



Trail

walking • horseriding • cycling



Informations :

Agence de Développement Touristique de Tarn-et-Garonne
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 82005 MONTAUBAN CEDEX
 Tél. : 05 63 21 79 65 (de l'étranger +33 563 21 79 65)
 Mail : info@tourisme82.com
 Site : www.tourisme-tarnetgaronne.fr

Réservations :

Service Départemental de Réservation / Loisirs-Accueil Tarn-et-Garonne
 Hôtel du département - Boulevard Hubert Gouze - CS 90534
 82005 MONTAUBAN CEDEX
 Tél. : 05 63 21 79 61 (de l'étranger +33 563 21 79 61)
 Mail : sla82@wanadoo.fr
 Site : www.reservation-tarnetgaronne.fr

Organisme local de tourisme autorisé par arrêté préfectoral A0382 96.0001



www.tourisme-tarnetgaronne.fr

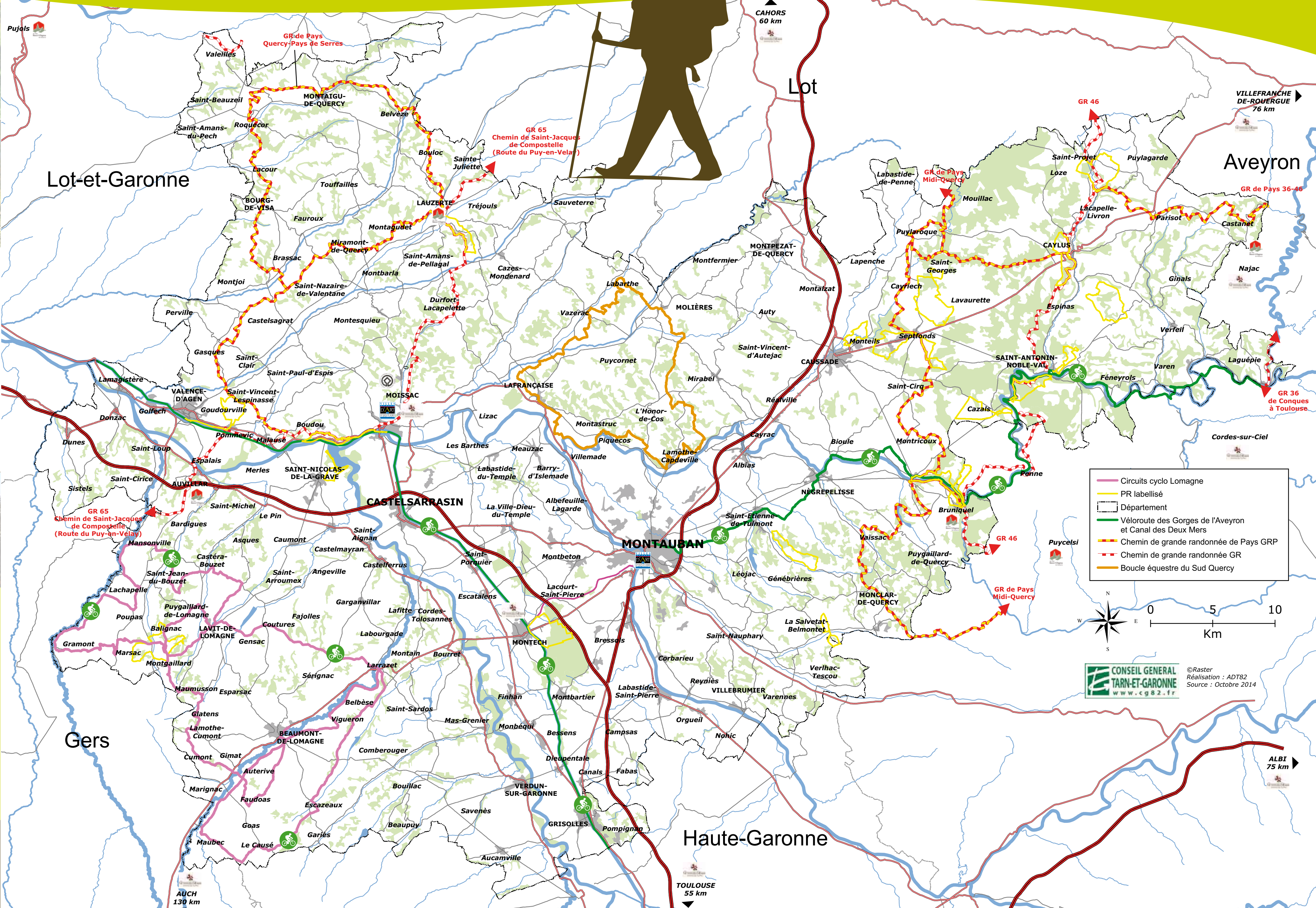




Trail Map

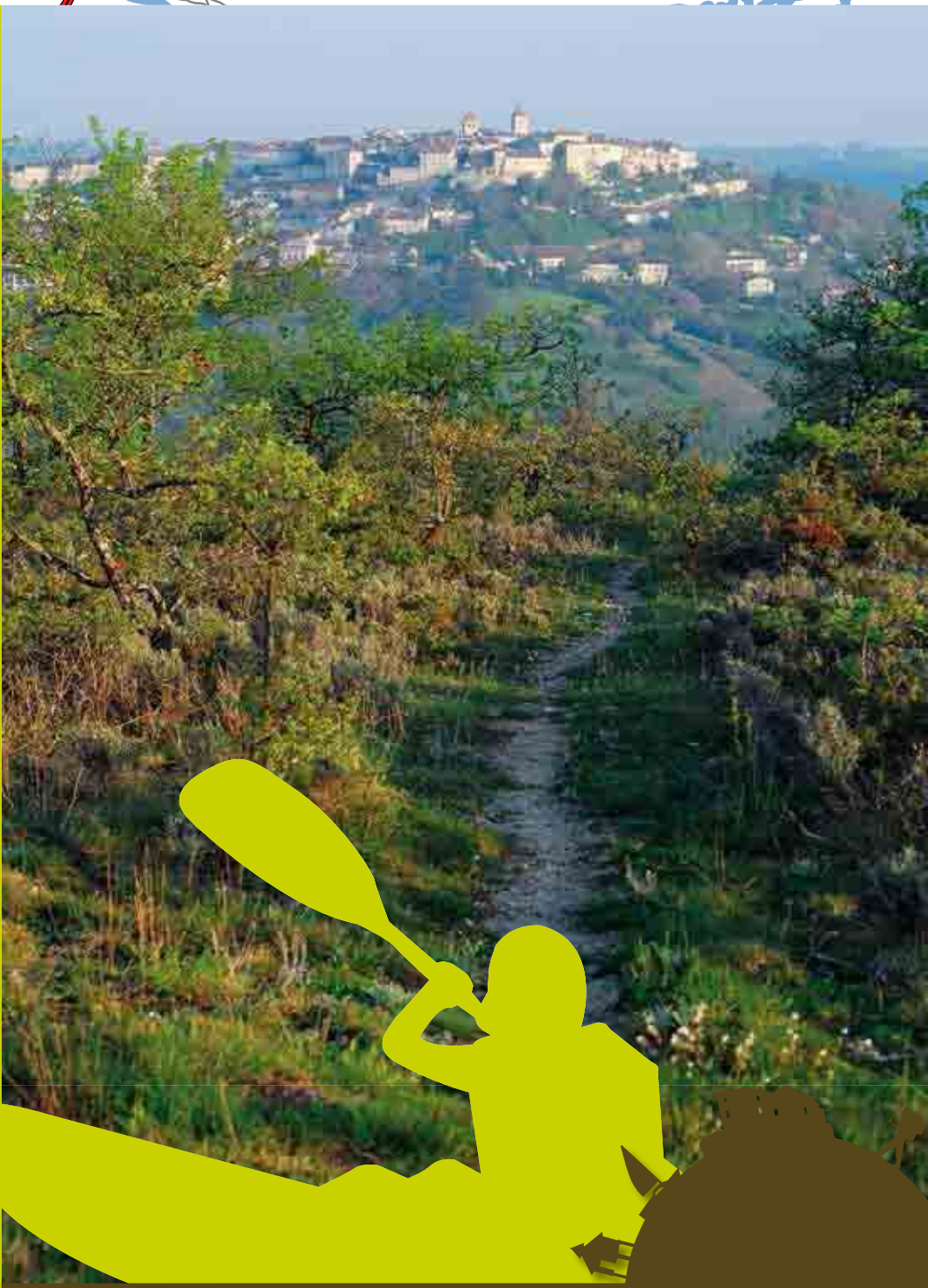
Walking • Horseriding • Cycling











Riding Schools

Les écuries de Bordeneuve Auterive Tél. : +33 (0) 563 65 37 33 +33 (0) 615 10 12 86	Centre équestre de Saint-Sernin Caussade Tél. : +33 (0) 563 93 26 51 +33 (0) 683 59 40 78 www.centre-equestre-caussade.fr	Centre équestre des Bordes Lauzerte Tél. : +33 (0) 563 94 63 46 +33 (0) 687 51 95 42 