

LE PETIT
ESPANTÉ

PRESS PACK
2025

The Tarn in Emotion

FEELING THE BEATING HEART OF THE UNEXPECTED TARN



TOURISME-TARN.COM

TARN
OCCITANIE

TARN OCCITANIE

OCCITANIE

TARN-ET-
GARONNE

The map shows the Garonne river flowing through the region. Three locations are marked: CAUSSADE (19 km from the river mouth), SAINT-ANTONIN-NOBLE-VAL (12 km from the river mouth), and CHATEAU de FOUGEROLLES (located on the river bank). A green arrow points from the text 'CAUSSADE 19 km' to the CAUSSADE location. Another green arrow points from the text 'SAINT-ANTONIN-NOBLE-VAL 12 km' to the SAINT-ANTONIN-NOBLE-VAL location. A third green arrow points from the text 'CAUSSADE 19 km' to the CHATEAU de FOUGEROLLES location.

A map showing the location of the Château de Montauban and the church of Notre-Dame du Bourg in Salvagnac. The Château is marked with a green arrow and labeled '19 km'. The church is shown as a building with a spire. The route is indicated by a dashed line.

A map showing the Toulouse area. The city of Toulouse is labeled with a blue arrow pointing to the left. The Garonne River is shown in blue, with several tributaries. A green arrow points to the right, labeled 'PAYS DE CAILLAC'. The text 'TOULOUSE' is written vertically along the riverbank.

Map showing the Haute-Garonne region, featuring the Garonne River and the Canal du Midi. A scale bar indicates 10 kilometers. The map is copyrighted by Com Togther.

Janvier 2024 - comtogether.fr

A map of the Aveyron river and its tributaries, showing towns like Najac, Villefranche-de-Rouergue, Laguérie, Jouqueviel, Lagarde-Viour, Saint-Martin-Laguérie, Mirandol-Bourgnouac, and Millars. The river flows from the south towards the north, with the Aveyron river itself originating in Millars and joining the Tarn at Millau. The river is marked with a blue line, and towns are marked with black dots. Distances are indicated: 34 km from Villefranche-de-Rouergue to FIGEAC, 74 km from FIGEAC to RODEZ, and 41 km from RODEZ to Millau. A red arrow points from Laguérie towards Villefranche-de-Rouergue. The Aveyron river is labeled with 'Aveyron' and 'L' Aveyron'. The Tarn river is labeled with 'Tarn' and 'L Tarn'. The logo 'IAA OCCITANIE' is in the top right corner.

A detailed map of the Carmausin-Ségala region in the Aveyron department of France. The map shows the route from Conques (Toulouse) to Brousse-le-Château, passing through several towns including Cordes-sur-Ciel, Monesties, Carmausin, Valdereis, and Brousse-le-Château. Key landmarks include the village of Cordes-sur-Ciel, the Monesties, the Carmausin, the Valdereis, and the Brousse-le-Château. The map also shows the river Tarn and the Aveyron, along with various roads and paths. The route is marked with a red line and labeled 'GR 36'. Other labels include Andillac, Cabuzac, Cagnac-les-Mines, Le Garric, and Tanus.

A detailed map of the Tarn Valley in southern France. The map shows the Tarn River flowing from Albi towards the Mediterranean. Key locations include Albi, GAILLAC, Labastide-de-Lévis, Castelnau-de-Lévis, Sainte-Juery, Les Avalas, Bellegarde-Marsal, Villefranche-d'Albigeois, and Alban. The map also highlights the Voie Verte (Le Chemin des Miniers Albi-Carmau), the Cevennes National Park, and the Parc Naturel Régional du Haut-Languedoc. Major roads like N88, D959, and D955 are marked. A legend in the bottom right corner identifies symbols for 'SAINTE-ROUGIE MILLAIS' and 'MONTAIGU'.

A detailed map of the Sidobre region in southern France. The map shows the Tarn and Agout rivers flowing through the area. Key towns marked include Lavaur, Lautrec, Roquecourbe, Castres, and Brassac-sur-Agout. The Massif du Sidobre is prominently featured in the center. The Monts de Lacaune and Monts de Montracous are also labeled. The map includes a legend for 'Le Pastel' (a blue starburst icon) and 'Le Ruisseau' (a blue line icon). A small illustration of a castle is located near Castres.

A detailed map of the Aude region in France, showing the Canal du Midi and its surroundings. Key locations include Sorèze, Durfort, Les Cammazes, Arfons, CARCASSONNE (34 km), Lastours, and the Montagne Noire. The map also shows the Lac de la Cavayère, Lac de la Collanne, Lac de la Cadière, Lac de l'Alzou, and Lac de l'Orb. The Pic de Nore (1221m) and Roc de Peyremoux (1000m) are marked in the Montagne Noire. The GR 7 and NAR 25 km trails are also indicated.

AFFRIQUE 32 km
EFTORT 48 km
U 82 km

AVEYRON

A map showing the location of Lacave-les-Bains in the Aude region of France. The town is marked with a black dot and a red diamond indicating the GR 653-Voie d'Arles route. The route is shown as a blue line winding through the landscape. Other labels on the map include 'Médiathèque de Lézignan', 'Le Poujol', 'Nages', 'Murat', 'Pic de Montsuz', and '2538m'. The map also shows the 'Le Flau' river and various roads and paths.

LÉGENDE

Voie Verte — Parc Naturel Régional

100 kilometres
Cartographie : Com Together

Cartographie : comtogether
Janvier 2024 - comtogether.fr

Appreciating the Tarn, with your eyes and your heart

A land of authenticity, rich in history and traditions, and generous with the beauty of its landscapes and biodiversity, the Tarn is a destination that stirs deep emotions.

The sensual curves of the Sidobre granite formations and the alluring undulations of the "Little Tuscany" hills set hearts racing, while the breathtaking panoramas of Cordes-sur-Ciel literally leave visitors breathless. Serenity flows from the ancient stones of the bastides, tranquillity emanates from the Gaillac vineyards, and the soothing murmur of the rivers calms the soul. Meanwhile, the warm hospitality of the people of Tarn, the vibrant buzz of their gourmet markets, the joie de vivre of their riverside cafés, and the splendour of their historic monuments awaken the senses.

The pages of this press kit are a true passport to an emotional and enriching adventure, exploring some of the treasures of this unique destination.

Take a deep breath before stepping onto the dizzying Himalayan footbridge of Mazamet. Whisper softly so as not to disturb the beavers that dwell along the banks of the Tarn. Close your eyes during a calming yoga session at the heart of the Goya Museum in Castres. Savour the tranquillity of a glass of Gaillac wine during an evening with local winemakers. Then let loose with a joyful shout as you ride the waters of the Agout, pick up speed on an electric scooter through the Monts de Lacaune, dance under the summer lanterns of a riverside guinguette, or climb with enthusiasm the red dunes of Maraval!

Whether you are seeking adrenaline or tranquillity, the Tarn knows how to awaken the senses and nourish the soul with unforgettable experiences.aval !

