: red and rosé, white



The Coteaux du Quercy's unmissable festival !

An unforgettable event for jazz lovers and for the music lovers.

Attend one of the 4 evenings of free open-air concerts in the 3rd week of July. Enjoy the gourmet market and concerts with a glass of Coteaux du Quercy wine in hand.

www.bleutrompette.fr/



Responsible tourism



The Tarn-et-Garonne, with its waterways, plains, hillsides, forests and orchards, is full of space where nature can express itself freely.



Spring

Spring is all about blossoming orchards. The cherry trees, the plum trees, apple trees colour the plains and hills with white and pink. Poppies cover the roadsides and paths, and strawberries are the queens of desserts and markets.



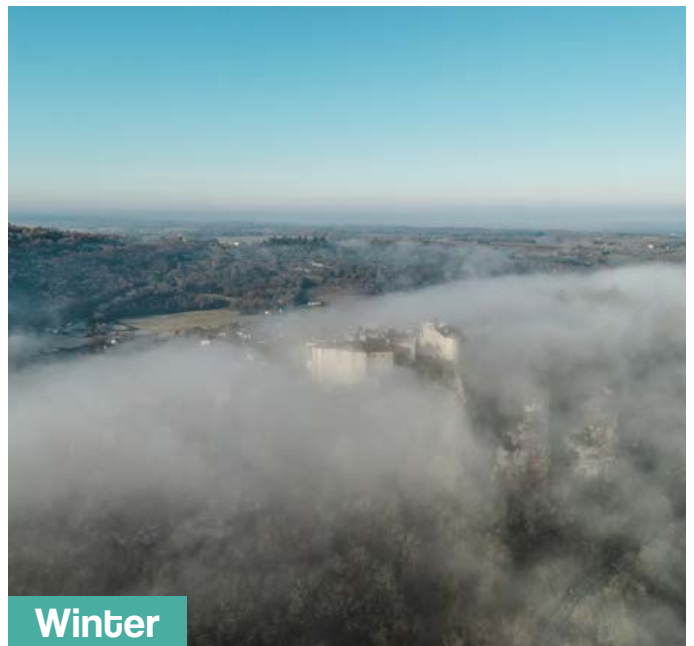
Summer

The perfect season for canoeing and swimming in the rivers, having dinner outside and long walks before sunset between the sunflowers. Take a nap under a big oak and get yourself an elegant straw hat from Caussade.



Autumn

For sure the most spectacular season in Tarn-et-Garonne. The yellow, red and orange colours are everywhere. Along the canal of the Two Seas, the plane trees make you feel like you walk under a golden world.



Winter

In Tarn-et-Garonne, the winter is quite mild but some mornings are frosty, which offer rare moments such as freeze nature and silver landscapes. You can have magic moments seeing villages such as Lauzerte or Bruniquel, emerging from the winter mist.



The most beautiful Sensitive Natural Areas in Tarn-et-Garonne

The Sensitive Natural Areas are preserved places to discover, where people can admire the beauty of nature and explore Tarn-et-Garonne's most ancient areas, but also need to respect the local fauna and flora. They host specific biodiversity and benefit new access. In order to create a network of SNA, the Departmental Council itself is involved in managing and developing some sites. It provides technical and financial support to local project leaders. Tarn-et-Garonne has also 3 areas classified as Natura 2000: the river Aveyron Gorges, the caves and hillsides of Quercy Gascogne and some of river Garonne banks.



Magical sites are not to be missed, such as the island of Labreille, the island of Beaucaire, Labarthe's lake or Saint-Nicolas-de-la-Grave's ornithological reserve.

NEWS

2 new sensitive natural areas in 2025

The natural site of « Vallon de Gasques » is a little paradise with creeks, pounds, meadows, forests, fountains, orchards and caves where people can walk surrounded by flowers and bees on the hiking paths. Nestled in the river Séoune valley, the village is in top of a hill, and is a peaceful place to stay or just visit for a day.