www.equi-sejour-lauzerte.com	Centre équestre Montech Tél. : +33 (0) 563 02 91 01 +33 (0) 687 51 95 42	Centre équestre Savènes Tél. : +33 (0) 689 15 56 50	Centre équestre St-Vincent Lespinasse Tél. : +33 (0) 563 95 63 27
L'Ecole du cheval Beaumont-de-Lomagne Tél. : +33 (0) 683 12 34 98	Centre équestre Del Barry Caussade Tél. : +33 (0) 563 63 08 91 +33 (0) 647 38 46 05	L'Escapade Moissac Tél. : +33 (0) 663 04 48 96 +33 (0) 672 24 68 45	Ferme de l'ATAEL Montgaillard Tél. : +33 (0) 610 18 29 45	Centre équestre de Sigbell St-Beauzeil Tél. : +33 (0) 563 95 25 65 +33 (0) 563 27 15 78 www.sigbell.leu	Société Hippique Rurale Sérignac Tél. : +33 (0) 610 78 73 85
Les écuries de Brial Bressols Tél. : +33 (0) 563 02 14 35 http://les.ecuries.de.brial.free.fr/	Ecole d'équitation Génèbrières Tél. : +33 (0) 563 30 41 10	Les écuries de Merlanes Molieres Tél. : +33 (0) 618 69 88 19	La Jumenterie de Carrelis Nohic Tél. : +33 (0) 660 61 44 40 +33 (0) 684 57 54 67 www.jumenterie-de-carrelis.com	Centre équestre de Pitray St-Étienne de Tulmont Tél. : +33 (0) 563 27 15 51 +33 (0) 563 27 15 78	Equiloisirs Valence d'Agén Tél. : +33 (0) 563 39 55 57 www.equiloisirs.fr
