

# LE PETIT ESPANTÉ

SPECIAL EDITION



**MY TOP 5**  
*of the Tarn*

**TARN**  
OCCITANIE

# 5 FEEL-GOOD experiences

“I will drink milk when cows graze on grapes!” So said Henri de Toulouse-Lautrec. The painter, a native of the region and bon viveur, sums up the essence of Tarn: where you can enjoy the simple pleasures and small joys of life at will. Discover 7 excellent reasons to come and explore the Tarn region.

Due to Covid-related health and safety measures, we recommend that you check the admission requirements for each site before visiting [www.tourisme-tarn.com](http://www.tourisme-tarn.com).  
[WWW.TOURISME-TARN.COM/UK](http://WWW.TOURISME-TARN.COM/UK)





The Houses along the Agout



The Mazamet Footbridge



The rocks of Sidobre

# 1

## Castres and Montagne Noire

THRILLS AND A CHANGE OF SCENE GUARANTEED

### FALL UNDER THE SPELL OF CASTRES

In Castres, the gentle pleasures of life are enhanced by Spanish good humour and an Italian “dolce vita” lifestyle. Climb aboard a barge for a gentle adventure exploring the waterfront, colourful houses and typical Hispanic atmosphere before dropping anchor at the Parc de la Gourjade, a paradise for children, sports enthusiasts and nature lovers. Acquaint yourself with the work of Goya and Jaurès, sit on a terrace, wander around the cobbled streets...an ideal place to recharge your batteries.

### DEFY THE VOID BENEATH THE MAZAMET FOOTBRIDGE

Looking for excitement? Climb up to Hautpoul and walk across the metallic footbridge, suspended 70 metres above the Arnette Valley. Can you feel how it sways gently beneath your feet? Fancy a trip back in time? Stroll through the medieval streets of Hautpoul, a hilltop, Cathar village where the memory of the Cathars still lingers. Hautpoul is a long way up - it's enough to give you goosebumps.

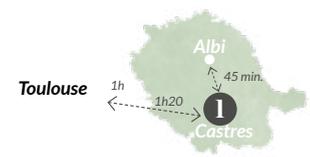
### REDISCOVER YOUR INNER CHILD ON THE ROCKS OF THE SIDOBRE

It's a world apart and an experience that can't fail to move you. The Sidobre is all about granite! This land of stone, to the north of Castres, is a unique geological anomaly in Europe. Legend has it that the gods threw these stones down in anger one evening. Embrace your inner child and explore the area, sharing stories and listening to legends about this land of rock and water.

If you're a hiker, legend hunter, fishing enthusiast or mountain biker, Sidobre is the place for you! Delight in the magic of the place.

*We like*  
The charm of Castres with its colourful houses, narrow roads and Mediterranean atmosphere.  
In summer, take an evening stroll through Hautpoul, wandering through its deserted streets by torchlight.

1 day - All year



### GO

By car 1h20 from Toulouse, 45 minutes from Albi.  
[www.tourisme-castresmazamet.com](http://www.tourisme-castresmazamet.com)  
[www.sidobre-vallees-tourisme.com](http://www.sidobre-vallees-tourisme.com)

# 2

## Albi, the Episcopal city

THE RED CITY

### TOULOUSE-LAUTREC, A UNIQUE MUSEUM

The Toulouse Lautrec Museum is housed within a splendid 13th century building, the Palais de la Berbie, which was listed as a UNESCO heritage site in 2010; it's a great place to spend a few hours and learn about one of the major artists of the 20th century.



Toulouse Lautrec Museum

### THE SPLENDOUR AND RELAXED LIFESTYLE OF ALBI

After spending a few hours soaking up the atmosphere of late 19th century Montmartre, with La Goulue and Aristide Bruant, head to Sainte-Cécile Cathedral for a complete change of scene. It is the largest brick cathedral in the world (113 m long and 35 m wide) and 78 m high, from the top of its bell tower! It will certainly make you feel small! But the inside has many more surprises in store. Admire the frescos and decorations that extend over some 18,500 m<sup>2</sup>, making Sainte-Cécile Europe's largest painted cathedral. Then take a short detour back to the Middle Ages and immerse yourself in the Episcopal City of Albi before heading off to sample some local specialities at Albi's covered market.



The Episcopal city

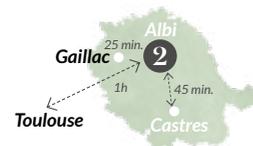
### We like

*The Priest's guided tour. What better way of seeing the cathedral city than a guided tour led by the "master" of the house. He knows everything!*

### FROM GOLF TO THE LAND OF RUGBY

To perfect your swing, there's nothing better than a session of golf in Albi. This extremely varied, 18-hole championship course is renowned for its technical difficulty and attractive views of the Tarn.