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TARN ATTRACTIVITÉ

Hôtel Reynès • 10, rue des grenadiers 81000 Albi • tourisme-tarn.com

The Ultimate Thrills

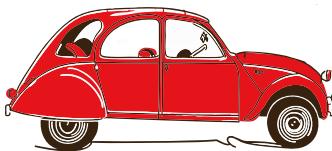
Intense vibrations across the landscapes or the tranquillity of wide-open spaces: the adventures experienced in the Tarn all share the power to make every heart beat faster.

Elevated Perspectives

HIKING TRAILS TO THE MAZAMET FOOTBRIDGE

A slender steel silhouette standing out against the greenery of the Montagne Noire, the Himalayan footbridge of Mazamet offers a unique experience in Occitanie. A suspended link between two hillsides, it hovers 70 metres above the Arnette Gorge, connecting Mazamet to the medieval village of Hautpoul via a 140-metre-long aerial pathway. Accessible via two wooded trails, the footbridge rewards hikers with breathtaking views of the valley. At nightfall, its illuminations transform it into a magical ribbon of light.

→ **From the Jamarié car park: Access via the Cormouls-Houlès Gardens: 1.5 km, approximately 30 minutes**
Access via the Jamarié Trail: 670 metres, approximately 15 minutes. Open 24/7
Footbridge illuminated nightly from dusk until 2 a.m. For more information:
⌚ tourisme-castresmazamet.com



The cherry on the Classic Car

PANORAMIC TOUR OF ALBI IN A 2CV WITH LE TACOT CATHARE

With its irresistibly charming vintage style, Griotte, the lively red-and-white 2CV, effortlessly whisks passengers into the heart of Albi's historic centre. With the top rolled back and the wind in your hair, you can admire the shades of ochre and pink of the majestic episcopal city, a UNESCO World Heritage Site. Highlights include the awe-inspiring Sainte-Cécile Cathedral and the magnificent arches of the Pont Vieux. Marc, your knowledgeable and enthusiastic driver, turns this guided tour into a joyful and fascinating panoramic excursion

→ **Duration: 1h15 - From €26.50**
More information ⌚ letacotcathare.fr



A Dash of Salt in Your Walk

SCENIC NATURE HIKE AROUND CORDES-SUR-CIEL

How can you enjoy the magic of Cordes-sur-Ciel, surrounded by nature and far from the beaten path? The "Grain de Sel" trail winds along the Cérou Valley, offering walkers stunning views of the medieval town and the highlands of Ségalas. Accompanied by skylarks, hoopoes, and subalpine warblers, you'll traverse lands of striking contrasts, designated as a natural area of ecological, wildlife, and botanical interest.

Along the way, hidden treasures await: an old railway line, watermills, and elegant 19th-century homes. With a bit of luck, herons, cypresses, and roe deer might cross paths with discreet hikers. At the trail's end, near the hamlet of Pied Haut, the hike culminates in a spectacular treat: the iconic panorama of the "City of a Hundred Arches" awaits as a grand finale!

→ **Distance: 10.6 km - Duration: 3 hours**

Difficulty: Intermediate

For a quicker option, you can access the viewpoint from the Grain de Sel (or Pied Haut) car park with just a 10-minute walk.

More information randopleinenature.tarn.fr



History in Motion



GUIDED ELECTRIC SCOOTER TOUR ALONG THE RIQUET CANAL

Gliding effortlessly on an electric scooter, you'll pass beneath the carefully crafted vaulted masonry channelling the waters of the Canal du Midi, circle the welcoming Saint-Ferréol Lake — once the first and largest man-made reservoir in Europe — and ride through a canopy of Douglas firs perfect for a leisurely journey. A romantic English-style park, complete with its picturesque fountain, invites moments of discovery and wonder.

Following your guide, this exhilarating excursion through the heart of the Montagne Noire combines history and nature, celebrating the ingenious work of Pierre-Paul Riquet and Vauban while delivering electrifying sensations. The highlight? Crossing Vauban's vaulted tunnel at Les Cammazes, alongside the cool waters of the Rigole, for a thrilling and immersive slice of history!

→ **Guided electric scooter tour – From €35**

More information basedeloisirs-revel.com



Adrenaline Rushes

Celebrate life and beauty, experience pure joy, and push beyond your limits: every breath of fresh air deepens your connection with the natural wonders of the Tarn.





Beavers at Dusk

TORCHLIT CANOE EXCURSION IN SEARCH OF BEAVERS AT TRÉBAS

With gentle splashes and whispers, the slow rhythm of the river's waters, and the last light of the setting sun, the twilight adventure between Trébas and Ambialet offers a serene yet wild experience in the spectacular setting of the Tarn Valley. Following the guidance of Charly, a passionate instructor, participants paddle discreetly, attentive to the sounds emanating from the banks, hoping to spot the busy silhouette of a beaver. Although these wood-chewers have boldly re-colonised the Tarn's banks since the 2000s, they still cherish their tranquillity! Silhouetted priory

and steep cliffs, the fleeting flight of a nocturnal bird, and the chirping of glowing insects compose a serene tableau, allowing one to savour the magical pleasures of a truly suspended moment.

→ **Distance: 2 km, navigating on Ambialet's reservoir**
Time: 19:30–22:30

Experience: Aperitif platter at La Casa Coco followed by a guided excursion - **Price: €25**

More information canoe-trebas.com

→ NEW ←

Pigeon, Walk On!

HIKE ALONG THE PIGEON LOFT TRAIL IN LOMBERS

Who would guess that the Tarn boasts an astonishingly diverse array of pigeon lofts? Square, cylindrical, on stilts, made of brick or wood, there are more than 1,700 of these traditional structures scattered across the region. In Lombers, a representative selection of these charming constructions can be admired during a few hours of picturesque strolling.

Along the way, interpretive signs reveal a rich rural and winemaking history. Once upon a time, pigeon droppings were highly valued as fertiliser for Gaillac vineyards and pastel crops. A slight detour invites visitors to explore the "Chai aux Pigeonniers" museum. For a unique gastro-

nomic twist, head to La Table du Mont Royal, a delightful combination of farm-to-table inn and breeding farm, where the finest cooing delicacies of French poultry are raised.

→ **Distance: 13.8 km - Duration: 3 hours**
Difficulty: Intermediate
More information randopleinenature.tarn.fr



→ NEW ←

Martian Odyssey at Maraval

FOOTPATH THROUGH THE MARAVAL DUNES

Sparse vegetation and reddish dunes undulating beneath the sun... Could this be the Colorado? Or some distant African landscape with incandescent colours? No, it's the Tarn! The Maraval badlands unfold like exotic canyons carved into ochre earth at the foot of Cordes-sur-Ciel. Iron oxides give the soil its distinctive hue, while the many streams have shaped the terrain. Walking the Maraval trail feels like traversing an otherworldly landscape, almost as if you are on

Mars. The flora and fauna of this Sensitive Natural Area have adapted to this unique environment, and now it's up to you to put a name to your sense of alienation...

→ **Distance: 1.7 km - Duration: 30 minutes**

Difficulty: Easy

More information randopleinenature.tarn.fr



→ NEW ←

The Agout Makes Waves

DISCOVERY TOUR OF CASTRES BY CANOE-KAYAK

The waters of the Agout have travelled for miles before reaching Castres, cool and lively, carrying the energy of the rains that have fallen on the Cévennes and the Montagne Noire. With zest, they whisk watersports enthusiasts on a journey that combines thrilling sensations with scenic beauty.