Centre équestre des Bastides Bruniquet Tél. : +33 (0) 563 67 54 44 www.domaine-equestre-des-bastides.fr	Les chemins de Nooka L'Honor-de-Cos Tél. : +33 (0) 563 66 34 74 www.alliegres.com	Centre équestre des Allègres Montauban Tél. : +33 (0) 563 66 34 74 www.alliegres.com	Les Ecuries des Elfes Blancs Réalville Tél. : +33 (0) 563 30 39 35 www.elfes-blancs.fr	Ecurie des Avoines St-Porquier Tél. : +33 (0) 699 60 23 11 www.ecurie-des-avoines.com	Centre équestre Villeneuve Tél. : +33 (0) 563 66 50 09 +33 (0) 681 12 07 31 www.equitation-villeneuve.com
Hippo Campsas Campsas Tél. : +33 (0) 689 76 13 70 +33 (0) 651 67 18 95 www.hippo-campsas.com	Les sabots de L'Honor L'Honor-de-Cos Tél. : +33 (0) 677 23 53 24	Centre équestre Le Cèdre Montauban Tél. : +33 (0) 563 66 44 89 www.centre-equestre-lecedre.com	Les écuries de Reyniès Reyniès Tél. : +33 (0) 563 30 11 08 www.lesecuriesdereynies.fr	Poney Club Epona St-Vincent Lespinasse Tél. : +33 (0) 689 99 13 23	
	Domaine de Lauzinie Lacour-de-Visa Tél. : +33 (0) 563 95 23 31 www.domainedelauzinie.com	Centre équestre Les Noisetiers Montbarrier Tél. : +33 (0) 563 26 09 33 www.ce-lesnoisetiers-82-tfe.com			

EQUIRANDO 2015

TO BEAUMONT-DE-LOMAGNE (82)