### 1 day - All year



### GO

By car 1h from Toulouse, 25 minutes from Gaillac, 45 mn de Castres.  
[www.albi-tourisme.fr](http://www.albi-tourisme.fr)



# 3

## Vineyards and medieval cities

VINEYARDS, HILL-TOP HAVENS AND HISTORICAL SECRETS

### STROLL THROUGH THE MEDIEVAL FORTRESSES

Visit Puycelsi, Castelnaud de Montmiral and Cordes-sur-Ciel where you'll be told lots of stories. Pay close attention and learn about the unusual history of these walled towns, built on a hillside during the Middle Ages. Stories and tales from residents will transport you back to the 12th and 13th centuries, from church to rampart wall, from half-timbered house to arcaded square. The towns have managed to retain their period charm for which they have been officially recognized as the "Plus Beaux Villages de France" (most beautiful villages in France.)



Gaillac vineyard

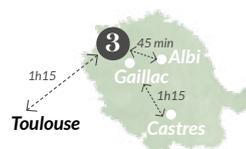
*We like*

*This region with its walled towns, Gaillac vineyards and charming villages offers delicious surprises and encounters with wine-growers.*

### MEETING THE WINE-GROWERS

Vines had already conquered the hearts of Gaillac locals long before Julius Caesar conquered Gaul. Yes, that's right; the Gaillac terroirs, nurtured by the sun, have been producing wines to delight the palate for more than 2,000 years. To find out more about this very long history, or sample some red, white or rosé wines, visit the Maison des Vins or pay a direct visit to one of the wine-growers. Cheers!

### 1 day - All year



### GO

By car about 45 min from Albi, 1h15 from Castres, 1h15 from Toulouse.  
[www.tourisme-vignoble-bastides.com](http://www.tourisme-vignoble-bastides.com)  
[www.cordessurciel.fr](http://www.cordessurciel.fr)

Alcohol abuse is dangerous for health. To consume with moderation

# 4

## The origins of the Canal du Midi

NATURE AND HERITAGE IN THE MONTAGNE NOIRE

### RETRACING THE ORIGINS OF THE CANAL DU MIDI

It was here, between lakes and 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.

Little did he know that 350 years later his masterpiece would become a mecca for water sports. Pedalos, catamaran, windsurfing, stand-up paddle...there's something for everyone. If you don't have sea legs, you can have fun mountain biking, hiking or in a treetop adventure park.



Lake of Saint-Ferréol



Sorèze

### FOLLOW IN THE FOOTSTEPS OF DOM ROBERT IN SORÈZE WITHIN THE MONTAGNE NOIRE

Not far away, you can retrace the footsteps of the famous Benedictine monk, Dom Robert, a master of Aubusson tapestry, who worked in the hallowed En Calcat Abbey in Dourgne. Visit the Sorèze Abbey-School and the museum that bears his name, and also pays tribute to some of his colleagues. In Massaguel, admire the fresco he painted in his fresh and colourful style in the choir of Saint-Jean church.



Dom Robert Museum

*We like*

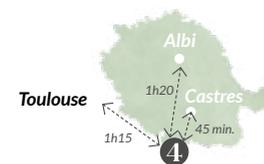
Admiring the colourful canvases depicting scenes of wildlife and nature.

**1 day - All year**

**GO**

By car about 1h05 from Albi,  
35min from Castres, 1h05 from  
Toulouse.

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



# 5

## Relaxation at the spa and local cold meats in the fresh air

THE DELIGHTFUL MONTS DE LACAUNE



The Pic du Montalet



The Espaces des Sources Chaudes

### A DAY IN LACAUNE, THE CAPITAL OF CHARCUTERIE (CURED PORK PRODUCTS)

The delightful Monts de Lacaune region is an unspoilt area made up of forests and lakes. It's a region also renowned for its cured meats. Depending on the season, you can enjoy a lovely hike, snowshoe or cross-country skiing excursion, in the middle of the countryside up to the Pic du Montalet and then treat yourself to a gentle relaxation session at Lacaune's Sources Chaudes Spa. Then after the hard work comes the reward. Discover the secrets of curing and drying sausages, tenderloins and hams...before sampling bougnettes (pork, bread and eggs balls) and melsat (spicy sausage) – delicious local specialities – as well as other hams from Lacaune.

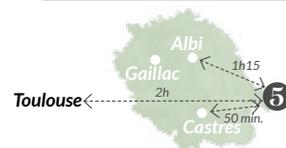
### We like

This unique knowledge and expertise, the product of age-old recipes, handed down over the years, combined with carefully chosen raw ingredients (French pork) and healthy manufacturing processes.



The cured meats of Oberti

### 1 day - All year



### GO

By car about 45 min from Albi,  
1h15 from Castres, 1h15 from Toulouse.

