

LE PETIT ESPANTÉ

2022

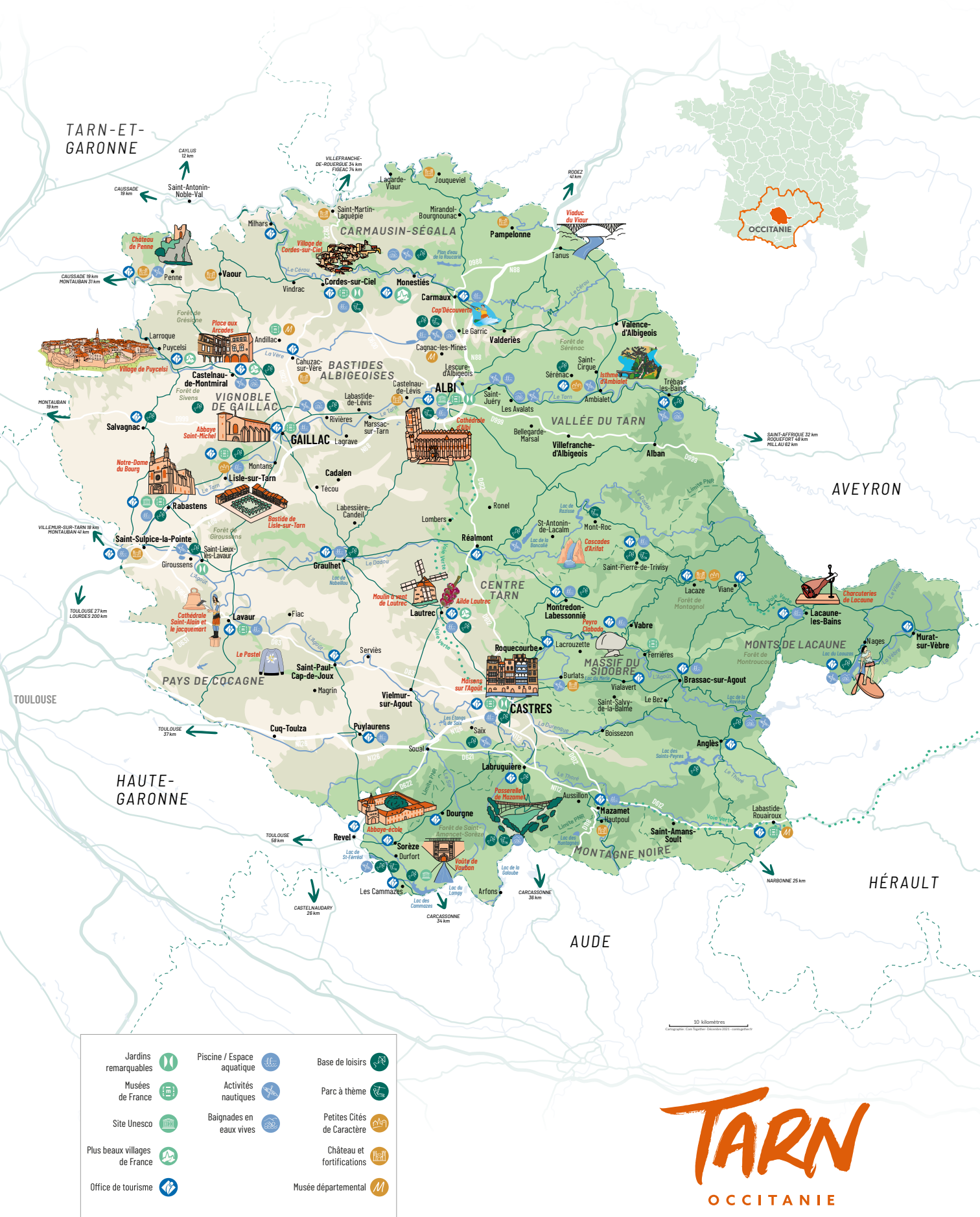
PRESS PACK

qui Fait du bien



TARN
OCCITANIE

TOURISME-TARN.COM



THE TARN IS GOOD FOR YOU!

In the Tarn, we have always loved good things and simple sharing. All that is real, good and spontaneous!

In the Tarn, we have always had a connection to and a pride of our countryside, the valleys, and the unspoilt nature around us.

In the Tarn, we have always loved welcoming people and sharing our secret places, as well as our grandmothers' recipes.

The Tarn is awaiting those seeking this simplicity, with its listed sites, hill-top villages, steep hiking trails, friendly inhabitants and spirited parties, where you can enjoy a glass of local wine.

'Boudu,' the Tarn is good for us!



Valérie Boutet
Press Officer
Tarn Tourisme

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* Be surprised ** Explore

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THE UNMISSABLE SITES

1

MOUNTAINS AND LAKES IN THE HAUT-LANUEDOC

Head to the wide open spaces of the high plains in the Monts de Lacaune and the Pic du Montlet, perched at 1,259 metres altitude. Enjoy the Lac du Laouzas for aquatic activities or the Lac des Saint-Peyres to play at Robinson Crusoe, with local Lacaune charcuterie, forests, rivers...

The Haut-Languedoc Regional Natural Park, home to the largest granite plateau in Europe, is a geographer's paradise.



MUST-SEE SITES

2

ALBI AND THE EPISCOPAL CITY

In the heart of the Episcopal City of Albi, which gained UNESCO world heritage status in July 2010, Sainte-Cécile Cathedral is the largest brick cathedral in the world. Majestic and imposing, it is visible from the whole area, with the Berbie gardens, the River Tarn and its barges at its feet.



3

MAZAMET, THE AERIAL FOOTBRIDGE AND THE MONTAGNE NOIRE

Unique to Occitania, the footbridge swings at 70 metres above the void! This 140-metre-long aerial path links the heights of Mazamet to the small medieval village of Hautpoul: an ancient Cathar site clinging to a rocky outcrop, it sits more than 300 metres above Mazamet. Lush and unspoilt, in the south of the Tarn, the Montagne Noire is a terrain with many valleys, deep gorges, gushing streams and dense, colourful forests. A covering of vegetation which, seen from afar, gives it the dark colour from which it gets its name, the Black Mountain.



4

CASTRES, LITTLE VENICE

Along the Agout River, the former residences of tanners, dyers and weavers, display their façades. Their pastel shades in white, green, blue, orange, along with the characteristic woad blue, give this Tarn city, which was home to Jean Jaurès, a Venetian feel. Goya, to whom the museum in the Episcopal Palace is dedicated, and Le Nôtre, who designed the gardens of the bishop's palace, are the other highlights of Castres... along with the famous Castres Olympique rugby club!





7
—

LES CAMMAZES, THE BIRTHPLACE OF GENIUS

It was here, between the lakes and the forests, that Pierre-Paul Riquet created the main water supply for the Canal du Midi, later protected by a tunnel known as the “voûte de Vauban” which is a UNESCO listed site. Once out of this 122-metre tunnel, you can enjoy a breath of fresh air walking along the water channel under the majestic trees.



5
—

BASTIDES AND VILLAGES, HILLTOP PARADISES

Puycelsi, Castelnau de Montmiral, Cordes sur Ciel and Lautrec: hilltop villages, fortified towns, medieval cities, eagle's nests... each one has a soul, a unique atmosphere, a particular light. As you listen to the unusual stories of these bastides built in the Middle Ages on a puech (hill), you'll travel through time. Cathars and religious wars, conflicts and struggles have marked the landscape and the character of the Tarn.