RACECOURSE - 24, 25 AND IN JULY 26TH

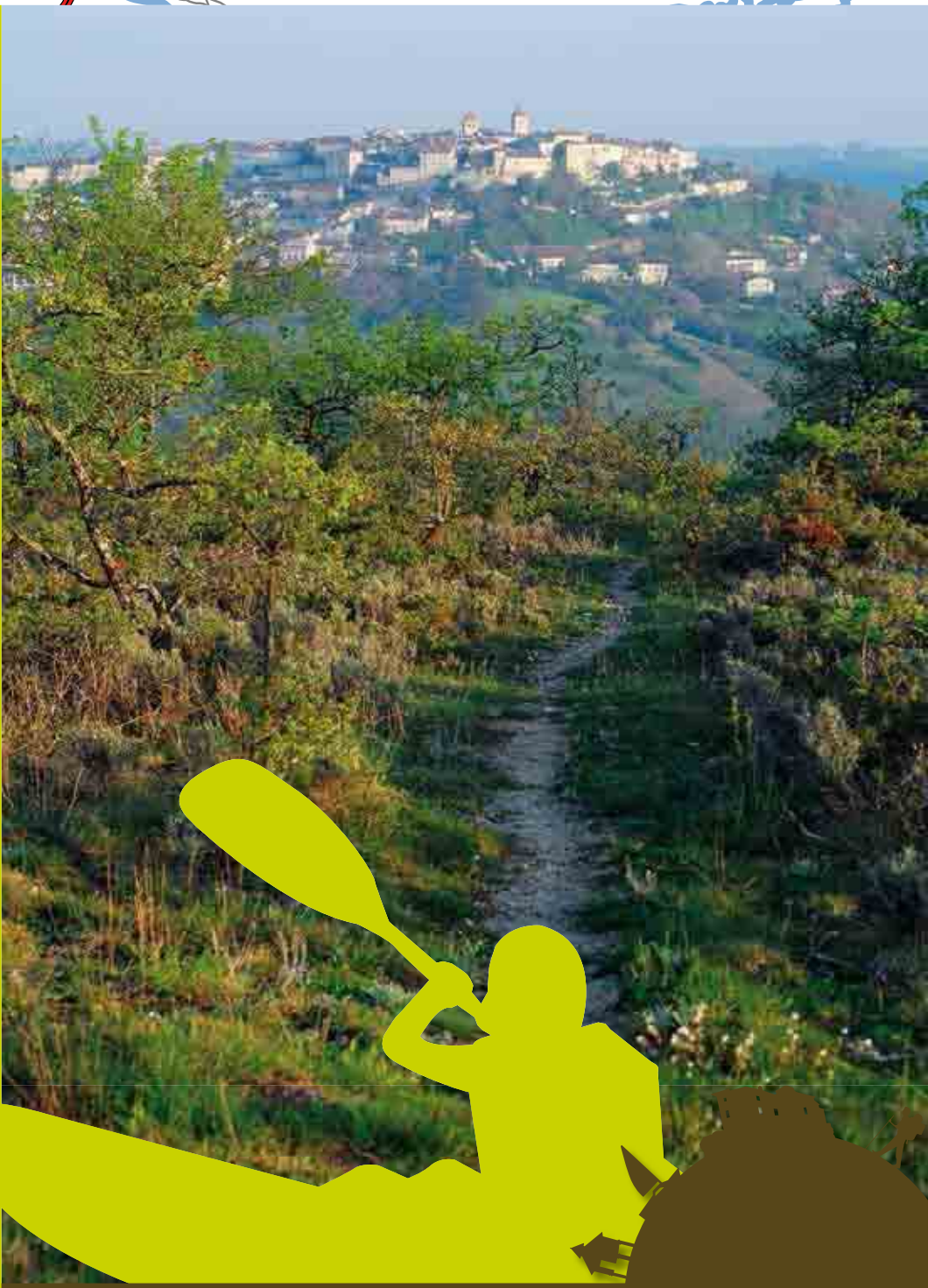
Equirando is organised by the National Committee of Equestrian Tourism of the French Federation of Riding. Meeting in Tarn-et-Garonne for one of the biggest European gatherings of horse-riders and leaders practising the riding of open air with its 1500 participants coming from all France and from various countries (Belgium, Italy, Switzerland, Canada).

www.equirando.com









www.tourisme-tarnetgaronne.fr



Rambels and the St Jacques de Compostelle Pilgrims' Way



Rambels on foot

The St Jacques de Compostelle Pilgrims' Way or GR65.

This is almost a mythical route, at one and the same time physical and spiritual, enabling the pilgrim to not only find inner peace but discover amazing architectural wonders along the way.

As well as the main bridle paths or "Grandes Randonnées" such as the GR65, the GR46 and the GR36, the Tarn et Garonne also offers local bridle paths known as GRP: Quercy-Pays de Serres and Midi-Quercy.

