

Your vacation starts here !...

At the gates of Toulouse, between causses of Quercy and the Gorges of Aveyron, nestles a sunny haven of greenery and water, a country where nature is preserved, a high place of history and heritage. With its paths connecting perched castles and bastides, its numerous valleys where water sings, its landscapes enlightened with astonishing colors, Midi-Quercy is also a nourishing and gourmet earth which will charm all people, either sportive or contemplative, for which a successful stay is an authentic meeting, a way of being and of living in a pure state.

Enjoy regional products

As a reflection of the landscapes of Midi-Quercy, our local gastronomy is at once both generous and varied. From the slopes where the sun bathes the vines and melons and plums ripen, to the nourishing plateaux from which our sheep and cattle derive all their flavour : a huge range of tasty products are there to welcome and surprise you ! In fact the heritage of the past, confers an expertise, a savoir-faire, on this land where our first concern is always with quality. With the flavour of truffles, of saffron or of chestnuts, our farmers, chefs, butchers and caterers are just waiting to serve up their lovingly prepared local « Midi-quercy » specialties for you. **From village to village, street markets display every imaginable flavour : why not let yourself be seduced or even try creating your own menus ?** Black stuffed chicken of Caussade, cèpes à la Quercynoise, truffle omelette, Estouffat quercynois or Pan fried foie gras with grapes, Cabécou or Rocamadour goats cheese, Croustade aux Pommes or Maspépain, Wine from the Coteaux du Quercy or the terraces of Montauban, whatever takes your fancy !

Our producers welcome you

In Midi-Quercy, the countryside invites you during your vacancies in our 30 farmers places associated to the network « Bienvenue à la ferme ». Enjoy a tea-time or a dinner in a firm inn and discover local flavours, stay in bed and breakfast accommodations or typical rest houses and live your vacation closest to work of the land.

Gourmet break at farmhouse inn of Mas de Monille (Loze-Saint Projet) - Tél : 05 63 65 76 85 - www.masdemonille.com

Breathe nature

Water shaped the landscapes of Midi-Quercy by its sources, its brooks, the Aveyron river and its many affluents. Combined with a variety of soils and multiple climatic influences, water is revealed within landscapes in mosaic where the wealth of fauna and flora confers to the Midi-Quercy an exceptional biodiversity : landscapes of stone and groves, causses bleached by limestone, hills and small valleys strewn with fruit trees, boxed cliffs of the Gorges of Aveyron. Water also appears at twists and turns, associated with an architecture inspiring quietness : mills, laundrettes, well and ponds.

Thrill seekers or marvellous sites lovers, come to share a broad pallet of nautical activities that meet all your expectations !

Natural sites

Sensitive natural areas (Albias, Bruniquel, Caylus, St Antonin, Nègrepelisse, Montpezat-de-Quercy, Puygaillard de Quercy/ Vaissac)
Cave of Bosc (St Antonin Noble Val)
Petrified cascade of St Pierre-Livron (Caylus)
Site Natura 2000 « Gorges de l'Aveyron, causses proches et Vallée de la Vère » (St Antonin Noble Val, Cazals, Penne, Bruniquel, Larroque)
Site Natura 2000 « Causses de Gausso » (Lavaurette, St Georges)

Areas of supervised bathing (lake and river)

Lake of Monclar de Quercy
Lake of Molières
Edge of Viaur at Laguérie

Hiking, bike riding, or horseback riding, find harmony with nature and environment. Whatever your physical condition, your age, your tastes, there will be always, in Midi-Quercy, an activity which will be able to suit you !