Aboard a kayak or canoe, you'll paddle through the heart of the "Little Venice of the Tarn," just metres away from the colourful buildings that once housed the tanners, before reaching the bridge surrounded by lush greenery. But first, as freshwater sailors, you'll need to navigate your boat across the old mill's weir — and it's a bumpy ride!

→ **Canoe or kayak hire - Duration: 3 hours - Price: From €25**

More information canoe-kayak-castres.fr





Expression(s) of Surprise

To awaken the senses and ignite passion, the Tarn offers unique, wonderfully quirky, and genuinely authentic experiences!



Peace and Road

THE BASTIDE TOUR IN A VW COMBI

Yellow, orange, or green, these iconic vehicles are fuelled by adventure! The Volkswagen Combi of Occitanie Combi know all the winding roads connecting the bastides of the Tarn, taking their passengers from lush pastures to charming cobbled streets. With their delightfully retro look, pop-up roofs, camping gear, and solar batteries, they offer a unique and enjoyable way to bump along at your own pace through some of the most beautiful spots in the region. Equipped with their "Bastide Route" roadbook, the "slow travellers" simply turn the key, and off they go!

→ [VW Combi rental \(fully equipped\)](#)

Price: From €125 per day

More information occitaniecombi.fr



Welcome to Lacaune

ELECTRIC SCOOTER TOUR IN THE MOUNTAINS OF LACAUNE

Located at the southern tip of the Massif Central, the Monts de Lacaune is one of those regions still largely untouched by crowds. The lush green peaks, dotted with grazing sheep, form breathtaking landscapes, primarily dedicated to farming. Within these vast expanses, the electric scooter makes it easy to explore some of the best charcutiers in the Tarn, as well as the lakes and peat bogs that scatter the area between forest paths and plateaus adorned with gorse. On the all-terrain scooter, you'll listen to the silence and be willingly drawn into a journey through hidden gastronomic treasures and fresh, clean air at the Picotalen pass. Electric all-terrain scooter rental (including helmet and gloves).

→ Duration: 1 hour - Price: From €25

More information Trapanelle





→ NEW ←

Retro-futuristic Two-Wheeler

BASTIDES AND GARLIC ROADS ON AN ELECTRIC SOLEX

The Solex was once a classic... but the electric Solex is now! With over a century of affection from the French, the iconic two-wheeler now runs on electricity, propelling its rider towards ever more discoveries, quietly and with zero emissions. Flexibility, originality, agility: this vehicle, blending retro style with modern technology, effortlessly connects the charming bastides of Lisle-sur-Tarn and Rabastens to the vineyards of Gaillac, passing through picturesque villages and heritage sites. You can also head to Pays de Cocagne, along the Rose Garlic

paths in Lautrec, one of France's Most Beautiful Villages.

On this comfortable and bucolic ride, you'll explore peaceful country roads and hidden paths in the Tarn, experiencing a bygone era that even those under 20 can now enjoy!

→ Electric Solex rental

From €8 for 30 minutes / €35 for a half-day

More information roulerretroecolo.fr



A Day at the Coalface

“A DAY IN THE MINE” EXPERIENCE AT THE CAGNAC-LES-MINES MINE MUSEUM

Helmet on and industrial scenery all around: it's time to descend into the depths of the mine. The lift shakes as it begins its descent when, suddenly, vibrations signal an impending gas explosion... but phew! It's just part of the immersive experience the Cagnac museum has created to faithfully recreate the miners' daily life. Over 300 metres of perfectly reconstructed galleries retrace centuries of coal

mining in the Carmaux-Albi basin, from hand tools like picks and shovels to the advent of giant machines.

Recently revamped with new sound and lighting technologies, the exhibition halls provide a true deep dive into the life of the “gueules noires” (blackened faces), with a modern and immersive scenography.

→ Duration: 2 hours - Price: From €8

More information musees.tarn.fr



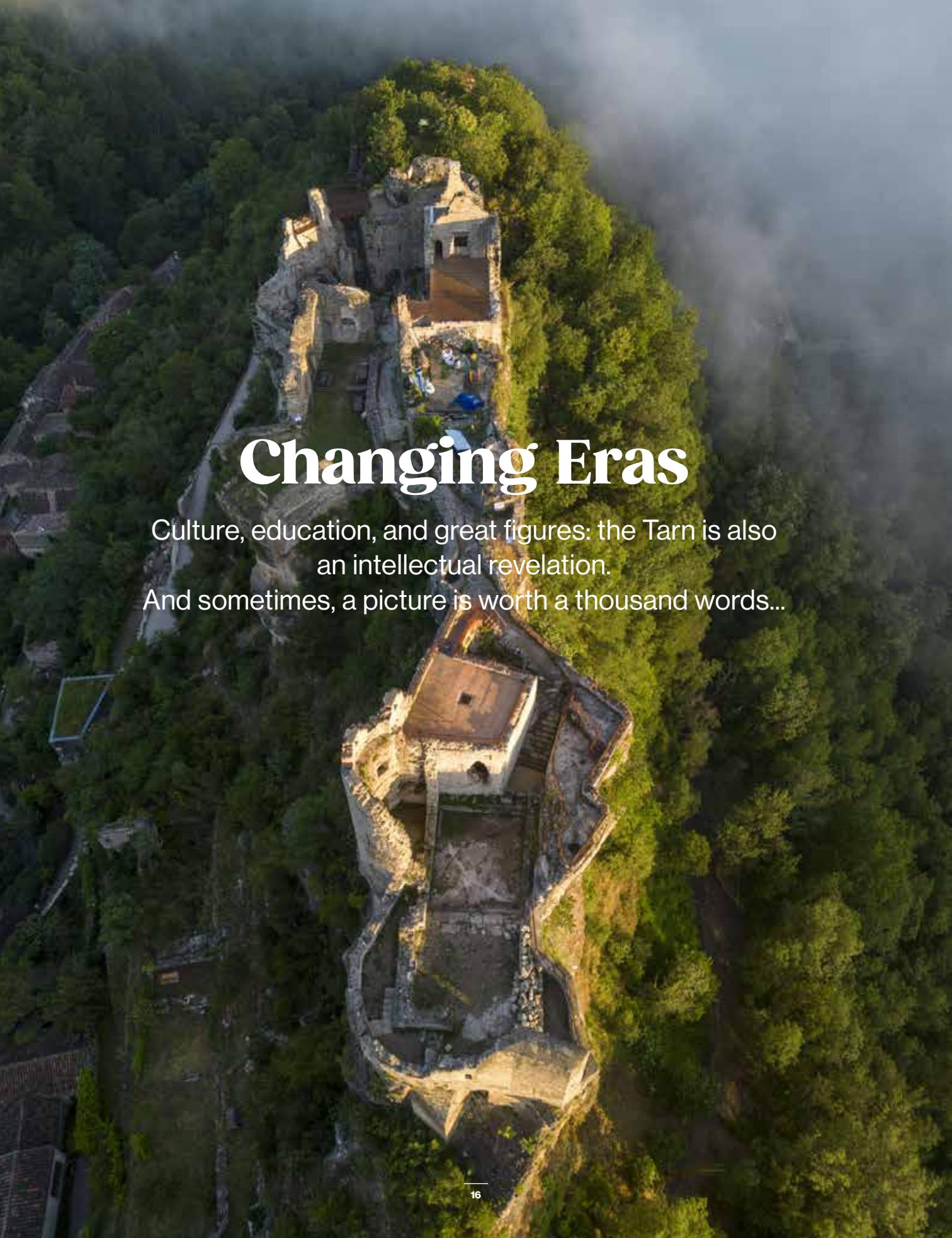
Zoom on THE “GUEULES NOIRES” FOOTSTEPS

WALKING THE “BALADE EN SOL MINEUR” TRAIL

After the darkness and subterranean sensations of the galleries, this pleasant walking trail continues the exploration of the mining world in the open air, with educational panels along the way, leading to the workers' village of Homps. The coal of Ségalas, the daily life of its workers, and their human stories are now fully revealed.