Looking for higher capacity hosting, fully fitted for walkers: www.tourisme-tarnetgaronne.fr/en

Topo-guides of GR paths (hiking) :
- The way from Conques to Toulouse
- "Between Quercy and Aveyron gorges"
- The Pilgrim way of Santiago de Compostelle from Le Puy: Figear-Moissac.
- The Pilgrim way of Santiago de Compostelle from Le Puy: Moissac - Roncevaux

Buy on-line the books on: www.ffrandonnee.fr and in the bookshops of the department.

A walk around Tarn-et-Garonne, our suggested walks give you the opportunity to see sites from a different angle. On these walks you'll get to different viewpoints and see exclusive panoramas. You'll discover the countryside, villages, vineyards, châteaux and local heritage and all the wealth of interest that will make you want to come back for more or stay for longer.

Download the files and instructions on: www.tourisme-tarnetgaronne.fr/en in "Rambles"



To book and organise your hiking/ walking stay :
LOISIRS ACCUEIL TARN-ET-GARONNE
Tél. +33 (0) 563 21 79 61
sta82@wanadoo.fr
www.reservation-tarnetgaronne.fr

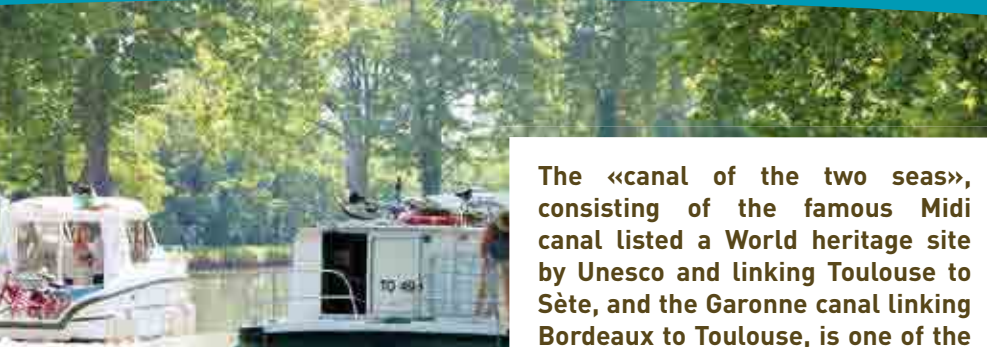


Gites which house groups on holiday, between 15 to 70 people, are perfect for groups of friends or families. Tarn-et-Garonne offers a range of Gites, with accommodation suitable for groups or gatherings, many of which have conference or reception rooms.

www.tourisme-tarnetgaronne.fr/en Go on "Where to stay / Higher capacity hosting".



River tourism



The «canal of the two seas», consisting of the famous Midi canal listed a World heritage site by Unesco and linking Toulouse to Sète, and the Garonne canal linking Bordeaux to Toulouse, is one of the major tourist attractions of the area.

Imagine sailing from Toulouse to Montauban, via Castelsarrasin, Moissac and arriving at the port of Valence d'Agen: a tranquil journey ideal for exploring the department, only interrupted by 33 locks and several odd quirks such as the canal bridge at Cacor, on the Tarn or the water slope at Montech (an experimental installation unique in the world).

Along the canal numerous marinas propose boating activities as well as cruises, enabling tourists to thoroughly explore the waterways. The canal path, often with shade provided by the large plane trees along its banks, is bordered by vineyards, copses, wooded slopes, orchards and villages, as well as historical, architectural monuments.

Le Boat - Port de Castelsarrasin
www.leboat.fr



Canoeing and kayaks

Canoeing in the Aveyron Gorges

The east of Tarn-and-Garonne once belonged to the Aveyron and so consists of gorges hollowed out of the limestone at the foot of sheer cliffs, to the delight of intense sports fans!

Canoeing-kayak is one of the most popular sports in this area: it takes 3 hours to navigate the 9 kilometres of the Aveyron. Several clubs or associations offer boat rental.

BOAT RENTAL

Variation sports nature

La Plage - 82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 68 25 25 - contact@variation82.eu

Les pieds dans l'eau

Le Gravier
Route Marsac - 82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 68 24 80 - courrier@piedsdansleau.com

Acti Eaux Vives

Marsac bas - 82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 31 88 61 - actieauxvives@yahoo.fr

A l'eau canard

chemin du lavoir, 82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 31 63 05 - +33 (0) 632 03 94 06

Evasion Canoë

Chemin de Fontalès, 82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 30 87 45



The green cycle path along the Two Seas Canal

www.canaldes2mersavelo.com



Cyclists Welcome



Accueil Vélo (Cyclists Welcome) is a national mark guaranteeing a high quality of welcome and services for cyclists where you see the sign across France.