<https://ens.tarnetgaronne.fr>

The natural site of "Vallée de la Seye" is a very ancient site, reborn thanks to the restoration of the water route in the valley. The Cistercian monks who decide to build here the Beaulieu Abbey in the XII century felt the power of water here, and the power of nature. Nowadays it is a very special place, where you can follow the water and walk on the path from the abbey to the forest and its treasures.



Saint-Nicolas-de-la-Grave

The confluence of Saint-Nicolas-de-la-Grave is a natural and preserved area of 340 hectares, located at the confluence of the Tarn and the Garonne. The union of the famous river Garonne and the tumultuous river Tarn, creates here a place of high environmental interest, where nature is queen.

It is also a bird sanctuary, the largest in the South-West, unique in Europe, recognised for the diversity of the species that frequent it. Situated on the banks of the river Garonne, the ornithological observatory, created and run by the Society of Natural Sciences of Tarn-et-Garonne, is the perfect spot to admire migratory and sedentary birds.

<http://www.loisirs82.fr>

Cycling



Cycle, along the Canal of the Two Seas

This new asset of the South of France is an exceptional cycle route linking the two seas of the Atlantic and the Mediterranean, from Royan to Sète. You can pedal along for almost 700 kilometers beside the Canal de Garonne and the Canal du Midi; the latter is a World Heritage Site, to explore unforgettable landscapes and sites. In Tarn-et-Garonne it starts by Valence d'Agen and continues by Moissac, and the spectacular Cacor canal bridge where the cycle path takes the tourists to the charming harbor of Castelsarrasin. Montauban can be reached by the Montech canal then, before going to Grisolles and arriving in the pink city of Toulouse.

www.canaldes2mersavelo.com



Vallée et Gorges de l'Aveyron cycling route

The Aveyron Valley and Gorges cycling route takes in low-traffic routes, with dedicated signposts, aimed at expert touring cyclists. The route is sometimes steep but it is worth breaking out a sweat for the views and finds. Across nearly 80 kilometers from Montauban to Laguérie, visitors can take in the Aveyron gorges and carry on their journey to the gates of Rouergue and Albigeois. First stop is Négrepelisse, where its exceptional medieval heritage has been restored. Then, dotted along the route are beautiful places to stop: Bruniquel and its castles perched atop rocky outcrops overlooking the valleys of Aveyron and the Vère; Saint-Antonin-Noble-Val, perfect place to get lost in its medieval narrow streets; Varen and its magnificent deanery, and arrival in Laguérie, to enjoy a bath in the natural beach on the Viaur river.



NEW

La Vagabonde

La Vagabonde® is a cycling adventure over 500 kilometers. From Montluçon in the Allier, this route will take you to Montech, in the Tarn-et-Garonne, crossing the Creuse, the Corrèze and the Lot. Discover a variety of landscapes from the lake of Vassivière to the plains of the river Tarn via the Millevaches plateau, the Dordogne valley, and the Causses du Quercy Regional Natural Park.

This route will cross green and bucolic hills from Labarthe in the Quercy Blanc to Lafrançaise, sunflower fields, vineyards, orchards up to cross the river Aveyron down to Montauban and Montech.



Leisure activities

Peaceful walks along the canals or vertical descents in the gorges, hiking or strolling in the medieval villages, climbing and paragliding between summits or an introduction to caving... there is something here for everyone. Some will prefer Tarzan or Robin Hood style activities set among the treetop ropes, while others can choose an Indiana Jones' adventure where you can descend down the river Aveyron Gorges by canoe.

So don't miss out, experience the adventures!

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Golfs

Several courses can be found in Tarn-et-Garonne, accessible to all who want to discover the joys of this leisure sport. The golfs in Tarn-et-Garonne have both interest the levels of difficulties and the diversity of landscape between lakes and grove. In Montauban, in the plains of the river Garonne, in the Coteaux of Quercy, from 9 to 18 holes, 4 golfs welcome the people from every level: The golf of Montauban, the golf of the Roucoux, the golf of Espalais and the golf of the Aiguillons.