6
—

GAILLAC'S THOUSAND-YEAR-OLD VINE-YARD

This is a place that resembles Tuscany. It has everything. Vines first took root here, on the undulating hills, about 2,000 years ago. Cherished by the sun and cosseted by the Autan wind, their fruit produces red, white and rosé wines. On site, the winegrowers open their doors to share their passion; aperitif-concerts are an occasion for visitors (and their taste buds) to dance in the softness of summer evenings.

8
—

SIDOBRE

Once upon a time, there were huge granite boulders which, under the foliage of a thick forest, took on extraordinary positions and performed balancing acts. Once upon a time in the Sidobre, a geological phenomenon unlike any other in Europe, there were strange rocks that whispered strange stories... Explore with the eyes of a child... and be sure to wear good shoes.

9
—

AMBIALET AND THE VALLÉE DU TARN

Here, the River Tarn is playful. It curves, twists and turns until it forms a loop and then suddenly swerves away again. The village of Ambialet is nestled on the peninsula created naturally by the narrowest meander of the Tarn in Europe! You'll have to climb to contemplate this isthmus, but the landscape is breath-taking!



MUST-SEE SITES



10
—

SORÈZE AND DOM ROBERT

Here colourful, vibrant nature abounds everywhere: set off in the footsteps of the Benedictine monk Dom Robert, following the path that is named after him. You'll discover the nature that inspired his tapestries, woven in Aubusson. The Musée Dom Robert is at the heart of the heritage complex of the Sorèze abbey-school.

11
—

THE PAYS DE COCAGNE AND ITS WOAD

The Pays de Cocagne owes its name to the pastel-coloured “coques” (woad), which produces the famous blue dye. Here, you can feel the simple joy of contemplating a flowery hill with a view of the Pyrénées, a pink brick wall or a house with blue shutters. From the 13th to the 16th century, the Pays de Cocagne gained its wealth from cultivating the ‘Isatis Tinctoria’ plant and today the Occitan region is once again the European spearhead for the production and promotion of woad, which has recently been classified as French Intangible Cultural Heritage.



THIS IS *The Tarn*

Do you speak the Tarn language?

In the Tar', we chat using a few local words which do not fail to delight our visitors, who come to visit the lands of Jean Jaurès and Toulouse-Lautrec.

A LITTLE TARN LEXICON

Here, you'll love **poutouner** (meeting up) with your partner, family or friends! You can **fousiquer** (explore), **escagoter** (laze around) et **ganzouiller** (splash around). You'll love **toupinier** (enjoying) our 'made in the Tarn' products! Here, you'll constantly be **espanté*** (*surprised)! Milediou ! You deserve to take your time...

because the Tarn is good for you!

KEY FIGURES

15 SITES WITH MORE THAN 20,000 VISITORS



5 SITES AND OBJECTS WITH UNESCO LISTED STATUS

THE EPISCOPAL CITY - **Albi**
THE RIGOLE DE LA MONTAGNE NOIRE
AND THE VOÛTE VAUBAN - **Canal du Midi**
AUBUSSON'S SKILLS AND EXPERTISE
LA MAPPA MUNDI - **Albi**
NOTRE-DAME-DU-BOURG CHURCH - **Rabastens**



4 OF FRANCE'S MOST BEAUTIFUL VILLAGES

PUYCELCI
MONESTIÈS
LAUTREC
CASTELNAU-DE-MONTMIRAIL



3 SMALL CHARACTERFUL CITIES

AMBIALET
LACAZE
LISLE-SUR-TARN



1 ART AND HISTORY TOWN AND AREA

GAILLAC, thousand-year-old settlement and vineyard



3 MAJOR SITES OF THE OCCITAN REGION

ALBI, VALLÉE DU TARN
CORDES SUR CIEL and the medieval towns, hill-top bastides
THE ORIGINS OF THE CANAL DU MIDI



13 MUSÉES DE FRANCE (MUSEUMS)



1 REGIONAL NATURE PARK

THE REGIONAL NATURE PARK OF THE HAUT-LANGUEDOC



5 REMARKABLE GARDENS

THE JARDIN DES MARTELS - **Giroussens**
THE JARDIN DE L'EVÊCHÉ - **Castres**
THE JARDINS DE LA BERBIE - **Albi**
THE JARDIN DES PARADIS - **Cordes sur Ciel**
THE PARC ROCHEGUDE - **Albi**

CELEBRATE IN 2022



800 years of the Medieval City of Cordes sur Ciel
See page 19

The Musée Toulouse-Lautrec centenary in Albi

The episcopal city, with UNESCO world heritage status celebrates 100 years of the Musée Toulouse-Lautrec, which houses the most important collection in the world of work by Henri de Toulouse-Lautrec, the painter from Albi.

Spotlight on the blue-gold of the Tarn

The woad town is celebrating its classification by the Ministry of Culture of the "expertise connected to the woad dye" as part of France's Intangible Cultural Heritage. Themed events will be held throughout the year.

350 years ago: a look back on the history of the impoundments of the Saint-Ferréol dam, Pierre-Paul Riquet's masterpiece, which for a long period was the largest dam in Europe with a capacity of 3.5 million cubic metres.

FOUSIQUER* ALL YEAR ROUND

FEBRUARY

Albi Carnival:
The 3rd largest carnival in France after Nice and Nantes, it attracts up to 150,000 visitors.

MARCH

Venetian carnival:
Castres, "Little Venice", celebrates the "Festa sull'acqua".
10 to 13 March.

JUNE

Woad night, Albi:
the arts take over the heart of the city for a free nocturnal cultural event, with more than 30 cultural gatherings.

JULY

"Pause Guitare" Sud de France, Albi: an eco-friendly festival dedicated to contemporary music and song, with Orelsan, Mika, Ninho, Angèle, Julien Doré, Bob Sinclar. **6 to 10 July**

JULY AND AUGUST

Apéritif-concerts in the Gaillac vineyards:
evenings at sunset in the "Little Tuscany" vineyards.

Medieval festivals: at Cordes sur Ciel, Hautpoul, Penne, Monestiès and Saint-Sulpice: costume guided tours, medieval events, banquets and more. At the Château de Penne, medieval builders in period costume will set up a medieval 'hamster wheel' crane!

AUGUST

Pink Garlic Festival, Lautrec:
garlic soup is the order of the day in the village of Lautrec, an "outstanding site of flavour". Competition for the largest bunch of garlic, a banquet under the stars and a tasting market for the pink garlic, which has enjoyed "label rouge" certification since 1966.

Fête des Vins (Wine festival), Gaillac:
more than 40 wine-makers in a festive village in the heart of the Parc Historique de Foucaud in Gaillac. **The 1st weekend of August.**

SEPTEMBER

Fête de la Voie Verte (greenway festival) Passa Païs:
a gourmet bike ride. Pedal, then enjoy a "poumpet" pastry or Lacane ham!

OCTOBER

The roar of the rutting stags: a cry that cuts through the night in the depths of the woods ... the stag is serenading the doe. An unforgettable and timeless moment!

NOVEMBER

Chai mon vigneron:
At the time when the Gaillac primeur is released, the wine growers open their cellars for celebratory events!

DECEMBER

The Castres Christmas Market takes over the town; the Agout River is illuminated by the reflection of the lights and coloured houses. The nadalet (small Christmas) celebration marks the last nights of December. In Albi, the Mapping light show adorns the Sainte-Cécile cathedral.



*explore

SLOW!