This quality mark is similar to that you'll find in certain other countries (e.g. Bett & Bike in Germany or Welcome Cyclists around Quebec)

The quality mark Accueil Vélo concerns: accommodation, Tourist Offices, bike rental and repair companies, places to visit.

BED & BREAKFAST HOTELS - CAMPSITES

AUVILLAR

Chambres d'hôtes l'Arbudet
6 pers. + 3 ch.
Tél. +33 (0) 563 39 01 20
+33 (0) 644 62 07 52
brune.anne-marie@wanadoo.fr
www.monvillageetvous.com

GRISOLLES

Hôtel Relais des Garrigues **
Tél. +33 (0) 563 67 31 59
relaisdesgarrigues@orange.fr
www.relaisdesgarrigues.com

MOISSAC

Hôtel des Crêtes de Pignols **
Chambres d'hôtes de M^{me} Thumerel
6 pers. + 2 ch.
Tél. +33 (0) 563 04 52 90
+33 (0) 475 42 23 89
marie-claire.thumerel@orange.fr
www.chambresdhoties82.fr

MONTECH

Gîtes + Les Peyrets +
8 pers. + 4 ch.
Tél. +33 (0) 563 64 85 79
+33 (0) 761 14 85 34
gite.lespeyrets@free.fr
www.gite-les-peyrets-midi-pyrenees.fr

Camping Municipal ***

Tél. +33 (0) 563 31 14 29
contact@camping-montech.com
www.camping-montech.fr

POMMEVIE

Gîte Vilma
3 pers. + 1 ch.
Tél. +33 (0) 614 65 51 75
sergechoupy@gmail.com
www.gites-garonne.com

SAINT NICOLAS DE LA GRAVE

Chambres d'hôtes de M^{me} Thumerel
6 pers. + 2 ch.
Tél. +33 (0) 563 04 52 90
+33 (0) 475 42 23 89
marie-claire.thumerel@orange.fr
www.chambresdhoties82.fr

ST PORQUIER

Les Hortensias
7 pers. + 3 ch.
Tél. +33 (0) 563 31 85 57
+33 (0) 477 46 98 98
bernard.barthe750@free.fr
www.chambres-hotes-leshortensias.com

VALENCE D'AGEN

L'Oustat d'Anicette
9 pers. + 4 ch.
Tél. +33 (0) 563 04 08 75
+33 (0) 478 47 21 72
anicette.ouillez@gmail.com
anicette.com

TO RENT A BIKE

MTC shop

7 rue du Collège
82000 Montauban
Tél. +33 (0) 563 91 99 68

A loisirs

3130 route du Nord
82000 Montauban
Tél. +33 (0) 563 63 56 26

Acti Eaux Vives

Route de Marsac
82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 61 88 61

Nature Escapade

22 boulevard des Thermes
82000 Saint-Antonin Noble Val
Tél. +33 (0) 563 31 41 76

Variation sport nature

La Plage
82140 Saint-Antonin Noble Val
Tél. +33 (0) 563 68 25 25

Tourist Office

Office de Tourisme de Bruniquet
Tél. +33 (0) 563 67 29 84 - www.bruniquet.org

Office de Tourisme de Laguépie
Tél. +33 (0) 563 30 20 34 - www.laguepie.fr

Office de Tourisme de Montauban
Tél. +33 (0) 563 63 40 60 - www.montauban-tourisme.com

Office de Tourisme de St-Antonin Noble Val
Tél. +33 (0) 563 30 63 47
www.tourisme-saint-antonin-noble-val.com

Syndicat d'Initiative de Varen
Tél. +33 (0) 563 65 45 09 - www.varen.fr

BED & BREAKFAST HOTELS - CAMPSITES

BIOULE

Hôtel Les Boissières ***
Tél. +33 (0) 563 24 50 02
contact@lesboissieres.com
www.lesboissieres.com

BRUNIQUEL

Chambres d'hôtes de M^{me} Walerysack
15 pers. + 5 ch.
Tél. +33 (0) 563 67 25 00
etapeduchateau@gmail.com
www.etapeduchateau.com

Chambres d'hôtes de M^{me} Artusi

Tél. +33 (0) 563 24 15 26
+33 (0) 684 89 06 81
abriniquel@orange.fr

L'Ostal Del Sabatier

de M et M^{me} Digne
10 pers. + 4 ch.
Tél. +33 (0) 563 45 35 41
+33 (0) 669 77 34 73
lostaldelsabatier@gmail.com
www.l-ostal-del-sabatier-bruniquel.com