[www.tourisme-montsetlacsenhautlanguedoc.com](http://www.tourisme-montsetlacsenhautlanguedoc.com)

# GIFT BOX

## 100% Castres Olympique



In Tarn, we live and breathe rugby; and we give rugby-related gifts! Treat a rugby-obsessed relative or friend to a 100% Castres Olympique gift set.

### The CO gift box includes:

2 tickets  
in stands), valid for all home matches excluding cup finals and special games.



Supporter's gift with the Castres Olympique  
(+ other goodies and accessories)

#### Additional Information :

- Pierre Fabre Stadium - Rue de Bisséous 81 100 Castres
- Validity period: valid for 1 year (from date of purchase).
- Tickets can be reserved up to a maximum of two weeks before the selected match.
- Price: EUR 59.90 (2021/2022)
- Contact : 05 63 77 32 30 - [afi.aubertin@tourisme-tarn.com](mailto:afi.aubertin@tourisme-tarn.com)

59,90€

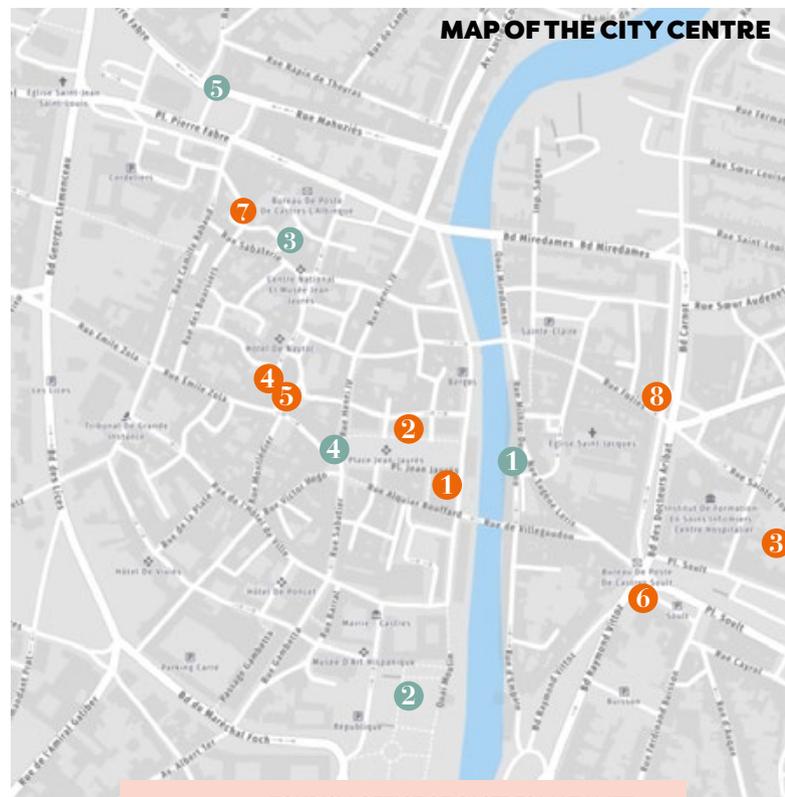
## The city of Castres

### Practical information

The tourist office of Castres Mazamet is pleased to welcome you to Castres for this game of rugby.

We strive to offer you the best welcome and this small guide will give you some useful information during your stay. We invite you to visit us upon your arrival to enjoy your weekend.

Welcome and have a good game !



**TOURISM OFFICE OF CASTRES MAZAMET**  
Maps, city guide, advises and smiles !

2 place de la République  
81 100 - Castres



1

## Houses along the river

Brightly-colored houses, with corbelled façades and basements immersed in the river, have earned Castres the nickname of «languedoc's little Venice». The first houses along the Agout river go back to the end of the 12th century.



2

## Bishop's garden

In the heart of the monument district is the Bishop's Palace Garden, extending between the Town Hall and the Municipal theatre. It's an extraordinary example of a French garden, in the pure tradition of 17th century classicism.

Have a stroll in the city centre and learn about the history of the town through the monuments. You will also find many shops with local products and arts and crafts.



## Streets of Castres



3

## Jean Jaurès museum

The Jean Jaurès museum provides a chronological and thematic journey of discovery and comprehension of the life and commitments of the great orator born in Castres in 1859. Temporary exhibition on Jules Verne, famous french writer.



4

## Jean Jaurès square

Jean Jaurès square is the place to be when you are in Castres! Restaurants, bars, shops, markets, everything you have to know takes place there.

Jean Jaurès square is the place to be when you are in Castres! Restaurants, bars, shops, markets, everything you have to know takes place there.