- **Mountain biking** : 2 areas Viaur/Aveyron labeled by the French federation of cycling, more than 200 km of paths marked out with the varied difficulties. Renting and training structures in Saint-Antonin-Noble Val.
- **Canoe-Kayak** : 7 canoe routes spread over 80 km on the Aveyron river, from Laguérie to Albias - category I, II and III-. Renting and training structures in Saint-Antonin-Noble Val.
- **Bicycle touring** : cycling route « Gorges of Aveyron » links Montauban to Laguérie through a 80 km long signposted itinerary.
- **Fishing** : 8 fishing locations by boat and 6 night fishing locations (carp fishing) on the Aveyron river. 1 sportive trip of release fishing at the lake of La Lère in Caussade, 4 water bodies with trouts, 3 streams of 1st catégorie, 6 water bodies et 9 streams 2nd catégorie (open-water), 3 water bodies 2nd catégorie (closed water). Fishing workshops at Saint-Antonin-Noble-Val and Nègrepelisse, fish farming in Varen.
- **Horse riding** : more than ten riding schools welcome you with ponies and horses for initiation and improvement in all the equestrian disciplines : walks and excursions, harnessed horse, cross-country race, jumping, vaulting, dressage (...). An equestrian academy at the Ecurie des Elfes Blancs in Réalville.
- **Climbing** : many walls in the Gorges of Aveyron ; topoguide available at the Tourist office of Saint-Antonin-Noble-Val. Indoor climbing walls and training structures in Saint-Antonin-Noble-Val.
- **Spéléology** : many cavities in the causses of Quercy and the Gorges of Aveyron. Training structures in Saint-Antonin-Noble-Val.
- **Paragliding** : take-off area in Saint-Antonin-Noble-Val.
- **Others** : ULM, cliff adventure tours, excursion with donkeys, shooting, miniature golfs...



Discover the heritage

The Midi-Quercy also has huge historical and architectural richness. There are many remains attesting to human occupation as far back as the Paleolithic. Then from about 1 000 AD, the region saw many abbeys, churches and châteaux built. **Mediaeval urban revolution has left us a lot of very well preserved bastides. In fact, there are more than 80 sites and monuments listed and 23 classified sites which history has bequeathed to the Midi-Quercy region.**

- **Cistercian Abbey of Beaulieu** (Ginals) - Abbey from the 12th century (1144) - Centre des Monuments nationaux.
- **Châteaux de Bruniquel** (Bruniquel)
Castles - National Heritage Site of France.
«Château vieux» (12th et 13th centuries) et «château jeune» (15th century) host 2 permanent exhibitions, one on the filming of *The old gun*, another on the prehistory of Bruniquel, as well as temporary exhibitions of paintings and photos.
- **Marcel Lenoir Museum** (Montricoux)
Dedicated to the works of the painter Marcel Lenoir. Explore various pictorial trends from the end of 19th century to the beginning of the 20th and the keep of the Templars (13th).

- **Château de Cas** (Espinas)
Old commandery of the Templars.
- **Gardens of Quercy** (Verfeil-sur-Seye)
In an english inspired garden, discover large diversity of species and biodiversity - flowers, shrubs, perennial plants, old garden roses, preserved specimen.
- **Follow the guide**
Tourist offices from Saint-Antonin-Noble-Val and Caussade offer all year round thematic excursion programs accompanied by professional guides.

Not-To-Be-Missed

Walk on sacred paths

- **Collegiate church of "Saint Martin"** (Montpezat de Quercy). Church from the 14th century of southern Gothic Style, sheltering treasures such as Flemish tapestries of the 16th century, wedding boxes, alabaster pieces...
- **Church of St Jean-Baptiste** (Caylus)
Church of the 14th century of Gothic style, offering beautiful ancient stained glass windows, monumental Christ of Ossip Zadkine (1954), works of Pól Roux, a 19th century reproduction of the «Belle Jardinière» from Raphaël, a 16th century fabric of the Flemish school representing Christ's face...
- **Sanctuary Notre-Dame de Livron** (Caylus)
Discover the legend of the dragon and the Knight of Lagardelle and pause for a moment in this sanctuary built in the Middle Age. Place of pilgrimage.
- **Church of Notre-Dame de Saux** (Montpezat de Quercy)
Isolated in the middle of a little wood, charming church of the 14th, renovated two centuries later and sheltering mural frescos to discover...
- **Church Saint Pierre de Varen** (Varen)
Rare example of church from the 11th century



Feel artistic emotions

Geological diversity, varied landscapes, multiple climatic influences, changing light patterns, soft colours or intense, bold ones, Midi-Quercy is a welcoming region where memories of the past mingle and become enriched by new experiences. Following the example of the nearby Midi-Pyrenees with its many festivals, **Midi-Quercy now also offers many festivals and shows throughout the year.**