LAGUÉPIE

Chambres d'hôtes de M^{me} Cuvelier
10 pers. + 4 ch.
Tél. +33 (0) 563 30 27 67
+33 (0) 633 89 02 40
p-prevost@hotmail.fr

Chambres d'hôtes de M^{me} Portier

Tél. +33 (0) 563 30 27 67
+33 (0) 633 89 02 40
p-prevost@hotmail.fr

Chambres d'hôtes de M^{me} Portier

Tél. +33 (0) 563 30 27 67
+33 (0) 633 89 02 40
p-prevost@hotmail.fr

Chambres d'hôtes de M et M^{me} Digne

Tél. +33 (0) 563 24 15 26
+33 (0) 684 89 06 81
abriniquel@orange.fr

Hôtel Mercure ****

Tél. +33 (0) 563 63 17 23
H2183@accor.com
www.accorhotels.com

Hôtel du Commerce ***

Tél. +33 (0) 563 66 31 32
info@hotel-du-commerce-montauban.com
www.hotel-du-commerce-montauban.com

Ibis Budget Montauban Centre **

Tél. +33 (0) 892 680 979
h5318@accor.com
www.accorhotels.com

Le Clos St-Amour

Tél. +33 (0) 563 33 33 78
+33 (0) 667 16 89 02
begat.francis@neuf.fr
www.leclosdesaintamour.com

Le Boudoir du Faubourg

7 pers. + 3 ch.
Tél. +33 (0) 563 24 27 05
+33 (0) 676 30 86 36
info@lemadesanges.com
www.lemadesanges.com

Chambres d'hôtes de M^{me} Portier

Tél. +33 (0) 563 03 52 62
+33 (0) 684 23 43 80
m.portier82@orange.fr
www.leboudoirdufaubourg.com

Chambres d'hôtes de M et M^{me} Digne

Tél. +33 (0) 563 24 15 26
+33 (0) 684 89 06 81
abriniquel@orange.fr

Chambre d'Amis

2 pers. + 1 ch.
Tél. +33 (0) 671 94 70 17
marieperle.diogo@gmail.com

Chambres d'hôtes de M^{me} Martinez

2 pers. + 1 ch.
Tél. +33 (0) 563 67 16 32
+33 (0) 684 18 48 42
bleuavandesan@yahoo.fr
chambre-bleuavande.jimdo.com

MONTICOUX

Camping Le Clos Lalande ***
Tél. +33 (0) 563 24 18 89
contact@camping-lecloslalande.com
www.camping-lecloslalande.com



The cycle routes in the Aveyron Gorges

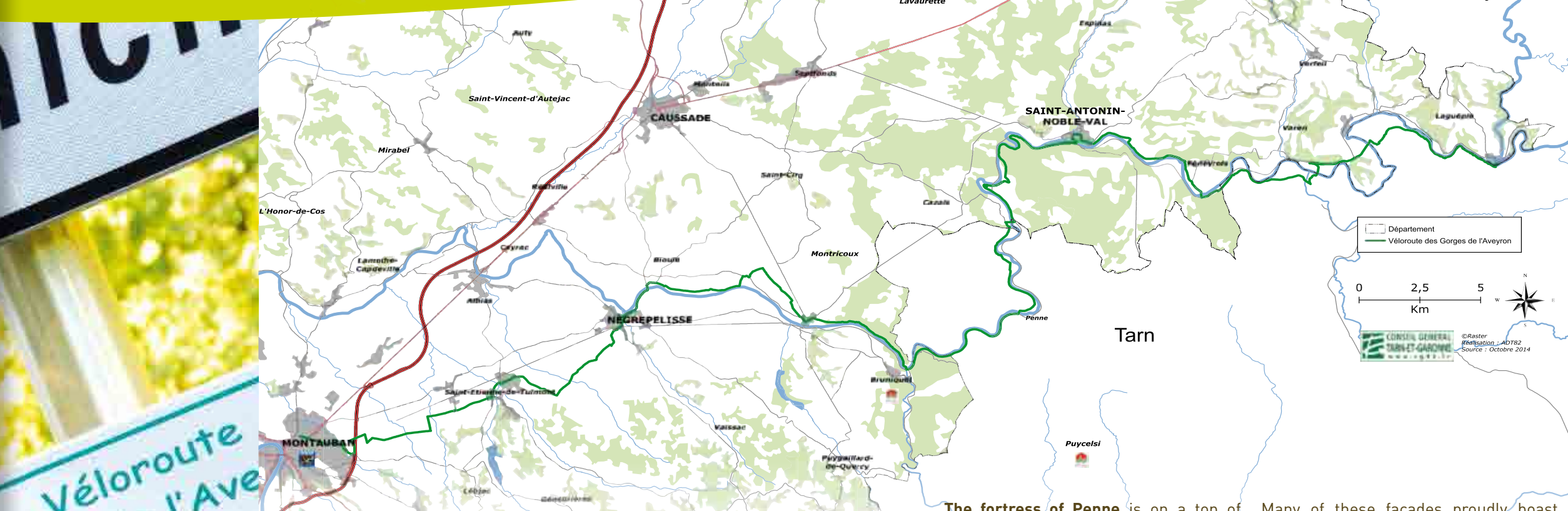
For outdoor fans, the Tarn-et-Garonne has plenty of opportunities for pleasant rides along the 85 km of cycle paths in the Aveyron valley, linking Montauban to Laguépie in the east. Well signposted, this itinerary enables you to easily explore the plains around Montauban; visiting medieval villages such as Montricoux, Bruniquet, Penne, Saint-Antonin-Noble-Val, Varen and Laguépie.

