



inAveyron

DISCOVERY
GUIDE

EXCEPTIONAL AVEYRON / DESTINATION / CULTURE, HERITAGE AND SAVOIR-FAIRE

LEISURE AND ACTIVITIES / FLAVOURS AND DELICACIES



www.tourisme-aveyron.com

AVEYRON 



Welcome to Aveyron!



With the Departmental Agency of Attractiveness and Tourism, we carry an ambitious vision for our territory. Our department, beyond its spectacular landscapes, embodies a land of opportunities, experimentation and where our values of authenticity blend with innovation. Aveyron is not just a tourist destination, it is a source of inspiration and a model of excellence for all newcomers.

Tourism is an essential gateway and a powerful economic engine that creates jobs, shapes modern infrastructure, preserves our cultural and natural heritage, diversifies our economy, and strengthens our international reputation.

It is a showcase that reflects the richness of our know-how and our ability to live well, as an invitation to discover a territory with a strong identity offering growth prospects both personally and professionally. It is with this in mind that we are committed to propel Aveyron towards new horizons.

We are certain that every municipality has a part to play in achieving Aveyron's full potential and ensuring its position in the growth of our country.

Our collaboration with local partners is built on this ambition, a collaboration that leverages their skills to serve their territory.

Our work together is resulting in a strong and shared AVEYRON brand that is conducive to innovation, modernization, and dynamic development of a territory that we are proud of.

The Department addresses the challenges of our time: environmental, economic, solidarity, and youth. Our goal is to attract a resident population and economic players who will directly contribute to the prosperity of our businesses. By welcoming new talents who will strengthen our quest for excellence, we are creating Aveyron's future.

Arnaud VIALA
Président du Département de l'Aveyron



Aveyron is the perfect destination to respond to the new social aspirations that the pandemic have revealed. Our promise to you : rediscover serenity, reconnect with nature, marvel at its riches, meet its inhabitants and enjoy their incomparable quality of life... Your stay in Aveyron will also seduce with a multitude of new discoveries and unforgettable experiences.

You'll be surprised by the variety of the sites and landscapes, by the quality of the activities, the heritage, the history and the gastronomy.

Try the Aveyron art of living. Our area offers a rich balance of modernity and authenticity.

Our countryside is vast, it is lively, active, through its economy and the wealth of tourist, cultural and sporting activities, which are the fruit of a strong commitment by the Aveyron people. Elected representatives, accommodation providers, socio-professionals, and industry professionals are all collectively mobilised to offer you the best possible welcome and to ensure that you have an unforgettable stay, so you too will become ambassadors of the Aveyron.

This brochure will guide your steps during your exploration. Prepare to be surprised!

Jean-Luc CALMELLY
Président de l'Agence Départementale de l'Attractivité et du Tourisme de l'Aveyron





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More informations 

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The highlights of the year



On the trail of the Laguiole AOP and Aubrac Aligot cheese

What could be better than a walk to discover the magical landscapes of Aubrac in the snow? During this event, walkers go from one buron hut to another via 3 circuits (12, 18 or 21km) and enjoy a well deserved meal... Aligot speciality AOP cheese included!



Transhumance

In May, herds of Aubrac cows go to the plateaux to spend the summer in the wide green spaces. Walkers go to meet the farmers and take advantage of the opportunity to celebrate with family and friends: herd parades, producers' and craft markets, meals, music, and more.

March

April

May

June

July

Roc Laissagais

A must for mountain bike fans, the Roc Laissagais takes place in June and offers more than a dozen routes, which are constantly being renewed. Some events even count for the European MTB Marathon Championship

Natural Games

The ultimate event for the world elite in Outdoor sports (kayaking, slacklining, mountain biking, etc.) and music, the Natural Games bring together sports people, music lovers and the curious. Throughout the weekend, the participants can take part in competitions, introductory sports sessions and concerts.

F'Estivada

The town of Rodez, supported by a national partner, hosts a popular, music concert of national significance. F'ESTIVADA This popular, celebratory event aims to promote the town of Rodez as an attractive destination.