→ Start: Museum-mine - Distance: 4 km - Duration: 1.5 hours - Difficulty level: Easy

More information tourisme-tarn.com



Changing Eras

Culture, education, and great figures: the Tarn is also
an intellectual revelation.

And sometimes, a picture is worth a thousand words...

→ 10TH ANNIVERSARY ←

Penne the Indomitable

NEW MUSEOGRAPHIC SPACE AT PENNE FORTRESS

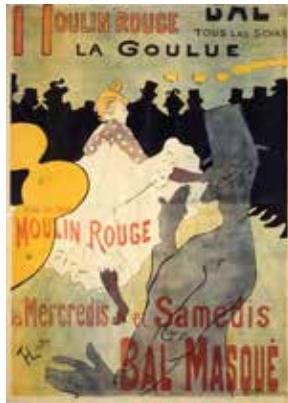
Romantically overlooking the Grésigne Forest and the Aveyron Gorges, the impressive Penne Fortress continues to tell its story: that of a prime example of 13th-century military architecture, a stronghold of Catharism, which faced war, followed by dismantling and abandonment for nearly half a millennium.

From up high, on this rocky spur, you can enjoy a breathtaking view of the wild landscape from the vertiginous platforms that have been created. The brand-new interpretation centre brings together archaeological finds as

well as invaluable insights from the medieval restoration project. Everyday objects, collectible furniture, magnificent models, and a collection of swords captivate both young and old, history enthusiasts, just as it once did its current owner who kept his promise: "Dad, when I grow up, I'll buy this castle!"

→ **Self-guided or guided tours, interpretation centre and scenic trail – full price €7.5 / reduced €6 / child €4.**

⌚ chateau-penne.com



→ EVENT ←

Lautrec on Display

TOULOUSE-LAUTREC MUSEUM IN ALBI

Praised during his lifetime for his innovative and striking posters, Henri de Toulouse-Lautrec was also an excellent lithographer and a pioneer of modern advertising posters.

160 years after the artist's birth, the Toulouse-Lautrec Museum will showcase its specially restored collection of posters, presenting them alongside works by other renowned poster artists such as Jules Chéret and Alfons Mucha.

→ **Toulouse-Lautrec, pioneer of the advertising poster at the Toulouse-Lautrec Museum in Albi**

From 29 April to 31 August

⌚ Musee Toulouse-Lautrec

→ 10TH ANNIVERSARY ←

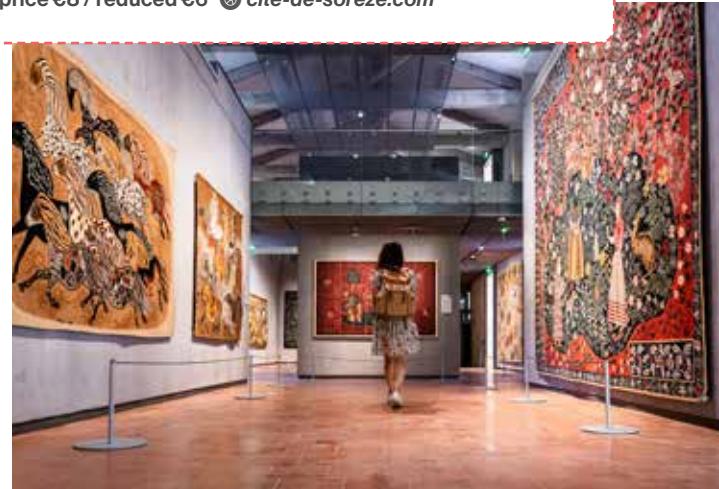
A DECADE TO WEAVE THE LEGEND

DOM ROBERT MUSEUM

From meadows with everlasting colourful flowers, to cheerful ponies with bright manes, or even leaping antelopes: welcome to the unique tapestries imagined by Dom Robert, a monk, cartoonist, painter, and draughtsman.

Nestled in the heart of Sorèze, the museum bearing his name celebrates a decade of showcasing his spectacular works, alongside those of his contemporaries, over more than 1,500 m² of exhibition space. Recognised as a Grand Site of Occitanie and UNESCO-listed for Aubusson tapestry, it is a place where art, knowledge, and nature come together, offering an immersive experience into the world of tapestry.

→ **Full price €8 / reduced €6 ⌚ cite-de-soreze.com**





Yoga Goya

YOGA WORKSHOP AT THE GOYA MUSEUM IN CASTRES

In balance amidst the masterpieces of Hispanic painting, breathing in sync with Joan Miró's Gaudi series, or serene in front of La Junte des Philippines, the Goya Museum in Castres invites you to an atypical and relaxing experience. Under the guidance of Isabelle, within the recently restored rooms of the former episcopal palace, you'll take the time to focus on your movements, then participate in a creative workshop

where you'll make a mobile. Your thoughts wander as you follow the works in a unique collection in France, allowing both body and mind to align. To rediscover art, here is an unusual adventure, a sensory and cultural journey that unfolds in the magic of the museum.

→ For more information and reservations, please contact the museum. Prices from €9.

✉ www.museegoya.fr



→ EVENT ← THE LOUVRE COMES TO GOYA

During the renovation of its grand gallery dedicated to Spanish painting, the Louvre Museum is entrusting part of its collections to the Goya Museum. A natural host, given that the Castres museum holds the largest collection of Hispanic art in France, after the Louvre. Four major masterpieces from the Spanish Golden Age, representative of the 17th century, are joining Goya: notably a painting by El Greco and still lifes by Spanish painters Melendez, Espinosa, and Portuguese artist Gomes Figueira.

→ The Goya Museum welcomes the masterpieces from the Louvre – From 1st February to 5th

October

→ Pilar Albarracín, Mujer – From 12th April to 28th September

→ Biennale Echo(s): A View on Spain – From 18th October 2025 to 1st February 2026.