For pleasure seekers, we offer the bountiful treasures of Tarn-et-Garonne... sun-warmed fruit and other seasonal produce will provide the recipe for your well-being!

Montauban carries its nine centuries of existence well! Built of pink brick, the town entrances visitors with the splendid arcades in the Place Nationale, old cobbled streets and private mansions as well as the wonderful view of the old Episcopal palace (now the Ingres museum) from the Old Bridge or 'Pont-Vieux', Saint-Jacques church, the Notre-Dame cathedral.

Saint-Etienne de Tulmont is a charming village founded in 1550 by the lord of Bruniquet. The village was called before Tulmont. 8 centuries later, this bastide still has its Tulmonenc quadrangular square.

In **Négrepelisse**, the main asset is the new Design and Art Centre La Cuisine, unique in Europe, it's an exhibition and production site, all dedicated to the food culture with modern and contemporary creation and artists. This centre was built on the remains of the medieval castle and its open daily on July and August.



Montricoux retains a great number of vestiges of mediaeval times: the Templar dungeon; its castle, which is now a museum dedicated to the painter Marcel-Lenoir, a well-known figure in Montmartre in the 20s; its church modelled on the Saint-Sernin basilica in Toulouse; its watchtowers and its ramparts; not forgetting its numerous half timbered houses.

The mill on the river Aveyron, still active today, completes the picture.

This village forms the crossroads of the Quercy, the Rouergue and Albigeois territory and plunges you into its mediaeval past thanks to its ramparts, the twin castle ruins overhanging the River Aveyron and not forgetting the Maison Payrol, former residence of the Governors of **Bruniquet** and 12th C storeroom.

The fortress of Penne is on a top of a cliff. Keeper of the Aveyron Gorges, this masterpiece of medieval military architecture offers breathtaking views. The village is in the heart of the Gresigne forest, built on the rock with mysterious streets and medieval houses.

In the heart of the Aveyron Gorges nestles the mediaeval town of **Saint Antonin Noble Val**, witness to twelve centuries of history. The historical centre comprises half-timbered houses higgledy-piggledy clustered in narrow, winding lanes.

Many of these facades proudly boast twin or mullioned windows, Gothic and Romanesque arches above doorways, as well as traces of ancient market stalls. If you're the sporty type and you like the outdoors, then come to the Aveyron Gorges!

Canoeing, kayak, rock-climbing, Potholing Mountain biking, rambling

Tourist Office

Office de Tourisme de Bruniquet
Tél. +33 (0) 563 67 29 84 - www.bruniquet.org

Office de Tourisme de Laguépie
Tél. +33 (0) 563 30 20 34 - www.laguepie.fr

Office de Tourisme de Montauban
Tél. +33 (0) 563 63 40 60 - www.montauban-tourisme.com

Office de Tourisme de St-Antonin Noble Val
Tél. +33 (0) 563 30 63 47
www.tourisme-saint-antonin-noble-val.com

Syndicat d'Initiative de Varen
Tél. +33 (0) 563 65 45 09 - www.varen.fr

www.tourisme-tarnetgaronne.fr