Unplugged but connected

TWILIGHT PADDLE-BOARDING

On the trail of the beavers

Charly's hobby is paddling and he knows the banks of the Tarn like the back of his hand. On summer evenings, at dusk, he guides visitors along the water for a moment when time seems to stand still. From the Trébas Leisure Centre, you'll be off on an unusual 7-km adventure. With your feet firmly planted and paddle in hand, the fun will begin. The air will be mild, the evening light will set the river ablaze. While providing amazing stability, the paddle board also offers a wonderful view of the all river's treasures: rock walls, small villages and wildlife. The wildlife comes to the fore at this particularly peaceful time of day. Shhh... Perhaps at this moment, the guide will invite you to stop for a moment. Sitting on the boat, let yourself be simply carried along discreetly by the water, in order to catch a glimpse of a beaver's face! Setting off again, with your face turned towards the sun, you'll experience a fabulous journey as it sets, arriving a few kilometres further down the river, in the moonlight. Magical.

Excursion with a qualified guide
Base Canoë Trébas. 7:30-10:30pm,
€30 per person
www.canoekayaktarn.com

ECO-SYSTEMS

The Chemin des Oiseaux

This 6-kilometre circuit crosses the Regional Ornithological Nature Reserve of Cambounet-sur-le-Sor, one of the most important heronries in the region. It extends over 31 hectares and is a wintering site for many water birds, as well as a resting place for migratory birds. Hide in the observation huts, which are freely accessible all year round, to admire egrets, sandpipers and Common pochards!

www.rnrcambounet.fr

Canroute Sentier des Vaches

The Canroute bog is a wetland classified as a Natura 2000 area. It is maintained naturally by Highlands Catlles (small Scottish long-haired cows). Departure point: Hamlet of Lassouts Le Margnès 81260 Fontrieu 1 hr 30 / 3.3 km.

www.sidobre-vallees-tourisme.com

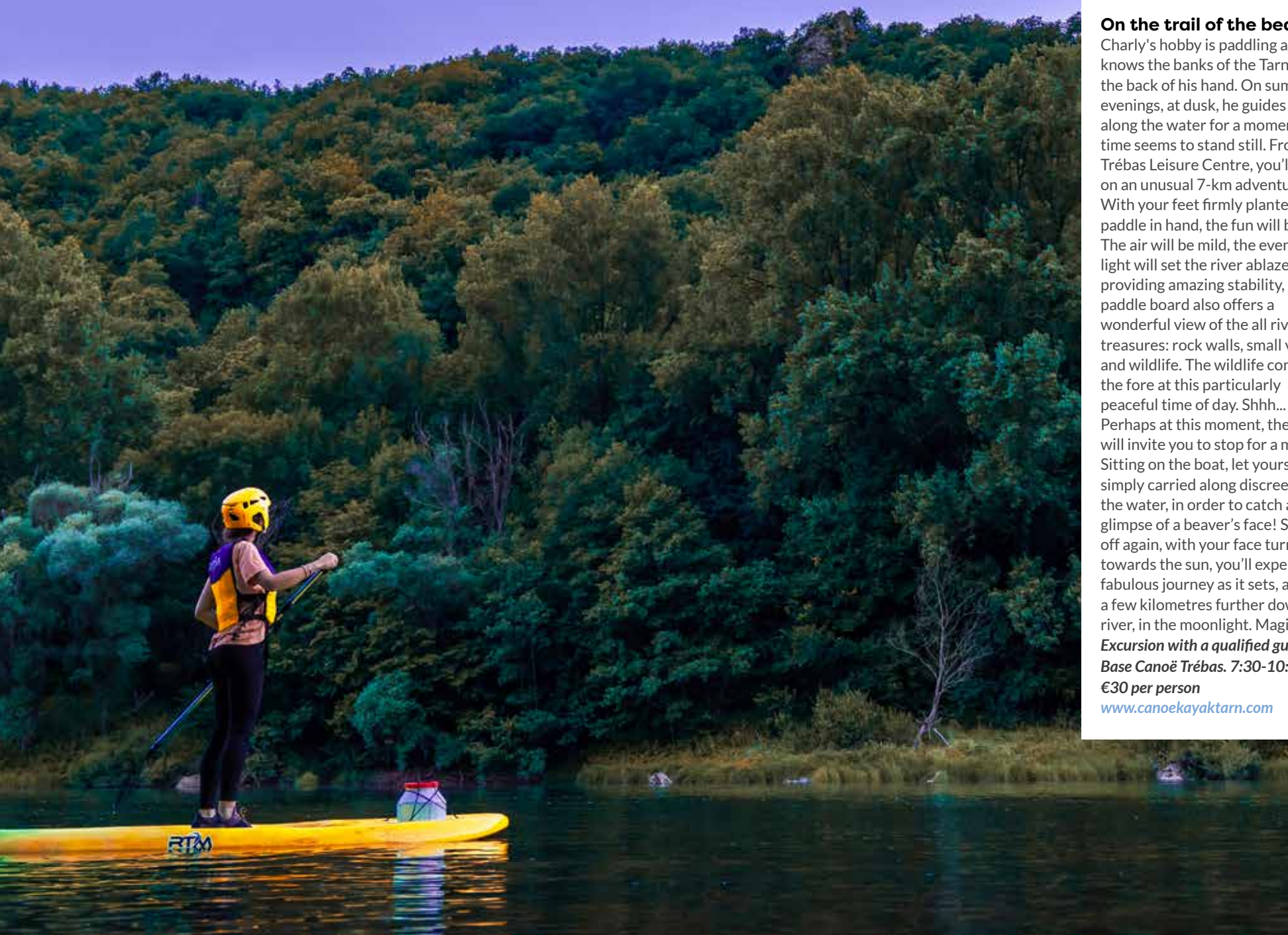
Trip with an ornithologist guide and tasting at a brewery farm

Binoculars and telescopes supplied. Florence gives €1 per tour to a bird protection or environmental protection charity. From June to August, Brasserie Tanis, in the Prélies locality in Garrigues, **Nature & Flavour walk**
3 hours, €24 per person
www.atiredaile81.fr

The roar of the rutting stags in the forest of Gré-signe

It is one of the most extraordinary experiences in nature: every year, from mid-September to mid-October is the deer rutting season. These "Princes of the Forest" provide a memorable display. The mating season for stags and does is made official by the stags' bellowing. At the entrance of the 3,600-hectare Grésigne forest, you'll hear the echoes of the powerful cries of the bucks resounding.

www.tourisme-vignoble-bastides.com/a-lecouste-du-brame-du-cerf





The Montagne Noire

From Albine, you'll arrive at what seems to be the end of the world: the Peyremaux rock. This rock offers a fabulous 360° viewpoint and a connection with unspoilt nature.



REJUVENATION

Hot springs

Breathe, immerse yourself in the heart of the forest of Lacaune, following the rhythm and colours of the seasons. A moment of pure relaxation combined with naturally hot springs. An outdoor space to commune with nature and the seasons.

Spring pass €18 for 2 hours, excluding treatments.

www.espacedessourceschaudes-lacaune.com

Aquamont private spa

A completely private space, unique in the region, 30 mins from Albi and Castres, in the heart of Sidobre. The spa can host up to six people at the same time, and can be rented like a tennis court.

€42 per hour for private access for up to 6 people.

www.tourisme-tarn.com/equipement/espace-bien-etre-aquamonts



La Villa Pinewood: nature on your plate

Between the Causse and the Montagne Noire, in the heart of nature, this oeno-gastronomic restaurant has been awarded two Gault & Millau toques (2022 edition). The unique menu is made up of around 5 "highlights", that show off the the woodland harvest and responsible producers around the village, with an original aesthetic.