✉ museegoya.fr

→ NEW ←

The Tarn Tells the Story of Jaurès

HIKE AND JEAN-JAURÈS SPACE IN PAMPELONNE HOUSE OF THE ILLUSTRIOS AT BESSOULET

Deeply rooted in the land where he was born, Jean Jaurès travelled extensively through the Tarn during his campaigns along rural paths. Pampelonne takes us along the route of "Lou nostre Jeannot" (Our Little Jean): in just a few kilometres, we follow in the footsteps of the statesman, from his youth in Castres to his defence of the miners of Carmaux, passing through his pacifist stance. In the former bastide, now home to the Jean-Jaurès Space, numerous personal mementoes complete the portrait of this great man.

A little further on, in Villefranche-d'Albigeois, the visit to the Bessoulet estate immerses us in Jaurès' peaceful daily life. Labeled House of the Illustrious, the estate whispers with the sounds of children's laughter, the scratching of a diligent pen at his desk, and hearty meals—a trace of the land where he loved to recharge. Full of humanity and intimacy, but also brimming with both small and grand history, it's a place that blends it all together.

→ Hike in the footsteps of Jean Jaurès

6.5 km, duration 1.5 hours – Departure from the town hall in Pampelonne

→ Jean-Jaurès Space in Pampelonne – Free entrance

⌚ pampelonne-tarn.com

→ Bessoulet Estate – Guided tours in summer or by appointment

⌚ tourisme-tarn.com



Essential Senses

To experience moments of suspension and reconnect with oneself: the time has come to embrace the gentle invitations to escape offered by the welcoming nature of the Tarn.





Martels meets Majorelle

THE GARDENS OF MARTELS, ONE OF THE 100 MOST BEAUTIFUL GARDENS IN THE WORLD IN GIROUSSENS

Explore five continents of greenery and colour, all in one place. Lose yourself in the heart of one of the 100 most beautiful gardens in the world, alongside the Majorelle Gardens or those of Chambord. Breathe in the fragrance of flowers and immerse yourself in the contemplation of lotus and water lily ponds... The Gardens of Martels offer both a poetic and bucolic escape, an enchantment inviting visitors to journey from the Mediterranean garden to the exotic greenhouses, stroll through the rose garden, or pose for photos in the heart of the Balinese pavilion. Daturas, asters, giant hibiscus—more than 3000 plant species flourish in this magnificent floral space in Tarn, thoughtfully designed and maintained by the Reynier family: a must-see.

→ Adult admission from €9.50 / child €5.50 jardinsdesmartels.com

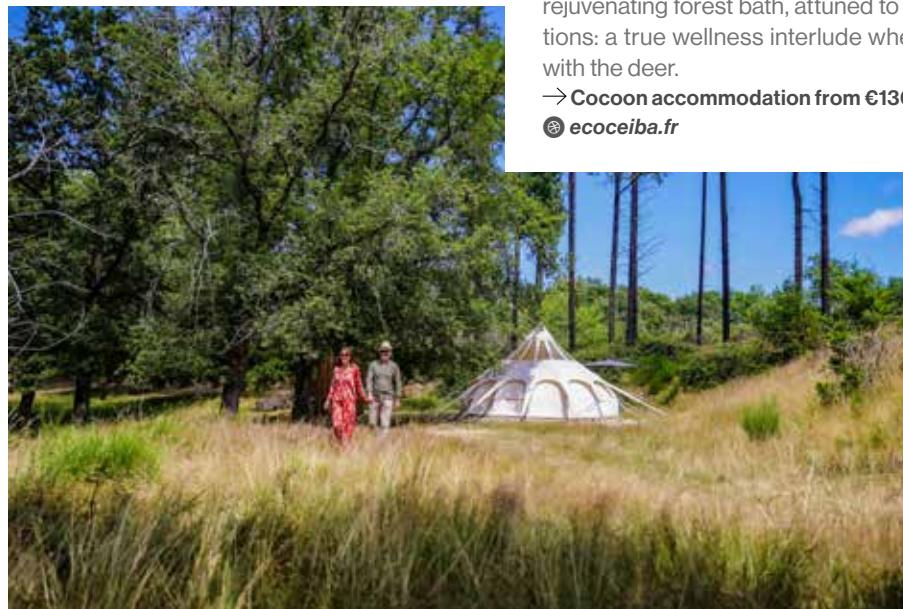


Sap of the Senses

FOREST BATHING AT BUSQUE

Cathy and Seb designed Éco Ceiba with their hearts and memories of their travels. Set within a five-hectare estate, which includes a teaching garden, an orchard, a pond, and an oak forest, they created unique cocoon-style accommodations and nature-focused workshops. Activities like walking blindfolded to better feel the environment, entering into mindful meditation, or learning about beekeeping are among the sensitive experiences on offer. And for a deep reconnection with the living world, you can immerse yourself in a rejuvenating forest bath, attuned to the trees and your own sensations: a true wellness interlude where you share your awakening with the deer.

→ Cocoon accommodation from €130. Workshops from €15.
ecoceiba.fr







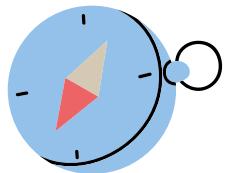
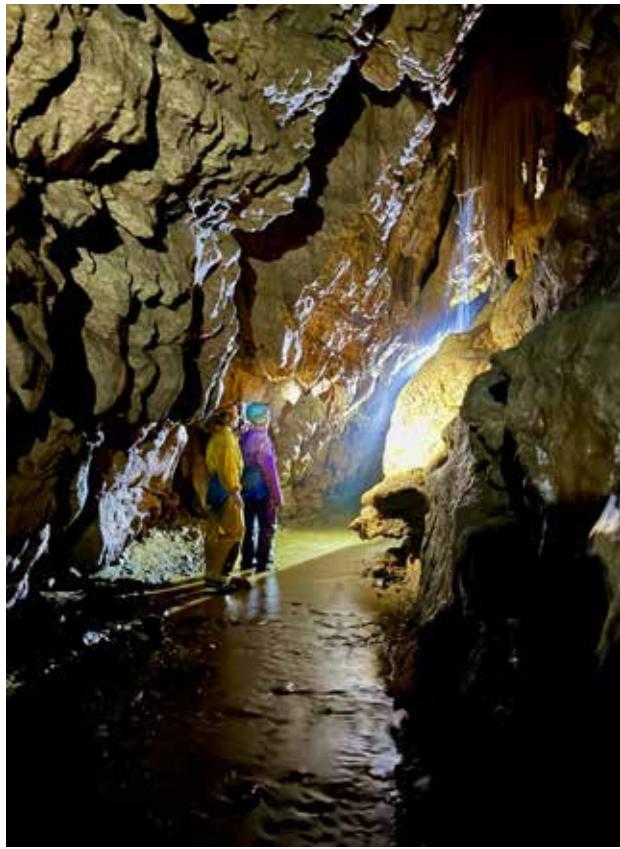
Stroll with the Granite Chimeras

ENCHANTED HIKES IN THE SIDOBRE

A gigantic goose thoughtfully staring at the horizon, a stack of cyclopean cheeses, or a phenomenal 800-ton rock balancing forever, as if by magic... Sidobre is a world apart! The largest granite massif in Europe, it is criss-crossed by around sixty hiking trails that lead walkers to its most remarkable curiosities. Rounded rocks and rivers of boulders enchant both young and old, as you immerse yourself in the heart of nature. There's no need to rush; the monumental figures of this land of legends have all the time in the world...