Cap'Mômes in Espalion

Cap Mômes, which is aimed at a young audience, is a street theatre festival that offers entertainment combining circus acts (juggling, acrobatics, magic, clowns etc), music and storytelling, under the shade of the plane trees, on the banks of the Lot.



Festival de Musiques Sacrées, Musiques du Monde

For 2 months, the Abbaye de Sylvanès becomes the ideal place to discover songs and dances from here and elsewhere, both secular and sacred. The performances also allow the public to discover the Abbey, which is a listed historic monument and has been awarded the Grand Site d'Occitanie label.



The Course Eiffage Millau Viaduct race

This race, held in Aveyron, is aimed at all running enthusiasts, both competitive and recreational. It's a popular, accessible, route with 2 possible distances: 12.8 km or 23.7 km, and a fun, celebratory atmosphere that takes you over the world's tallest motorway bridge.

July

July-August

September

October

Hier un Village

An unmissable Aveyron event, 'Hier un Village' ('A village of Yesteryear') traces the history of the village of Flagnac through a remarkable 1 hour 45 sound and light show.

Festival en Bastides

Street theatre with street performances by acrobats, magicians, clowns and entertainers held in 5 of the Rouergue region's fortified towns (Villefrance, Najac, Villeneuve, Sauveterre and La Bastide l'Évêque).

Festival des Templiers

One of the most important and popular trail races takes place each year in October in Millau! The Festival des Templiers offers 16 events from 9km to 106 km and brings together almost 45,000 people around the trail salon, which takes place during the festival.



Find the calendar of your favourite excursions on the [sortir-aveyron.com](https://www.sortir-aveyron.com) app! In one click, discover all the events in Aveyron: visits, concerts, exhibitions, leisure activities... The date, the location, a centre of interest... You've found it!

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LE VIADUC DE MILLAU, THE SUPERLATIVE BRIDGE



A steel and concrete giant

Designed by the French engineer Michel Virlogeux and drawn by the English architect Sir Norman Foster, the Millau Viaduct started operation in 2004 after thirteen years of technical studies and three years of work.

Carrying motorway A75, it connects the causee Rouge and the Larzac by crossing the Tarn valley. In conformity with the choice of architect and the Aveyron local authorities, the Viaduct very discretely integrates in the fabulous landscape. Its fine metallic deck, supported by the immaculate white strut, forms a slight curve and is based on seven high piers that give it the look of a ship. Great emotion at first sight of this exceptional work, remarkable by its grace and balance. Whether you discover it from one of the numerous vantage points, or it dominates you when paddling on the Tarn in your canoe, you fly over it when paragliding or you cross it driving your car, it always is an extraordinary experience.

The viaduct in figures

The Millau viaduct is a cable-stayed structure spanning **2,460** metres with its P2 pier reaching a height of **242** metres, overlooking the valley. The mast of the pylon is **343** metres high, which is **13** metres higher than the Eiffel Tower. The steel deck, which runs **270** metres above the Tarn, weighs **36,000** tons, which is five times more than the Eiffel Tower or the equivalent of **70** TGV trains. It took **3,000** men and women to build this work of art which costs **400** million Euros.





The Viaduct Exhibition

Let's take a dive into the giant monument of concrete and steel at the Millau Viaduct exhibition ! Model of the structure, pictures of the construction take you to look behind the scenes of this legendary viaduct. In the heart of an old sheep barn where authenticity and modernity combine, you will also find the official shop of the Millau Viaduct, to take away a souvenir of your visit...



An essential stop

Installed in a former farm of the Causes, the visitor centre of the Millau viaduct invites you to discover this architectural prowess, listed Grand Site of Occitanie, but also the natural, cultural and gastronomic heritage of Aveyron.

Walk to the viewpoint and enjoy a breathtaking view of the viaduct. A great place for that memorable photo!

Aire du Viaduc de Millau

www.tourisme-aveyron.com Tel. : +33(0)5 65 75 40 12



1 Millau viaduct visitor centre

2 The Explorer's Trail

The Explorers' Trail

How was this giant built? What is it made of? Follow the guide to see and know all about it!

Education and a welcoming atmosphere are on the agenda during this visit, which is accessible to all - children and adults, engineers and amateurs alike.