NEW

↪ Saint-Sard'Ô Waterpark

Saint-Sardos lake is one of the biggest of Tarn-et-Garonne, and was an important summer spot for swimming. After years of closure, new swimming pools and water activities will open in June, to enjoy summer hot days in this beautiful natural area.

<https://www.grandsud82.fr/>



Quercy Gravel routes in Tarn-et-Garonne!

Perfect for a day trip, or combined for a longer quest, these short gravel adventure rides show you the very best of Green Quercy area. These 9 rides are roundtrips which start and finish at Gouyre lake, are for all gravel lovers, from starters to experts, with rides from 8km to 70km.

New places to stay



Château de Mesnil

Situated in Montech in the heart of the River Garonne valley, Mesnil Castle is a charming castle from 1850, built in pink bricks with elegant neo-classical architecture by François Virebent. It was home to the Marshal of the Empire Dominique Pérignon, counselor of Napoleon Bonaparte. The castle is surrounded by over 30 acres of meadow, which encompasses lush woodland, landscaped gardens and a lake, perfect for nice walks.

<https://lechateaudumesnil.com/>



Via Dôma Eco-resort in Albi

Via Dôma is an eco-luxury glamping new site, nestled in a romantic 5 acres oak forest, close to Montauban. With 4 domes and a big house, the natural pool, the Nordic baths heated by wood fire, this special site is dedicated to reconnection and wellness.

<https://www.viadoma.fr>



Orée des Bois Hotel

Once upon a time, in a green setting on the edge of the woods, facing the medieval village of Lauzerte, in a place where silence and nature reigned, there was a small hamlet dedicated to well-being and rejuvenation. This place was known as the Edge of the Woods... A **** hotel to absolutely discover...

The outdoor spa area allows you to unwind 24 hours a day with various sensory experiences: an incredible infinity pool, a swimming lane heated to a minimum of 28°C all year round with its spa area, a jacuzzi and a panoramic sauna.

<https://www.hotel-loreedubois.com>



L'Ostalas

L'Ostalas is tucked away in 6ha of forests and organic orchards (kiwi, cherry, plum, fig etc.). A stay in this wonderfully-located hotel is your chance to recharge your batteries and take care of your body, mind and diet. The hotel provides a variety of activities at no extra charge (yoga, meditation, qigong, tai chi, forest bathing and Afghan walks!) and Ayurvedic- inspired vegetarian dishes with a focus on balance and eco-friendly values (organic, local and seasonal).

www.domaine-lostalas.com/



Hôtel Mercure in Montauban

Right in the heart of the town centre, the Hotel Mercure Montauban is facing the magnificent cathedral of Montauban. It is a splendid, authentic and charming 18th Century building. The hotel offers a warm welcome with modern, well-equipped rooms. After a day's business seminar or family sightseeing trip, relax in our glass-domed restaurant and enjoy a specialty from our menu.

<https://all.accor.com/hotel/2183/index.fr.shtml>



Mamie Angèle in Saint-Antonin-Noble-Val

This original place is a bed and breakfast and also a tea room, located in the medieval village of Saint-Antonin-Noble-Val. The building is from 1916, and was a pharmacy, facing the River Aveyron.

<https://www.mamieangele.fr/>



Moulin de Loubatière in Roquecor

A real windmill transformed in an original bed and breakfast, in the heart of the white Quercy.

The old tile and furniture is a journey to the past, back to the golden age of windmill and life in the French countryside. The view on the hills of Quercy is very romantic.

<https://moulin-de-loubatiere.e-monsite.com/>



Le crépuscule in Montpezat-de-Quercy

The Twilight is a very romantic bed and breakfast, an amazing experience to try with your loved one, nestled in a medieval village, in the Quercy. With soft lights, lush greenery, British library, cozy spots and the spa with jacuzzi... A unique chance to fall in love with the white stone architecture of the village, the breathtaking view and the local food and wines.

<https://www.lescoupsdecœurduquercy.fr/>

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