→ 60 marked trails – duration 10 minutes to 6 hours, depending on the route.

✉ tourisme-tarn.com



Cave Sleepover

UNDERGROUND BIVOUAC IN THE MOUNTAINS OF NOIRE

Curious rock formations and the echoes of stalactites lull you to sleep: the underground world of Tarn awaits its overnight guests to whisper its lullabies from the depths... Sleeping bags, mats: everything is set for an original bivouac deep inside the caves of the Montagne Noire. Following the guide from Lo des Cavernes, you'll learn the basics of speleology and the unique features of the local caves before settling in comfortably. When it's time to turn off the reassuring glow of the headlamp, it's also time to face the darkest night and the silence that reigns there. Sweet dreams in the centre of the Earth.

→ From €150

✉ lodescavernes.com

Starry Tranquillity

To fully enjoy the destination, nothing beats a good night's sleep: carefully chosen locations, refined décor, attentive service, and a warm welcome make Tarn a truly dreamy destination!



→ NEW ←

Eyes on the Stars

BUBBLES L'ÉTOILE DU BERGER ON THE CAUSSE DE CAUCALIÈRES

Wherever the eye gazes, fields and woods gently sway. The soundscape includes the chirping of birds and occasionally the bleating of lambs from the L'Étoile du Berger farm, home to "Red Roussillon" sheep. Here, on the Causse, classified as Natura 2000, there's no light pollution to disturb the moment. The Milky Way is visible in 360 degrees, framed by two "magical bubbles" that open up to nature and the starry sky. Comfortably settled, with a spa area under the trees, you can drift into a hammock or hanging chairs... just as time slips by like a shooting star!

→ **Overnight stay with breakfast from €205**  letoileduberger.com



→ NEW ←

At the Mill of Dreams

NEW SUITE FOR AN EPISCOPAL NIGHT AT THE MERCURE HOTEL IN ALBI

At the foot of the historic brick façades of the city's monuments, the waters of the Tarn rush by, within an exceptional architectural site. Set in the former watermills of the Albi vermicelli factory dating back to the 1770s, the Mercure Albi Bastides hotel will unveil new suites in 2025. Is it the balcony that stretches above the tumult of the Tarn, the intimate loggia with views of Ste-Cécile—an ideal spot for a marriage proposal—or the arcade suite offering the most spectacular view of the episcopal city and its monumental cathedral? It's all of these that immerse us in a dreamlike experience, filled with the warmth of Albi's red bricks.

→ **Opening March 2025**

🌐 www.all.accor.com



The Saloon gets a boost

WESTERN CAMPING DES AUZERALS IN RABASTENS

The tent on stilts awaits its gold prospectors, while the reconstructed wagon provides shelter for adventurous campers, and the stagecoach may (or may not) make it through the night without being ambushed by bandits...

But at the Auzerals campsite, it's the Saloon Spa that offers the most unique experience! A pleasant space and facilities worthy of a luxury retreat, making it the perfect hideaway for pioneers who enjoy intimacy and comfort as a couple. As for the private spa, it's exactly what's needed for the cowboys and their ladies to unwind. Paired with a delicious breakfast basket, it helps craft a fresh vision of adventure and the Wild West.

→ **Overnight stay with breakfast basket for 2 people from €150**

✉ tourisme-tarn.com





The Dolce vi'Tarn Address

LA MONESTARIÉ GUEST HOUSE IN BERNAC

Far, far away from the crowds, on the lush grounds of La Monestarié, stands a beautiful 19th-century villa with an Italian silhouette, shaded by tall umbrella pines. Within what is considered one of the most beautiful guesthouses in Occitania, the Tarnaise dolce vita comes to life in five elegant suites and three bright apartments. With a historic inner courtyard adorned with beautiful arcades, a heated pool, countryside views, and an extensive range of services, everything is offered in a magnificently decorated setting. Close to the attractions of Albi and the Gaillac vineyards, La Monestarié transforms any getaway into an exceptional escape.

→ **Overnight stay with breakfast from €140**

✉ domaine-lamonestarie.fr



Tarnivorous Companionship

Being "tarnivorous" is not just about eating well... it's about sharing the table and the contagious generosity of the people of Tarn: that of the chefs and their love for local produce, that of the winemakers with open cellars, the kind that delights the taste buds and warms the heart!



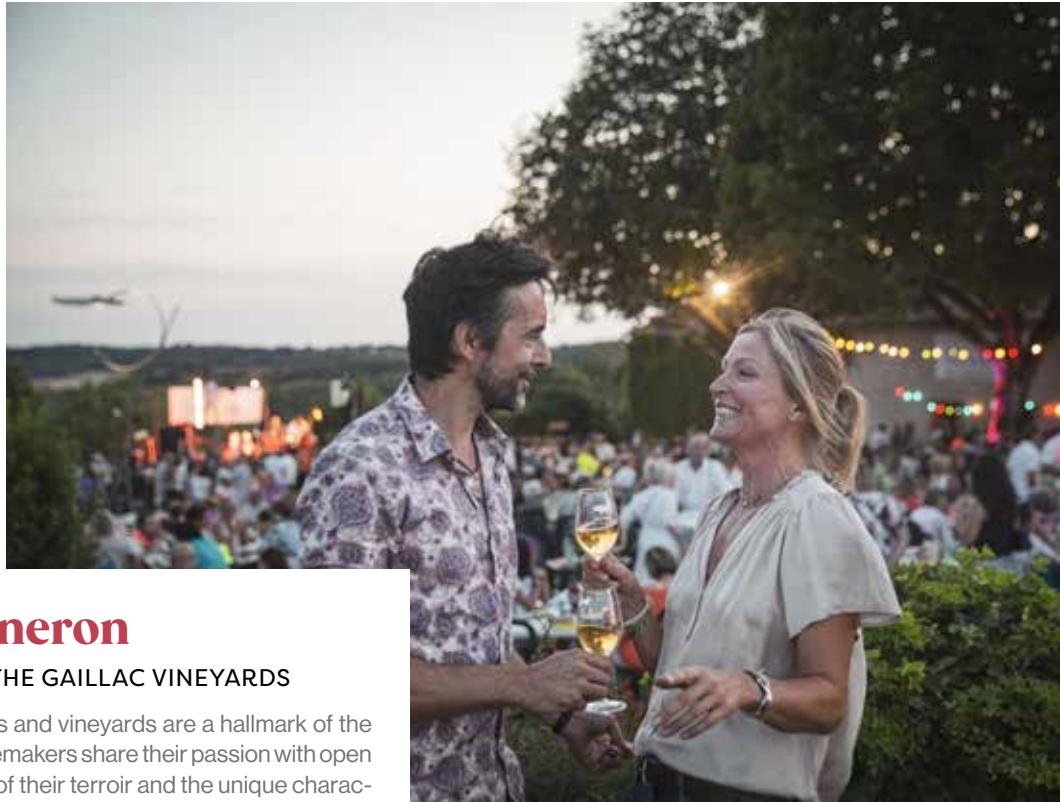


Flonflons on the Tarn

RIVERSIDE "GUINGUETTE" EVENINGS

As evening falls, the warmth of Tarn softens, and both the countryside and the town come alive: it's time to dance! Every summer, lanterns and generous tables along the riverbanks create the perfect setting for starry evenings with a lighthearted "guinguette" atmosphere guaranteed! The sounds of flonflons (festive music) echo along the Tarn River in Gaillac, where you can stroll by the water with a glass of Gaillac wine in hand, or in Albi after a night-time paddleboarding adventure, or along the Agout Riverbanks in Castres with the backdrop of the typical colourful houses. In the countryside, you can enjoy a family-friendly "guinguette fermière" (farmers' outdoor party) at the Jardins de Martine or a winegrower's "guinguette" at Domaine Gayrard. A few dance steps on an improvised dance floor, and the summer can go on!