Set menu: € 89.

www.villapinewood.com



Paddling in the majestic Aveyron gorges by canoe

The otter will tell you, as will the peregrine falcon: the Aveyron gorges are in the Tarn!

Sidobre Granite massif and Monts de Lacaune

Between the granite rocks of Sidobre and the magnificent panoramas of the Monts de Lacaune, you'll enter the wildest part of the Tarn. In the heart of the Haut-Languedoc Regional Nature Park, this land of rocks, water and history will delight you with its legends and wide open spaces. This is the land of authentic emotions.



MINDFULNESS

Le Clos des Lucioles is located in the Haut-Languedoc Regional Nature Park. Its mission is to welcome people who wish to let their inner light shine, to reveal themselves. A former farm with a 430 m² surface area, previously inhabited by farmers and a baker-grocer, now has a room for yoga workshops, massages, tai chi, qi gong, personal development, living foods, herbal medicine, ayurveda, fasting, etc.

€65-90 per night.

www.leclosdeslucioles.com



La Grange aux Anes: At the end of a little hamlet, in the heart of Sidobre, the eco-friendly venue Joanima and its gites lie at 600m altitude and are surrounded by forests. An authentic place for relaxation, it is ideal for connecting with nature. Massages, yoga, pottery, and mindful walks are also on offer.

From €46 per night.

www.joanima.fr

The 2 cabins: chambres d'hôtes, private spas and organic bakery. Unique in France: an arched opening on one half of the cabin for a perfect connection with nature. Breakfast comes from the organic bakery, which is in a renovated sheep barn. The cabins are designed in an environmentally-friendly way, with a private hot tub outside.

€300 / night for 2 people

www.les2cabanes.com

UNSPOILT COUNTRYSIDE



A GREEN GETAWAY ON THE PASSA PAÏS

Cycling in close proximity to nature is a pleasure in itself. Riding with electric assistance in complete peace and quiet on the Passa Païs, a former railway line that has become a greenway, is the ultimate nature experience! Not a car in sight, ride at the foot of the mountains in the Haut-Languedoc Regional Natural Park. A string of varied landscapes unfolds over 75 km, with forests, fields and pretty villages. The greenway starts a few hundred metres after leaving Mazamet station and goes to Labastide-Rouairoux. Bridges and tunnels punctuate this gentle route. Depending on what you fancy, you can take a break to stock up on good local produce, have a picnic in the shade or sit down in a small restaurant. The Passa Païs can also be experienced on foot or on horseback! Bicycles for hire at the Esprit Moto shop at the end of the Arn bridge.

www.espritmoto81.com

4 greenways for eco-friendly travel. In addition to the Passa Païs, two other greenways have been built on former railway lines: the Chemin des Droits de l'Homme, a route dating back to 1869, links Albi to Castres over 42 km; the Petit Train Gijaunet-Lacaune greenway extends over 10 km. You can also take the Chemin des Mineurs, 10 km, between Carmaux and Albi, passing through Cap'Découverte.



5,600 km
of hiking trails

9 NATURAL SITES with Natura 2000 status



5 remarkable gardens



16 rivers
14 lakes



180,000 ha
of woods and forests



IN THE FOOTSTEPS OF THE WILD CHILD

In the woods of La Bassine (6 km from Lacaune, in the direction of Castres), a fun trail (3.5 km) reveals the history and way of life of the Wild Child, discovered on this site by hunters in 1798. The children can reconnect with the natural world and visit the huts on a fun trail. A real adventure in the forest exploring sensations, playing and learning, in a world of mysteries and memories.

tourisme-montsetlacsenhautlanguedoc.com

FISHING TRIP: IMMERSION IN NATURE

On the Agout, the Tarn, the Cérou, the Sor, the Thoré, in Saint-Peyres lake... You can fish for trout, catfish, pike, zander at night, via no kill, pro or family access. 'Fish in Tarn' fishing festival, 12 June 2022. Aquaval lake, Lautrec.

www.pechetarn.fr

THE TOP 5 HIKES IN NATURE

The Sentier du Patrimoine at Puycelsi

12 km - 4 hours

First you'll discover the treasures of the fortified village of Puycelsi, then the path winds its way through the grounds of the Verger Conservatoire Régional (Regional Conservatory Orchard), which is home to the most hardy species of fruit and vines.

Sentier de Découverte des Cascades at Arifat

2.4 km - 1 hour 15

A unique site with 80-metre high waterfalls in an unspoilt green setting. 1 hour 30 to awaken the adventurer in you at a site classified as a sensitive natural area: the ruins of a 13th century castle, waterfalls (a fall of more than 80 metres in three stages), suspended footbridge and monkey bridge.

The Capelette de Saint-Ferréol

11 km - 4 hours.

A fantastic excursion over the Montagne Noire terrain with a unique view over the Tarn. On the heights of Dourgne, contemplate the panorama over the Abbey of En Calcat where you can also go on retreat for a few days.

www.encalcat.com

The Rocs de Crémaussel

8.5 km - 2 hours 50

An immersion in the legends of the Sidobre region, ideal for stimulating your imagination. The natural granite sculptures take on strange shapes, animal silhouettes. The most famous legend here is that of the Goose Rock (Rocher d'Oie).

The Maison de Payrac + ENS* Trail at Nages

2.5 km

This walk is located in a unique place, ideal for exploring different landscapes and features: the Maison de Payrac, a restored old farm in the Monts de Lacaune. After just a few steps along the path you'll find yourself in a marshy meadow with unusual scents, then a dry heath, and a beech forest. You'll also see a broom-roofed sheep barn. It's a real haven of peace!

*Sensitive natural area



Hiking app to download

NATURE MAP

A thematic map of the most beautiful natural spots: walks in forests, along the water's edge, in sensitive natural areas, with viewpoints, as well as family-friendly and adventure sport locations. Nature map with hiking trails, outdoor activities, landscapes and natural spaces to explore.

www.tourisme-tarn.com/informations-pratiques/nos-brochures/



SLEEP AS CLOSE AS POSSIBLE TO NATURE

Absolut Oiseaux: a night as free as a bird in Parisot, an LPO (League for the Protection of Birds) refuge.

from €130 for 2 people / 2 nights

www.absolutoiseaux.fr



Roulotte "La hulotte": spend an eco-friendly night in the "Tawny Owl" caravan to listen more closely to nature at Mazamet.

from €98 per night for 2 people

www.chambre-roulotte-tarn.fr



Le Dôme de Marie: admire the starry sky from your bed in the geodesic dome in Cambounès with its little trailer bathroom.

from €100 per night for 2 people

www.le-dome-a-marie.business.site

Les Tipis du Petit Buisson: Live a childhood dream and spend a night (almost) under the stars, above the Lac de la Bancalié in two teepees hanging in a corner of a garden, in the shade of the tall trees.

from €140 per night, teepee for 4 people

www.location-tipi-tarn.fr

BE ESPANTÉ! IN THE SKY AND UNDER

2022 EVENT

Creation of a dizzying via ferrata just below the footbridge, accessible in spring/summer 2022.



1

Reach the heights of the Pic de Montalet

Welcome to the third highest summit in the Tarn (1,259m) from which you can see the Monts de Lacauene, the Monts d'Aubrac, the whole southern part of the Massif Central and as far as the Pyrénées.



3

Climb to La Capelette in Dourgne

And after crossing the wilderness, you'll find the chapel of La Capelette! Enjoy the view of the two abbeys of Sainte-Scolastique and En Calcat after crossing the windswept plateau.



2

Defy the void on the footbridge from Mazamet to Hautpoul

Unique to Occitania, the Mazamet footbridge is a 140-metre long aerial walkway that crosses the Gorges de l'Arnette at 70m high.