Contemporary arts centres

The Art and Design Centre, La Cuisine
Affiliated to the network « Art Contemporain Midi-Pyrénées », the Center La Cuisine, an unparalleled structure in Europe for its intended coverage, questions feeding habits and attitudes. www.la-cuisine.fr

Abbaye de Beaulieu's art centre
Discover temporary exhibitions in the Abbey of Beaulieu labelled National Heritage Site of France, in the heart of the valley of Seye's river. www.monuments-nationaux.fr/www.art-beaulieu-rouergue.com

Artists, Craftsmen and workshops visits

Lute makers, ironworkers, potters and ceramicists, glass blowers, sculptors and painters; the artists and craftsmen of the Midi-Quercy open their studios, delight in putting on exhibitions and sharing their passions often through unusual or spectacular events when their creative magic takes over.



Markets

Caussade	Monday morning all year round
Caylus	Every tuesday morning and saturday morning
Laguérie	Every wednesday morning and sunday morning
Monclar de Quercy	Every thursday morning
Montpezat-de-Quercy	Every saturday morning
Nègrepelisse	Every tuesday and sunday morning
Saint-Antonin Noble-Val	Every sunday morning. Every wednesday morning in July and August

Not-To-Be-Missed

- **Glass blowers**
Fernando Agostinho - Route de Gaillac - 82800 Bruniquel
Tél : 05.63.67.20.65 - www.agostinhofernando.com
- **Art metal-worker**
Arnaud Elisabeth - Forge au bourg - 82160 Espinas
Tél : 05.63.68.20.88 - aforcedenfer@wanadoo.fr
- **Hat industry, SA Willy's Paris**
Etablissements Rey - 63, av. général Leclerc - 82300 Caussade
Tél Tourist Office : 05.63.26.04.04 - www.mairie-caussade.fr
- **Essential oils distillery, Essenciagua**
82250 Laguérie - Tél : 05.63.30.04.61 - 06.19.02.41.79
www.essenciagua.fr

Traditional fairs and festivals

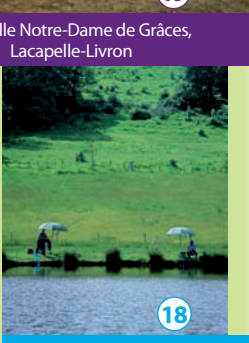
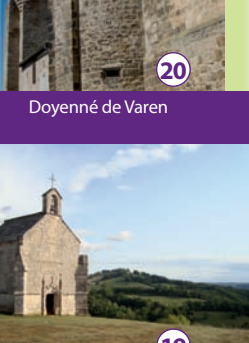
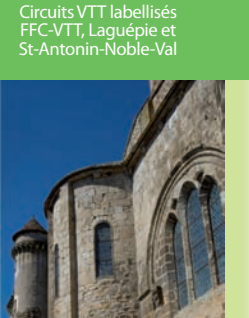
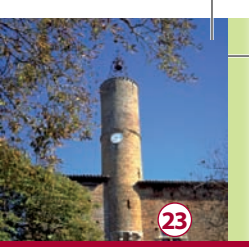
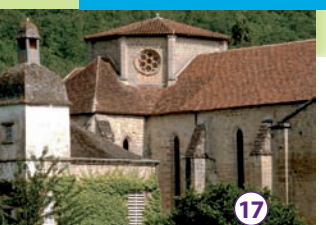
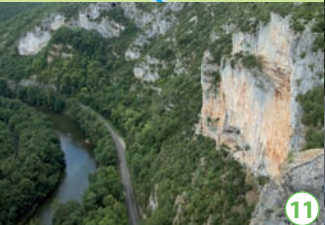
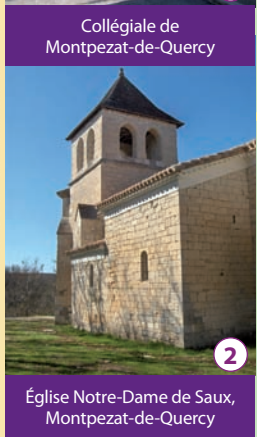
- **Marché au Gras-Truffe-Saffron** à Caussade under the covered market Aime-Bonnaïs from November to March
- **Chestnut Fair** the last weekend of October in Laguérie
- **Occitan Markets** every Sunday morning in July / august in Monclar de Quercy (religious mass in occitan language, traditional dances)
- **Potters market** 15th of August in Caylus
- **Wines Festival** des coteaux du Quercy in August
- **Harvest festival** in July in St Antonin and Espinas
- **Stuffed chicken fair** in Monclar-de-Quercy
- **Tractomania 2^{me}** weekend of October