5

## Covered market Pierre Fabre square

## After winning *or Not...*



- 1 Brasserie de l'Europe - Place Jean Jaurès
- 2 L'Eden - Place Jean Jaurès
- 3 Brasserie Marso - Place Soult
- 4 En Marge - Passage Henri IV



- 5 The Quay - Passage Henri IV
- 6 Le Quartier Latin - Place Soult
- 7 Chai les Jumeaux - Ruz Sabaterie
- 8 L'Espagnol Bar - Boulevard Carnot

# Runnin'City 100% Free

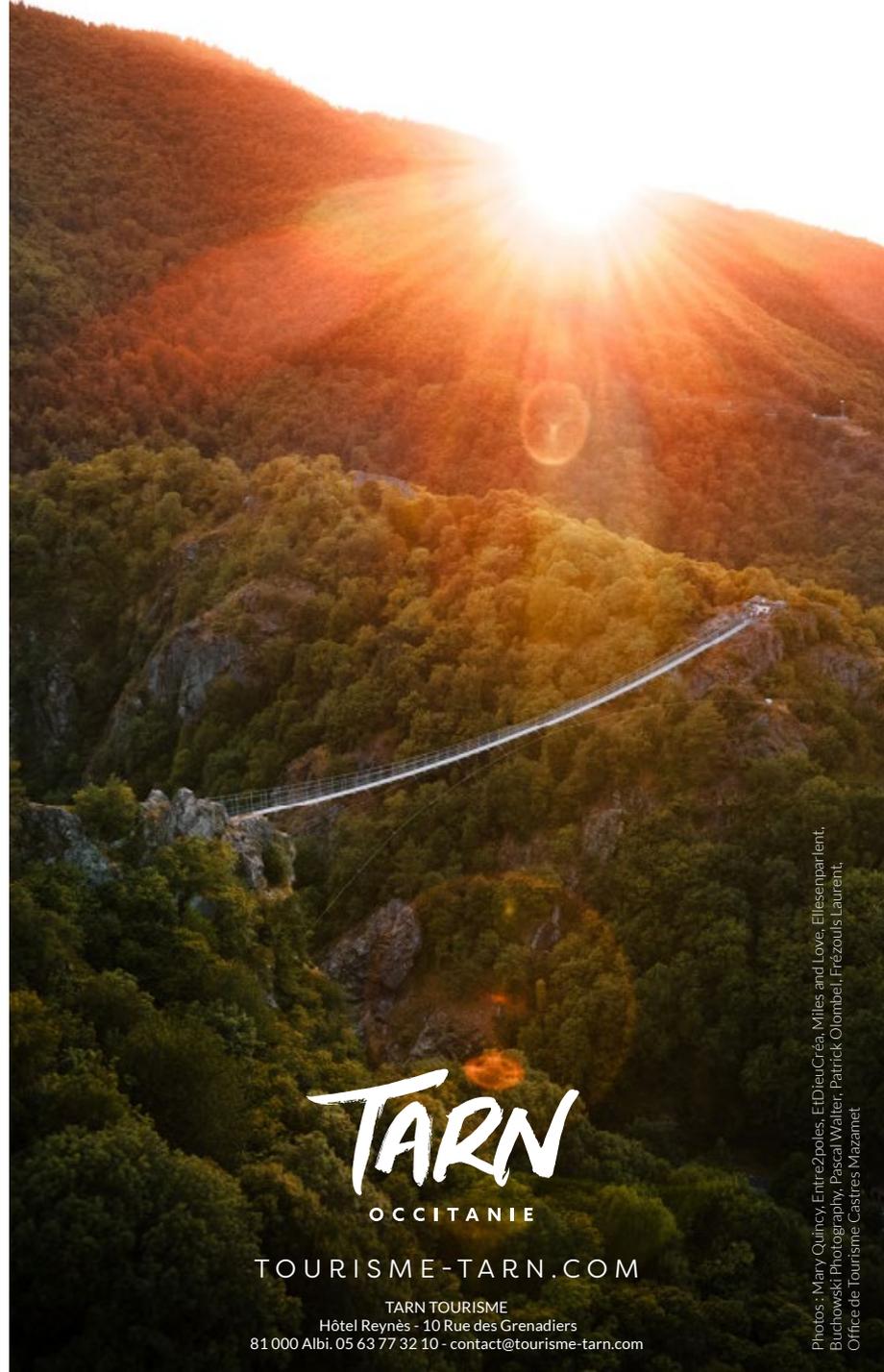


The tourist office offers free discovery tours of Castres on your smartphone with Runnin'City !

## How it works



- > Lace up your running shoes and pop in your headphones
- > Launch the Runnin'City route of your choice
- > Start running (or walking) ! The audio GPS instructions will guide you.
- > Listen up: the audio guide will tell you everything you need to know about the city and its monuments, neighbourhoods, parks etc.
- > Take a shower and go impress your friends with your new-found cultural knowledge!



# TARN

OCCITANIE

TOURISME-TARN.COM

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