4

Admire the view over the meandering Tarn

From the priory perched above the valley, you can see the Tarn, which makes an almost complete loop to create the Ambialet peninsula.



5

Treat yourself to a 360° view on the Pic de Nore

Known as "Petit Ventoux", this is the highest point of the Montagne Noire. At 1,211 m high, it offers a stunning panorama. On the way up, you'll enjoy the landscape, especially from the refuge at the Roc de Peyremaux.



6

Enter the Vauban arch

This is where the Montagne channel, which feeds water to the Saint-Ferréol basin, flows under the 120-metre long vault designed by Vauban in 1686. This superb 3-metre high vaulted gallery remains one of the most remarkable structures on the Canal du Midi. A few steps away, in the "gallery of taps" you'll discover an amazing sound and light show.

2022 EVENT

Le Parc des Titans. A fun and educational trail to discover the giant machines that were used to mine La Découverte.
www.capdecouverte.com



9

Go down into the crater by chairlift at Cap'découverte

The Cratère de la Découverte, the former open-cast coal mine near Carmaux, forms an amphitheatre that is 1,300 metres in diameter and 230 metres deep. You can descend via chairlift and enjoy summer sledging, water skiing, mountain biking or tubing.



7

Plunge into the underground world at Castela

This mysterious site is one of the most beautiful built and preserved structures of the medieval period. Made up of a series of galleries and rooms 142 m long, which were dug with a pick axe, including living areas, grain silos, water points, recesses for lamps, etc., it is perfectly preserved to this day.

8

Take the tunnel road

Take the tunnel road between Villefranche-d'Albigeois and Ambialet. Initially designed to accommodate a railway line, these tunnels are used by cars and bicycles. Dark and very narrow, it feels like you are entering a different world. The largest, Puech-Mergou, extends for more than a kilometre.

2022 EVENT

The reopening of the Musée-Mine Départemental

The last on-site evidence of coal mining in the Tarn, the Musée-Mine Départemental (Departmental Mine Museum), built on a former mine floor, provides insight into both the technical and social aspects of seven centuries of coal mining history. Wearing a helmet, after descending in a cage to reach the underground mine galleries, you will be captivated by the atmosphere! The visit will help you understand the working conditions underground and how this fossil fuel was mined. Thanks to primary sources, including discoveries, technical progress, and social struggles in which Jean Jaurès occupied a central place, the museum provides snapshots of lives and stories about this rich industrial past. After a period of work, the museum is due to reopen in late 2022 with new visitor journeys and a strong link with the surrounding former mining villages to better convey the daily life of the miners.
www.musees.tarn.fr

5 UNESCO WONDERS



ALBI, THE EPISCOPAL CITY

The omnipresent red brick of Albi sets the tone. Delicate pink in the morning, strong orange in the hot summer sun or crimson red in the evening. Bricks offer a palette as lively as the city's history.

THE NOTRE-DAME-DU-BOURG CHURCH IN RABASTENS

A jewel of the southern Gothic style, the church of Notre-Dame-du-Bourg is impressive with its colourful choir and its wall paintings, rediscovered in the 19th century.

THE RIGOLE DE LA MONTAGNE NOIRE AND THE VAUBAN VAULT

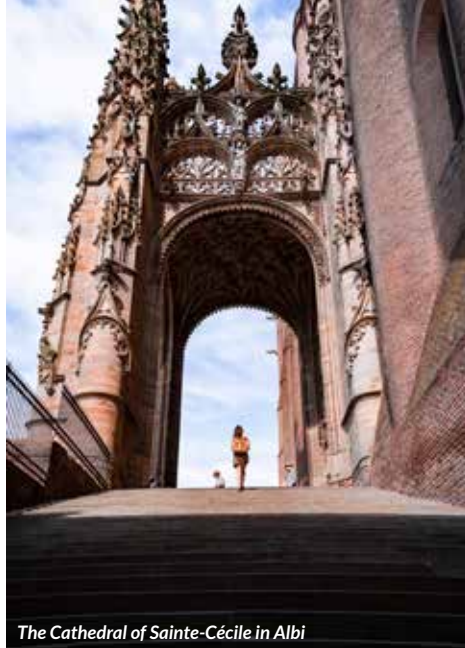
This is where the channel, which feeds water to the Saint-Ferréol basin, flows under the 120-metre long vault designed by Vauban in 1686. This superb 3-metre high vaulted gallery remains one of the most remarkable structures on the Canal du Midi.

AUBUSSON SKILLS AND EXPERTISE

Relaunching production in the Aubusson workshops, Jean Lurçat brought with him Dom Robert, an unusual artist-monk deeply inspired by contemplating nature, whose work is exhibited in the heart of the Sorèze abbey-school.

MAPPA MUNDI ALBI

This is one of the oldest known representations of the world as it was perceived in the 8th century. The Vatican also has a map from the same period. This medieval map is of international interest and is of outstanding universal value.



The Cathedral of Sainte-Cécile in Albi



The Notre-Dame-du-Bourg Church in Rabastens



Toulouse-Lautrec Museum in Albi

Previously unseen works by Goya for the museum's reopening

After two years of work, the Musée Goya will reopen its doors with a new layout and the unveiling of works previously kept in the archives. The Palais Episcopal, whose plans were designed by Jules Hardouin-Mansart, the architect of Versailles, has also undergone major work to reveal this architectural gem in the heart of Castres.

www.ville-castres.fr

800 YEARS OF CORDES SUR CIEL

Since it originated 1222, the usually merciless centuries have spared the stones of the old town clinging to its rocky outcrop. Eight hundred years above the heavens for this medieval town, France's favourite village.

2022 will be the year of Cordes sur Ciel, with events planned from May to November, including: the launch of a medieval restoration project at the Porte des Ormeaux, planned over a period of ten years, and the creation of a training centre for apprentices; the Grand Fauconnier celebrations in July, and the grand final banquet of the 800th anniversary.

Cordes sur Ciel, a Great Occitania site
www.cordessurciel.fr

4th November 1222,

the young Count of Toulouse Raymond VII made official the foundation of the town, considered to be one of the first bastides in the region.

In 2014, awarded

France's favourite village, the town welcomes almost 1 million visitors per year.

113.47 m

is the depth of the well under the city hall.

2022 EVENT

Albi: Degas-Lautrec for the centenary of the Toulouse-Lautrec donation, the largest in the world.