Cultural events and sight-seeing

Find the program of the manifestations of Midi-Quercy all along the year in the Tourist offices - www.midi-quercy.fr

Not-To-Be-Missed

- Key events**
- Bruniquel châteaux lyric festival, dedicated to Offenbach,
 - Summer hat festival at Caussade and Septfonds
 - Samba al Pais at Nègrepelisse Festival
 - Winter Documentary Festival.



Offices de Tourisme
Bruniquel (82800)
 Promenade du Ravelin
 Tél./Fax 05 63 67 29 84
 tourisme-bruniquel@wanadoo.fr
 www.bruniquel.fr

Caussade (82300)
 46 Bv Didier Rey - Tél. 05 63 26 04 04
 caussadetourisme@gmail.com
 www.mairie-caussade.fr

Caylus (82160)
 20 Rue droite - Tél. 05 63 67 00 28
 tourisme@caylus.com
 www.caylus.com

Laguépie (82250)
 Place du Foirail
 Tél./Fax 05 63 30 20 34
 tourisme.laguépie@orange.fr
 www.laguépie-en-rouergue.fr

Monclar-de-Quercy (82230)
 Place des Capitouls
 Tél. 05 63 30 31 72
 Fax 05 63 30 55 87
 monclardequercy@wanadoo.fr
 www.monclardequercy.com

Montpezat-de-Quercy (82270)
 Bd des Fossés
 Tél./Fax 05 63 02 05 55
 contact@tourisme-montpezat-de-
 quercy.com
 www.tourisme-montpezat-de-
 quercy.com

Saint-Antonin-Noble-Val (82140)
 Place de la Halle
 Tél. 05 63 30 63 47
 Fax 05 63 30 66 33
 tourisme@st-antonin-nv.com
 www.saint-antonin-noble-val.com

Syndicats d'initiative ouverts en saison
Espinas (82440)
 Tél. Mairie 05 63 30 64 72
 Fax 05 63 30 67 03
 siepinas@yahoo.fr

Réalville-Mirabel-Cayrac (82440)
 Esplanade Raymond Laurent
 Tél. Mairie 05 63 31 01 41
 Fax 05 63 31 15 59

Septfonds (82240)
 Place du Général de Gaulle
 Documentaliste 05 63 31 26 36
 tourisme@septfonds.com
 www.septfonds.com

Varen (82440)
 Place de l'Eglise
 Tél. 05 63 65 45 09
 Fax 05 63 65 49 40
 animatrice.rurale.varen@wanadoo.fr
 www.varen.fr

Verfeil-sur-Seye (82330)
 Rue principale
 Tél. 05 63 65 46 81 (Bibliothèque)
 slverfeil-seye@orange.fr

- Office de tourisme - Syndicat d'initiative
- Patrimoine religieux
- Château
- Musée
- Préhistoire, dolmen ou grotte
- Activité de pleine nature
- Base de loisirs - baignade surveillée (eaux vives, lacs ou piscine)
- Station verte de vacances
- Plus beau village de France
- Aire de service camping car - Stationnement
- Station essence
- Carte bleue
- Site Natura 2000 « Gorges de l'Aveyron, causses proches et vallée de la Vère »

1 Sites numérotés illustrés

	Bruniquel	Caussade	Caylus	Laguépie	Monclar de Quercy	Montpezat-de-Quercy	Saint Antonin
Bruniquel	-	18	34	44	17	29	23
Caussade	18	-	22	38	29	11	19
Caylus	34	22	-	24	60	31	12
Laguépie	44	38	24	-	55	52	21
Monclar de Quercy	17	29	60	55	-	40	48
Montpezat-de-Quercy	29	11	31	52	40	-	29
Saint Antonin	23	19	12	21	48	29	-

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