tourisme-tarn.com



Chai mon Vigneron

APERITIF CONCERTS IN THE GAILLAC VINEYARDS

Aperitif concerts in the cellars and vineyards are a hallmark of the Gaillac wine region. Here, winemakers share their passion with open cellars, eager to tell the story of their terroir and the unique characteristics of their grape varieties. In the glasses, Duras, Braucol, and Prunelart, hidden from sight, reveal their aromas in the golden light of the setting sun. Seated on a bale of straw, around a country table, you can enjoy grilled meats and farm cheeses to the sound of music, with the star of the evening being the Mauzac and its bubbles made using the ancestral method of Gaillac!

tourisme-tarn.com and vins-gaillac.com

Chai
mon vigneron
CHARTÉ GRAPHIQUE

Manouille Record in Lautrec

ROSE GARLIC FESTIVAL

A giant "manouille" of Lautrec's famous pink garlic (24.38 meters in 2024!) is carried proudly on large platters—this is one of the highlights of the renowned Rose Garlic Festival in Lautrec. This garlic is unique: the only red-label garlic in France with an IGP (Protected Geographical Indication), it is only grown here in this Pays de Cocagne region. Its central floral stem allows for the creation of beautiful garlic bouquets! During the festival, the entire village of Lautrec is transformed, with the medieval Mercadal Square becoming a market where the pink garlic fills the stalls, and the streets are lined with endless tables where bowls of garlic soup (made with a hint of mayonnaise) are exchanged—a true "reg'ail!"

→ Rose Garlic Festival in Lautrec, August 1st and 2nd, Free Entry

⌚ Fête de l'ail de Lautrec



→ ANNIVERSARY ←

The Mazeliers of Lacaune

30TH ANNIVERSARY – EXCELLENCE IN CHARCUTERIE AT THE CONJUNCTION OF 3 WINDS

At an altitude of 800 meters, you can still see the traditional charcuterie drying sheds in Lacaune. The hot, dry wind of the "autan," the humidity from the Cévennes rains, and the mountain climate combine to create a perfect alchemy that gives rise to "the best charcuterie of all time!" This is the promise of the Mazeliers of Lacaune, who have maintained their heritage since the 15th century to create sausages with unmatched texture and tenderness. Even the fat in their ham is easily recognized. They master the art of Melsat, Bougnette, and Galabar, enjoyed in a bistro-style atmosphere. The 2025 Charcuterie Festival will celebrate the 30th anniversary of the Mazeliers and the ancestral craft of Lacaune's charcutiers!

→ Charcuterie Festival of Lacaune, July 20th ⌚ Salaisons de Lacaune

Guidons and Corkscrews

APERITIF RIDE ON THE TARN ROADS

Why choose between delicious food or cycling? In the Gaillac vineyard, you can enjoy both thanks to the know-how of the Station Bee's network. As the sun sets, you hop onto your electric bike for a refreshing ride along paths, small roads, vineyards, and bastides. Don't worry about the route; just follow your guide to a destination that's as authentic as the meal you'll enjoy! In Castelnau-Montmiral, the charm of the paved square with its lovely arcades will captivate you, just as much as the refreshing drinks and colorful tapas. In a cheerful atmosphere, you'll simply relish the pleasure of outdoor activity and the joy of toasting together.

→ **Aperitif Ride every Tuesday and Thursday from 7:00 PM to 9:00**

PM – starting from 49 €

Station Bee's Gaillac





Ambialet

TARN GEMS & EXPE RIENCES



1

TARN VALLEY AND CENTRAL TARN IDYLLIC AND PRESERVED

In **Ambialet**, the Tarn will make you lose your bearings. It flows to the right, it flows to the left, and encloses the peninsula in one of its meanders. To understand its playful ways, the best approach is to gain some height by climbing up to a panoramic viewpoint over the village and the wild valley. Guaranteed awe! Another way to discover the town? By enjoying a canoeing getaway: approach it by water and explore its treasures on foot. Refreshing.

In **Arifat**, dive into a forest of lichens leading to a monkey bridge, then climb up into the cool air to discover waterfalls, the largest of which plunges 80 metres. Revitalising.



Albi



Cordes sur Ciel

2

ALBI THE RED, ALBI THE GREEN

Red, more red, and pink and orange. Albi appears in technicolor under the caresses of the sun. Its secret? The ochre clay bricks. Bricks used by the hundreds, by the thousands, to build the Sainte-Cécile Cathedral, the Berbie Palace, the bridges, and the half-timbered houses. This beauty has earned the episcopal city UNESCO World Heritage status. Down below, the green escape immerses you in another world: 7 kilometres of greenery to disconnect by the Tarn River in a lush natural setting.

3

MEDIEVAL CITIES AND HILLTOP VILLAGES

In Puycelsi, Castelnau de Montmiral, Cordes-sur-Ciel, Lisle-sur-Tarn, and Lautrec: hilltop villages and fortified bastides tell medieval stories. With 5 of the Most Beautiful Villages of France and 3 Small Towns of Character, you can stroll through another era.