In 1922, the mother's artist, Adèle, chose to bequeath the huge collection of her son's work, who was born in the city, to the museum that was in the Palais de la Berbie at that time. This donation comprised 227 items and has expanded since to become the largest Henri de Toulouse-Lautrec collection in the world. The city of Albi will celebrate its painter, a major 19th century artist, throughout the year. The Musée Toulouse-Lautrec has decided to present an original, ambitious exhibition: "Quand Toulouse-Lautrec regarde Degas" (When Toulouse-Lautrec saw Degas) from 17th May to 4th September, which highlights the way in which the young Henri de Toulouse-Lautrec looked at the works of Edgar Degas.

www.musee-toulouse-lautrec.com

MEDIEVAL BASTIDES
AND HILLTOP VILLAGES

PLAYING IN THE FORTERESSE DE PENNE,
CARVED IN STONE

Penne has its origins in the time of the knights and lords of the Middle Ages. A site unique in Occitania, unspoilt and fascinating, whose restoration is ongoing, by means of a medieval building site, with period machinery and workers in costumes, in July and August.
www.chateau-penne.com

CASTELROC REBORN

Established in the Carolingian era, Castelroc is an open-air renovation site that allows visitors to experience a moment outside of time. From April to October, “castle addicts” share their skills (masonry, forge, stone cutting, carpentry, etc.).
www.castelroc.net

CASTELNAU-DE-MONTMIRAIL: TRAVEL BACK IN TIME

One of “France’s most beautiful villages”, the town is an imposing fortress where the typical charm of the façades, and the square with its arcades and pillory take us back in time. Founded by the Count of Toulouse, Raymond VII, its church houses the reliquary cross of the Counts of Armagnac, decorated with 310 precious stones...
www.tourisme-vignoble-bastides.com/place-castelnaud-de-montmiral

LE CHÂTEAU DE MAYRAGUES: MEDIEVAL CHAMBRES
D’HÔTES AND BIODYNAMIC VINEYARD

Near Cordes sur Ciel, Gaillac and Albi, the 12th century fortified château, with a covered walkway and a beautiful dovecote with columns, is a listed historical building. The Geddes family offer tastings of their biodynamic wines, cultivated over 13 ha of vines. The summer baroque music festival in the courtyard is very popular.
www.chateau-de-mayragues.com



Castelnau-de-Montmirail

HIKE THE CIRCUIT
DES BASTIDES

A JOURNEY THROUGH
TIME ON THE GR 46

This several day circuit (80 km) passes through fortified medieval towns in north-west Tarn. From one bastide to another, from a village to a viewpoint, you’ll cross this exceptional historical heritage, like a journey through time. On your own or as part of a tour:
www.tourisme-tarn.com/sejours-packages/ randonnee-des-bastides-albigeoises

Puycelsi



5 IDEAS TO FOUSIQUER*



1
LISTEN TO THE LEGENDS
OF SIDOBRE BY
MOONLIGHT

The Bérangère family have lived in Lacrouzette, in the Sidobre, since 1533. They know all the secrets of the forests and the huge granite blocks. At nightfall, they take visitors on mysterious pathways, keeping them away from sorcery! 2-hour night-time walk with stories to discover the geological history of Sidobre.



2
PLAY WITH THE FORGOTTEN
MYTHS OF THE TARN

The free app: “Les Légendes du Tarn” (Legends of the Tarn) is a combination of digital treasure hunt and scripted game, bringing to life family visits to the heritage sites and helping children discover 35 points of interest in the region. The Drac (a fantastical Occitan creature), the fairy-mermaid or the Tartarus take children to the heart of the legends of the Tarn, in search of riddles and mini-games.



3
FOLLOW IN THE FOOTSTEPS
OF DOM ROBERT

Ludivine takes her visitors “in the footsteps of Dom Robert”, on a 12-km hiking trail that brings to life the monk’s inspiration and reveals the biodiversity of the Montagne Noire. Among the wild grasses, poppies, broom, and daffodils, you’ll find roosters, sheep, goats and other animals represented in the works of the monk upholsterer, exhibited in Sorèze.



4
CLIMBING HAUTPOUL
BY TORCHLIGHT

A nightfall, Aymeric de Miraval leads visitors through the steep streets of the medieval village of Hautpoul, by the light of flaming torches. In this timeless, light-filled world, he will bring to life all the town’s legends and great historical events: fascinating!



5
MEET THE SILENT GODDESSES

Menhir statues, silent goddesses, line the Monts de Lacauene over a distance of around 60 kilometres. Some are remarkable for their size (the “Peyro-Lebado” Planted Stone of Lacauene, listed as an historical monument at 4.50 metres high), others for the unexpected preservation of their sculpture (Statues-Menhirs de Paillemalbiau or the Moulin de Louat). Are these representations of divinities or clan chiefs? Are they geographical markers? The mystery remains after almost 5,000 years! To discover their secrets, stop at the Centre d’Interprétation des Mégalithes at Murat-sur-Vèbre.
<https://www.tourisme-montsetlacsenhautlanguedoc.com/>

* explore

HERE AND NOWHERE ELSE

2022 EVENT



THE PAYS DE COCAGNE

WOAD IS PART OF FRANCE'S INTANGIBLE CULTURAL HERITAGE.

Cocagne is the land of blue woad. From the yellow fields to the blue pigment, its cultivation is a real art form, inherited from the master dyers. The crushed and dried leaves are formed into balls: these are the famous "cocagnes". Woad, which made the fortune of the Pays de Cocagne until the 18th century, has just been recognised again: in 2021, the Ministry of Culture registered the skills linked to woad dyeing as part of France's Intangible Cultural Heritage. Woad will be celebrated with events throughout 2022.

www.lepaysdecocagne.fr

DISCOVER THE HISTORY OF WOAD AND DYE A SCARF.

Workshops (1 hour 30 mins) from €30 per person

www.lafermeauvillage.fr

THE OCCITAN TUSCANY

From Albi, the red city, to the vineyards of Gaillac, via the hilltop bastide town of Cordes sur Ciel with its imaginative name, this land of vineyards and bastides is an invitation to tranquillity and shared experiences. Hillsides, cypresses, umbrella pines, ochre earth and village squares: the characteristics of this "golden triangle" evoke the gentle way of life and the most beautiful landscapes of Italy.



THE ROUTE DES PIGEONNIERS

More than 1,700 dovecotes are scattered over the Tarn, giving the landscapes a rural charm. They are very diverse and unique: with columns, with staggered roofs, cylindrical or with double arches; as at the Lastours estate with its 600 dovecotes, renovated thanks to the winegrowers of the Z'Elles Gaillacoises. The Route des Pigeonniers (dovecote tourist route) can be enjoyed by car, motorcycle, motor home or by bike.

SIDOBRE

A GEOLOGICAL RARITY

UNIQUE IN FRANCE

Sidobre is an island of granite, around 100km² that offers an incredible landscape: giant stone boulders and other rocks that seem to have been shaped by the hand of a giant! According to legend, the gods threw the stones in a fit of rage...

MORE THAN 60 SIGNPOSTED TRAILS FOR 1- TO 7-DAY HIKES

Among the curiosities: Peyro Clabado, which weighs more than 800 tonnes, miraculously balances on a smaller rock with a surface area of 1m²; the Rochers Tremblants (Trembling Rocks), the Roc de l'Oie (Goose Rock), the Trois Fromages (Three Cheeses) and the Chapeau de Napoléon (Napoleon's Hat); or else the Chaos de la Balme, a veritable river of rocks



THE VIADUC DU VIAUR

120 YEARS, UNESCO CANDIDATE

Since Gustave Eiffel failed the competition, it was Paul Bodin who, in 1895, built the viaduct that spans the Vaur Valley. This aerial lacework structure, with a single span, is one of the three most important metallic structures of the 19th century, along with the Viaduc de Garabit and the Eiffel Tower! The viaduct is a candidate for UNESCO heritage status, along with 5 other single span metallic bridges (the Viaducts of Mungten, Germany / Vaur and Garabit, France / Maria Pia and Dom Luis, Portugal / San Michele, Italy).

TARN GOLD



BLACK GOLD: OCCITAN TRUFFLE

All winter in Albi's covered market, there is a truffle market in December

www.marchecouvert-albi.com



PINK GOLD: GARLIC

Call in at the producer in Lautrec!

www.aillrosedelautrec.com

To see: the Sentier de l'Ail path

Departure point: Lautrec -

Duration: 2 hours.