The highlight of the visit is going to the private viewpoint under the deck and enjoying a superb view of the structure. Come and enjoy the experience with family, alone or with friends!

More information

www.leviaducdemillau.com

Find out more about the Viaduct



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The Eiffage race at the Viaduc de Millau in Aveyron

Begun in 2007, this biennial race has become a major event in the world of running. Each year, thousands of participants take part in the race, climbing the floating viaduct above Millau and the beautiful Tarn Valley.

www.course-eiffage-viaducdemillau.org

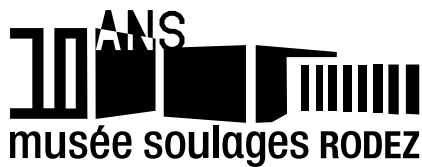
#MillauViaductRace





A vessel at the centre of the city

Installed in a public garden of three hectares, the Soulages museum is a link between the new quarters and the historical centre of Rodez. Designed by the Catalan agency RCR Arquitectes, associated to the architect agency Passelac and Roques, the building is strikingly modern and sleek and consists of parallelepipedic volumes comparable to cleverly assembled boxes. The whole is reinforced with Corten steel, a material that creates a rust to brown patina when it oxidises, reminding of the work of the world famous Aveyron painter Pierre Soulages. Inside, lower and darker rooms succeed the high and light spaces, which produce very different light atmospheres that are cleverly alternating. As the artist does not want a monographic museum, in addition to the 1 700 m2 destined to display his work, a 500 m2 room houses temporary exhibitions.



A unique donation for a remarkable fund

The museum houses the world's largest collection of works by the Rodez-born painter and printmaker Pierre Soulages (1919-2022), including his early works, paintings on canvas, paintings on paper, as well as his precious walnut stains, all his prints, his bronzes, his Sèvres vase and his preparatory work for the stained glass windows in Conques.

The special feature of the museum is that it shows the link between the works of Pierre Soulages and the process of artistic creation throughout the artist's career.

Since 2020, the museum has been enriched by important donations. It now offers a complete overview from 1934 and his first figurative works, to 2019 and the great work 'Outrenoir', painted in the year of the painter's 100th birthday.

En 2024, le musée présente dans une salle des collections permanentes la quatrième donation consentie par Colette Soulages en juin 2023. Cette présentation des sept Outrenoirs (œuvres majeures de 1999 à 2022, dont la dernière Peinture 102 X 130 cm 15 mai 2022) s'inscrit au cœur d'une présentation plus générale d'un nouvel accrochage des collections.

More information

Soulages museum
www.musee-soulages.rodezagglo.fr

Café Bras
www.cafebras.fr

Rodez Agglomération Tourist office
Tel.: +33 (0)5.65.75.76.77
www.rodez-tourisme.fr



A must-see place dedicated to Pierre Soulages, the museum hosts outstanding temporary exhibitions throughout the year. Visitors can enjoy seeing previously unseen works by Pierre Soulages and compositions by numerous artists, including Fernand Léger, Chaissac & Les CoBrA: 'Sous le Signe du Serpent' (Under the Sign of the Snake), Soto: (a retrospective), Klein: Des Cris Bleus (Blue Cries), creations by Miguel Chevalier, Le Corbusier, Gutai: l'Espace et le Temps (Space and Time), etc.

*Pierre Soulages,
painting 390x130cm,
7 mars 2019.*

*Donation Pierre and Colette
Soulages, museum of Rodez.
ADAGP 2023*

A living space

Guided tours, discovery circuits, interactive games, practical workshops and activity books are proposed to families to facilitate the understanding and appropriation of the work by Pierre Soulages.

In addition to the exhibition rooms the museum has an auditorium, a documentation centre with library, reading and work room and a shop.

As feeding the intellect often goes together with feeding the stomach, the Soulages museum also presents a gourmet space created by the star-rated chefs Michel and Sébastien Bras. At the bar you can eat a creative snack menu inspired by the typical Aveyron dishes. In the restaurant the unique lunch menu consists of contemporary cuisine, changed daily depending on the market.