Gaillac's millenium vineyards

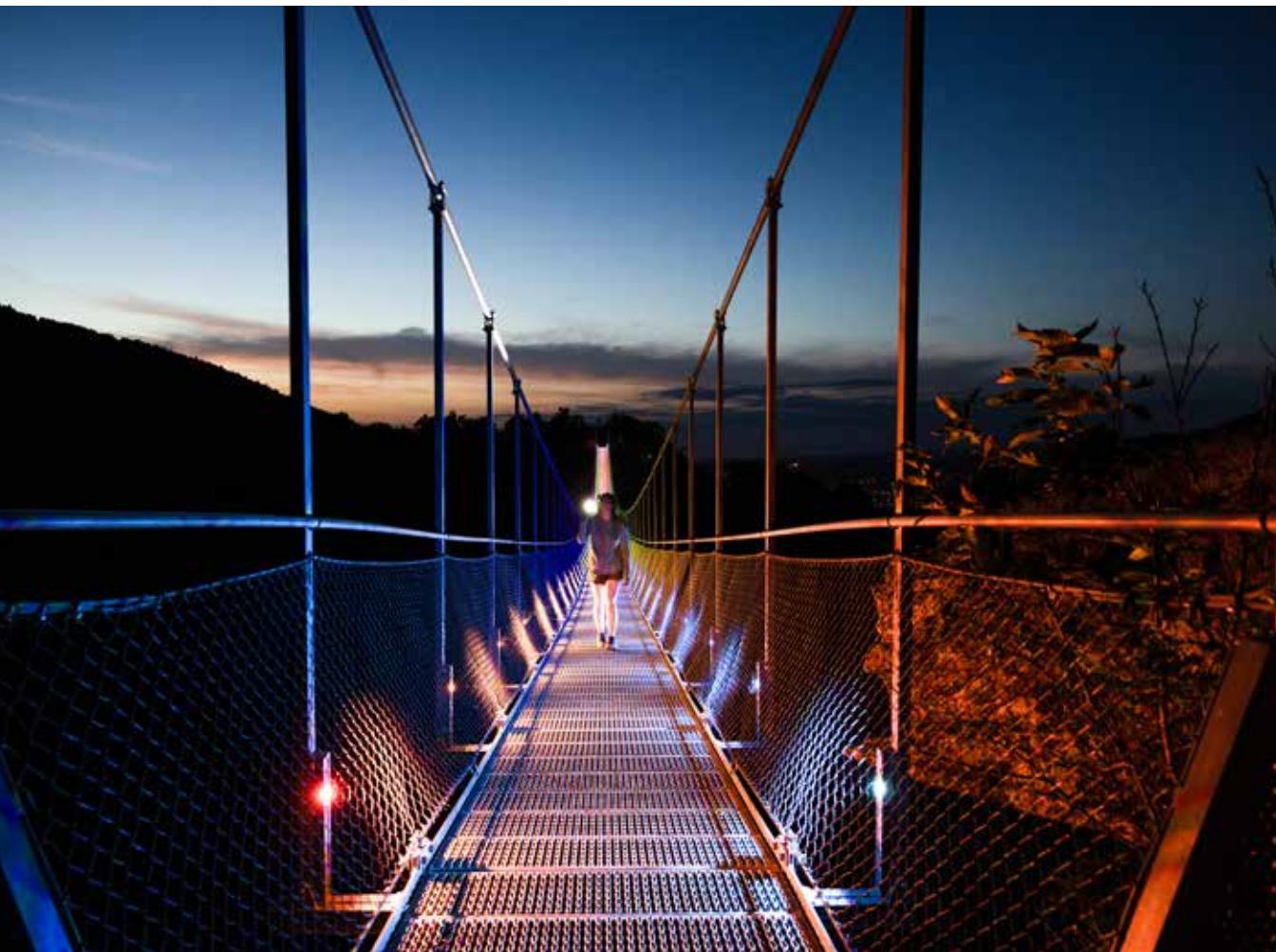


4

OCCITAN TUSCANY VINES, HILLS, ENCOUNTERS

Imagine a place where the rounded hills have been home to vines for over 2,000 years. Here, it's the dolce vitarn! To make the experience complete, choose an aperitif concert in the middle of the vineyards under the soft light of a summer evening. In this vineyard, we love to festejar with a good glass of Gaillac. The Gaillac vineyard of Occitan Tuscany is best enjoyed as a wine enthusiast, a lover of hilltop villages, or a curious hiker.

(Festejar: To celebrate)



The Mazamet to Hautpoul footbridge

5

MAZAMET AND THE MOUNTAIN NOIRE MAZAMET AT THE HEART OF HISTORY

When you think of Mazamet, you think of industrial adventure and wool carding. A legacy from the 19th century that still brings the town worldwide fame and boasts beautiful bourgeois residences. A history lover? The nearby village of Hautpoul is the historic birthplace of Mazamet. Perched high on its rocky peak, it harks back to the dramatic Cathar saga. To get there, take the Himalayan-style footbridge suspended 70 metres above the void... Thrills guaranteed.



Path to the Mazamet footbridge

6

CASTRES

CITY OF ART AND HISTORY

In Castres, we take pride in our famous figures and cherish the Tarn spirit. Jaurès, born in Castres, Goya, whose name graces the Museum of Hispanic Art, and Le Nôtre, who designed the gardens of the Archbishop's Palace. We're also proud of the old tanner's houses that beautifully reflect in the Agout River. From there, embark on a boat ride. And we're extremely proud of the Castres Olympique, our famous rugby team, champions of the Top 14!

The Goya Museum is accessible to people with reduced mobility and hearing impairments.



Castres - Maisons sur l'Agout



6

THE SIDOBRE A KINGDOM OF GRANITE

For those who love legends, whether young or old, this granite massif is for you! A natural wonder, the fabulous rocks of the Sidobre, spread across many trails, are said to have been thrown there by angry gods... Humans have added their own touch by giving these curious rocks evocative names: Three Cheeses, Trout Leap, Goose Rock... And let's not forget the star of the show, Peyro Clabado! To learn more about the work of the granite cutters, head to the Sidobre Visitor Centre.

Sidobre - Le saut de la Truite



Lac du Laouzas

7

MOUNTAINS AND WONDERS IN HAUT-LANGUEDOC

Fancy a big breath of fresh air? Summer or winter, head for the Lacaune Mountains and the Montalet Peak. It's a tough climb, but the reward at the top is breathtaking, with a 360° panoramic view. All around, the wild nature unfolds, with the pink of the heather and the green of the beech forests. Further down, the lakes plateau invites you to enjoy water sports: sailing, paddleboarding, swimming... A little hunger, perhaps, after this "tough" day? Forget about energy bars, it's time to savour local delights – bougnettes, melsat, hams, and other regional charcuteries.



Balade au roc de Peyremaux





Lautrec



8

THE COUNTRY OF COCAGNE A LAND OF ABUNDANCE

The name "Pays de Cocagne" evokes the sweetness of life and postcard-perfect landscapes! The medieval streets of Lautrec, the vaults of the underground Castela in Saint-Sulpice, the tireless jacquemart of the Lavaur Cathedral, the windmill of Lautrec. From there, we move to the pink garlic that is braided into manouille and enchanting the local cuisine! And also the pastel, *Isatis tinctoria*, a yellow-flowered plant that produces the unique blue found on the shutters of buildings. Strolling through it, you'll fall under its charm.



Viaduc du Viaur

9

CARMAUSIN SÉGALA WILD BEAUTY

A burst of chlorophyll in the coolness of the Viaur Gorges; a suspended reverie in front of the steel lace of the homonymous viaduct; an emotional face-to-face with the statues of the Saint-Jacques Chapel in Monestiés and artistic discoveries at the Bajén-Vega Museum; an immersive experience in the life of a miner at the Cagnac-les-Mines Mining Museum; a return to the battles of Jean Jaurès in Carmaux... Solo or with family, there are countless escape ideas in Carmausin Ségala!

10

AT THE SOURCES OF THE CANAL DU MIDI

We all know the Canal du Midi, but where does its water come from? The water from the Montagne Noire is carried through the rigoles (water channels) of Montagne Noire and the surrounding plains. The structure, classified as a UNESCO World Heritage site, is the work of Pierre-Paul Riquet. Alongside the grand trees, the canal can be followed on foot, by bike, or even on an electric scooter! After all this greenery, it's time to enjoy the blue waters of Lake Saint-Ferréol before heading to the town of Sorèze to meet Dom Robert.



OCCITANIE

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