RED GOLD: SAFFRON

It is in October that the *Crocus sativus* unfolds its purple dress and its precious, fragrant red pistils.

www.safranderroirtarnais.fr



BLUE GOLD: WOAD

Workshops, demonstrations, courses, shops and events are a good way of learning about the history and processes connected to woad in the Tarn.

www.lepaysdecocagne.fr

8 (ALTERNATIVE) WAYS TO MOVE AROUND IN THE TARN



ON HORSEBACK

A TOUR OF THE TARN BY HORSE: a circuit of more than 500 km from the Montagne Noire to the Pays des Bastides, passing through the Gaillac vineyards, the Vallée du Tarn, Sidobre and the Monts de Lacaune for a series of diverse landscapes. A route that is largely based on the GR network.



BY SOLEX BIKE, BY 2CV

With the roof off, the air that rushes in gives a false impression of speed because the 2CV has remained a phlegmatic car, ideal for discovering the marvellous Gaillac countryside: here a perched village, there a gently sloping vineyard, elsewhere a colourful market! We also love vintage tours on Solex bikes.

<https://solexbalades.com>

BY MOUNTAIN BIKE

L'ENFER DU VIAUR

36 kilometres of tight bends in the Ségala, ford crossings, bumps and speedy descents. Tight bends, root rides, technical descents, footbridges... Not to mention the adrenalin and thrills. After 20 km, the first viewpoint will bring you some comfort. From the highest point of the route, you'll see the whole plain surrounding the village of Ségur.

Further on, it's the Vallée du Candour that will spread out in front of you, right up to the hamlet of Narthoux (which means "high" in Occitan). Finally, a last ascent will take you back to the departure point in Saint-Christophe with its church.

www.tourisme-tarn-carmaux.fr

ON THE GO

STEEP TRAILS!

- **Running circuit** at Mazamet aerial footbridge, the thrill of running at 70 metres off the ground!

<https://fr.runnincity.world>

- **The Trail d'Alban**, 8 to 14 km and as much garbure (stew) as you can eat.

<https://albatrail.wixsite.com/alba-trail>

- **The Black mountain trail**, on mountain tracks.

<https://www.blackmountaintrail.fr/edition-2022>

- **The Ekiden d'Albi**, 500 teams for a relay marathon.

www.ekidendalbi.fr



IN A BALLOON

A FLIGHT WITH A VIEW

A 3-hour adventure, including 1 hour in a hot air balloon, with a 360° panorama, to see the riches of Occitan heritage from the sky.

<https://www.atmosphair-montgolfieres.fr/>



ON THE WATER

SAIL ON THE "COCHE D'EAU"

Le Miredames is a wooden boat built in 1990 in the style of the old river ferries which travelled the rivers and canals until the end of the 19th century. The mini-cruise on board the "coche d'eau" provides a view of Castres along the Agout river.

www.tourisme-castresmazamet.com/fr/decouvrir/nos-incontournables/le-coche-deau-le-miredames



IN A CANOE

TAKE IT EASY IN AMBIALET

Float down the river Tarn in a canoe, paddling at the pace of the calm, unspoilt nature.

VINEYARDS AND FLAVOURS



FESTEJAR WITH THE WINEGROWERS. AT THE END OF THE HARVEST, ENJOY "CHAI MON VIGNERON" OR THE SUMMER APERITIF-CONCERT ON THE WINE ESTATES, GAILLAC WINE IS FOR SHARING.*

VINEYARDS

GAILLAC: ONE OF THE OLDEST VINES IN FRANCE

There's an obvious explanation why the Gaillac vineyards are so old: because the region is so conducive to growing vines! The undeniable proof of this is the presence in the Forest of Grésigne of *Vitis Vinifera*, the Latin name for a wild vine, a plant that existed even before humans. Gaillac wines would develop from Antiquity and would prosper during the Middle Ages, especially thanks to the work of Benedictine monks at the Abbaye Saint-Michel in Gaillac. Today, young, passionate winemakers have taken over and are breathing new life into the vineyards that benefit from age-old bounty. In Gaillac, stop at the Maison des Vins with its tasting cellar, with around 100 wines in the heart of the abbey town.

www.vins-gaillac.com



LOCAL GRAPE VARIETIES: GAILLIAC

Although you'll find sauvignon, syrah and gamay in the vineyards, for more than 10 years, Gaillac has been emphasising local grape varieties: loin de l'œil, mauzac, ondenc, braucole, duras, prunelart, to name a few. These are purely south-west French grape varieties, which have an increasing place in the appellation.

APERITIF ON A BARGE ON THE TARN

Around the latest vintages of a Gaillac winemaker, we climb aboard captain Arthur's barge, for a gourmet trip along the river. You can savour the Tarn both with its golden sunset and with Gaillac wine, enjoying the conviviality of the moment!

www.gaillacvisit.fr

A JOURNEY OF LEGENDS AT LABASTIDE HOUSE

The winery offers a legendary, immersive and innovative tour that plunges visitors into the world of vines

and wine. Giant screens, sound and light... The tour combines dreams, emotions and lessons to give you a unique experience.

www.cave-labastide.com

AMPHORAE AT DOMAINE SARRABELLE

Laurent and Fabien are the 8th generation of winemakers on the family estate. They use amphorae, not as a transport container, but to mature the wine, thanks to the natural permeability of the clay. Neutral in taste, the amphora contributes to the powerful expression of the subtle aromas of the Sarrabelle wine, sarro-bello, which can be translated as: to hug one's love.

www.sarrabelle.com



*feast



2022 EVENT

LAUNCH OF CENORANDO (WINE-HIKES)
Fousiquer* the thousand-year-old vineyards of the Gaillac region with the new CEnorando®: hiking routes in the thousand-year-old Gaillac vineyards, which have FFRandonnée® certification, complement the wine-growers' events (Chai mon vigneron, apéritif-concerts) during summer 2022. With the aim of promoting the vineyard, highlighting the wine-growing area and the appellation, the CEnorando is for families. The first route goes around the Domaine d'Escausse in Sainte-Croix, a family estate located halfway between the Episcopal city of Albi and the medieval village of Cordes sur Ciel.

*explore



SLEEP ON A WINE ESTATE

• Château de Tauziès, the original relay****

Alone on its hillsides surrounded by vineyards, the château offers you a calm atmosphere in one of its 15 spacious and comfortable suites, each with a kitchenette. The décor enhances the feeling of peace, with the added bonus of being able to explore the vineyards by electric bicycle. **From €99 per night.**
www.chateaudetauzies.com

• Château de Salette, Authenticity in the heart of the vines****

A characterful charming building, daring from the 13th and 15th centuries, the Château de Salettes was the home of the younger branch of the Toulouse-Lautrecs and later of the Hautpoul family. 1 bedroom and 3 suites **From €140 per night**
www.chateaudesalettes.com/fr

FLAVOURS

WORKSHOP: TOUPINER* IN GOOD SPIRITS

Cutting, weighing, mixing the right ingredients, before tasting them: an experience offered by the Atelier du Moulin on the Rigaud estate, against a backdrop of olive trees, fields and vines. Jean-Luc Denonain, the chef, likes to share his expertise and knows everything about Tarn gastronomy. "Cooking is all about taste! But it is also in the gestures!" says this food lover, who has been working in the kitchen for 35 years.

Delicious smells will tickle your nostrils, and the dish will be ready. Time to go to the table to taste the fruit of this shared workshop.

Cooking lessons: all year round, reservations required.
Duration: 3 hours.

Domaine Rigaud: Livers-Cazelles,
www.domaine-rigaud.fr

*Taste



SHORT SUPPLY CHAINS: THE TOP 6 TARN FLAVOURS

• **Cured meats and delicatessen products made from the Montagne Noire to Ségala**, with the Monts de Lacagne as their capital. Guided tour of Millas artisan charcuterie (www.charcuterie-millas.fr) or Salaisons Oberti (www.oberti.fr).

• **Ségala and Aveyron veal**, red label PGI and Tarn lamb.

• **Tarn foie gras**: we defend our local traditions.

• **Pink garlic AOC from Lautrec and the Lescure onion**

• **Pumpkin and squash**, lightly caramelised to cook the local speciality "mesturet".

• **Tarn biscuits**: croquants, jeanots, navettes, gimblettes, pumpets, casse-museaux, curbelets, croustades Al Cabessal, fouaces, mesturets and more!



2022 EVENTS

CALLING ALL TARNIVORES!

Being a Tarnivore is about tasting and appreciating all the great products that are made in the Tarn. Saveurs du Tarn is the label for these products whose producers are keen to offer the best local quality. In June, Albi's square, Place du Vigan, becomes *the place to be* to meet local producers and artisans who are there promoting their produce and offering tastings.

www.saveursdutarn.fr

#tarnivores

www.saveursdutarn.fr/devenir-tarnivore



CHEFS

• Yannick Delpech's secret table d'hôtes

The concept of "cuisine sans dépendance" (open-plan cooking) in Gaillac is part of the personal and intimate approach of this Michelin-starred chef. 12 guests sit down at his table, in a 19th century building with bourgeois architecture that has been brought up-to-date, where rough and high-quality materials are mixed, with works of art on the walls... a real discovery.

www.cuisinesansdependance.fr

• **Bistrot saveurs**: a Michelin "bib gourmand" for Simon Scott. A return to the 2021 edition of the Michelin guide (after a star in 2009) for this chef, who invites his guests to his panoramic kitchen in Castres. He also shares his passion for the culinary arts through workshops.

<http://bistrot-saveurs-81.fr>

MADE IN TARN

CERAMICS

Ceramists and master potters were already working in Giroussens in the 17th century. Today, the Centre Céramique Contemporaine (Contemporary Ceramic Centre) in Giroussens highlights the work of local and international ceramic artists. A great place to discover unique works and many different skills.
www.centre-ceramique-giroussens.com

TEXTILES

Labastide-Rouairoux has been known for its woollen cloth weaving since the 16th century. In this former 19th century factory, renovated to create a textile museum, you can learn about the techniques involved in carding wool, from the processing of the raw material to the finished product.
musees-departementaux.tarn.fr



BANDIT MANCHOT: QUALITY LEATHER UPCYCLED

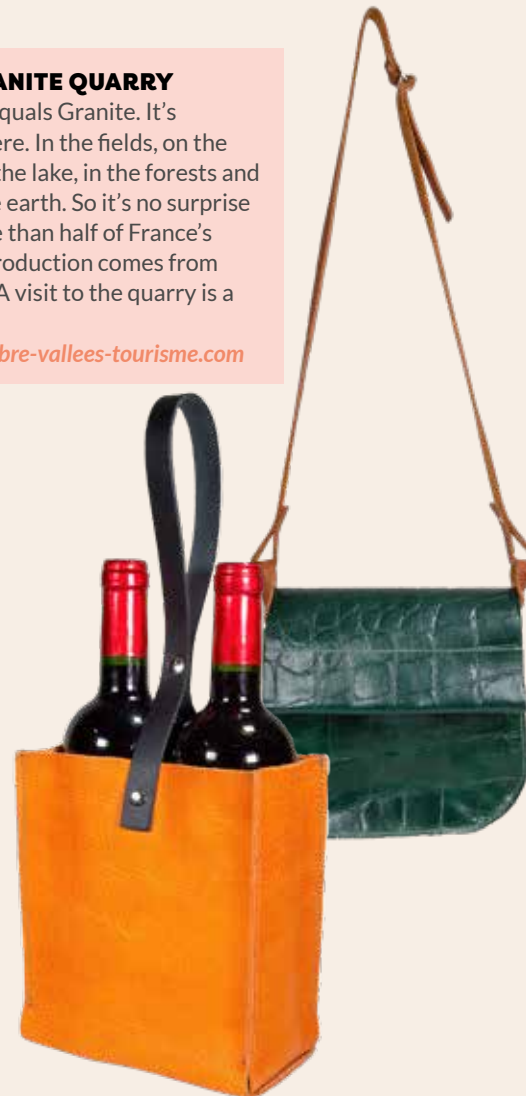
Anne, Marie-Christine and Marie-Laure. Three women, three destinies, a shared determination: the desire to create and produce fashion differently, in an alternative way. These enthusiasts of both fashion and leather recycle high-quality leather used by big companies to design prototypes and pre-collection pieces that are then not chosen for production. Therefore they're wasted. Their intuition soon proved them

right; they acquired this leather and began to design collections of accessories for both women and men... But there was no question of sacrificing the ethics they had naturally chosen when creating their brand. All the production is made using a short supply chain in France. This is engaged, positive fashion that puts soul into the act of buying.
www.banditmanchot.net



THE GRANITE QUARRY

Sidobre equals Granite. It's everywhere. In the fields, on the banks of the lake, in the forests and under the earth. So it's no surprise that more than half of France's granite production comes from Sidobre! A visit to the quarry is a must.
www.sidobre-vallees-tourisme.com



UNDER THE SKIN

Graulhet has leather under its skin! Its tradition dates back to the Middle Ages and the cord has not been cut since. Leather work activities to create leather goods have been revived. Visit the former factory and leather-working workshops.
www.tourisme-vignoble-bastides.com/graulhet-industrie-cuir



ALBI POTTERIES: HANDMADE IN FRANCE

The last French manufacturer of hand-turned and glazed pottery for the home and garden since 1891, in Albi. Certified as a living heritage company, Métier d'Art. Factory prices. Group tours and workshops for children.
www.lespoteriesdalbi.fr



LES TOILES DE LA MONTAGNE NOIRE (TEXTILES)

Since 2009, Les Toiles de la Montagne Noire has been demonstrating that, in terms of quality, French fabric can stand up to Asian products with no problem. For several generations, this family business has specialised in the sale of fabrics and ready-made products: table linen, kitchen linen, bathroom linen, plaids and many other products made entirely in the Tarn. Natural fibres, with no chemical treatment, from a factory with "Ecolife Yarns" certification.
www.lestoilesdelamontagne noire.com

MISSÈGLE: NATURAL FIBRE WORKSHOP

Missègle is a knitting workshop that uses natural fibres. It is one of the last three French workshops with expertise in hand stitching. This exceptional technique consists of finishing the toes of socks or attaching the collars of jumpers without any seams, for incredible comfort! In Burlats, in the heart of Sidobre, Missègle is committed to the environment through all its actions, with its own energy production, material recycling and zero plastic policy. The workshops in the brand new wooden building can be visited. New for 2022: a collection inspired by the floral motifs of Dom Robert's tapestries.
www.missegle.com



THE TARN HAS ITS OWN SCENT

The air of the Tarn has a unique smell, of dry wood and cut grass! A scent for your home created by the Tarn-based company Phode, which smells of holidays, naps under the trees and the song of crickets... the signature scent of the Tarn!
www.tourisme-tarn.com



UBAC: SHOES MADE OF RECYCLED WOOL

"We believe that the best trainers are designed taking inspiration from nature. This is why we manufacture our trainers locally using natural recycled materials. Because it is important to urgently act to protect the environment, we donate a percentage of our revenue to Reforest'Action or the LPO (League for the Protection of Birds). " That says it all!
<https://ubac-store.com>



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