*+ on the Conques stained glass windows
made by Pierre Soulages page 34*



Discover all the exhibitions at Musée Soulages on our calendar "Sortir en Aveyron"

Scan me



Aubrac, the edge of the world



Freedom area

North of the department the high volcanic and granite plateau of the Aubrac is a unique region. Between a Siberian steppe and the Scottish highlands, its unspoilt nature presents a bewitching view. Slalom skiing amongst the pine trees, admire daffodils in the fields, fishing for trout in the crystal clear water... In this endless lunar landscape, each day represents a new adventure to be experienced, either on foot in the footsteps of the pilgrims of Saint-Jacques-de-Compostelle, mountainbiking on the drailles traced by the herds, or simply sitting at a good table enjoying an aligot.

Two key villages

The village of Aubrac is indissociable of the *via podiensis*, one of the busiest routes departing from Puy-en-Velay to reach Saint-Jacques-de-Compostelle. The 'domerie', a monastery-hospital built in the 12th century to act as a reference and refuge for the poor and the pilgrims against bad weather and highwaymen. Laguiole stands for a cheese, a legendary knife famous all over the world, but it is also a village! From the Place du Foirail, where a bronze statue of a bull, reputed as a good luck charm, proudly stands, the climb to the church gives you panoramic views of the houses built in basalt and granit, covered with slate roofs.

To learn everything about Aubrac, its tastes and smells, go to Aubrac House, in the village of Aubrac.

The Aubrac Regional Nature Park

With a preserved heritage of its identity and a remarkable environmental and cultural heritage, Aubrac intends to protect and enhance this wealth, sometimes vulnerable, with the "Regional Nature Park" classification. Since 2018, Aubrac has joined the family of regional nature parks, allowing it to be recognised as an exceptional area, for its identity and its outstanding natural, cultural and landscape heritage.





- 1 Buron
- 2 Boralde
- 3 Aubrac cow
- 4 Laguiole cheese
- 5 Fresh Tome
- 6 Transhumance festival
- 7 Laguiole knife

The Aubrac species

With their black eye make-up the Aubrac cows stand out among thousands.

Bred for work, for milk and meat production, they would have been overlooked in favour of more profitable species if a handful farmers would not have lauded their remarkable qualities (adaptability, fertility, robustness) to avoid them disappearing in the late 1970s. Associated with the 'burons' where their milk was transformed into fresh Tome and Fourme in summer, they contribute to the production of so many delicacies that they have become cult figures. Every year, at the end of May, the transhumance is a big popular festival, adorned with flowers, pompoms, rosettes and other ribbons, the cows leave the stable to join the wide open pastures on the plateau from where they will not descend until October, for the "Davalada".

More information

-
TOURISME EN AUBRAC
www.tourisme-en-aubrac.com

12210 Laguiole
Tel. +33(0)5.65.44.35.94

12470 Saint-Chély-d'Aubrac
Tel. +33(0)5.65.44.21.15

12420 Argences-en-Aubrac
Tel. +33(0)5.65.66.19.75

12460 Saint-Amans-des-Côtes
Tel. +33(0)5.65.44.81.61

12600 Mur-de-Barrez
Tel. +33(0)5.65.66.10.16

-
Tourist office - DES CAUSSES A L'AUBRAC
12130 Saint-Geniez d'Olt et d'Aubrac
Tel. +33(0)5.65.70.43.42
www.causses-aubrac-tourisme.com

- + about the knife p. 40-41
- + about the transhumance p. 6-7
- + about winter sports p. 52
- + about the chef Michel Bras p. 59

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Discover the
unmissables
of Aubrac



The Gorges de la Truyère et Carladez, land of the princes



Land of splendour

When he visited the fortified tower that has the same name as him in the medieval town of Mur-de-Barrez in the spring of 2014, prince Albert II of Monaco has granted his daughter Gabriella the title of Countess of Carladès a few months later. Given by Louis XIII to the princes of Monaco in exchange for the lost land in Italy, Carladez has the greatness and majesty of its monarchs. Its heritage treasures are surrounded by two giants of nature: the Plomb du Cantal (largest volcano in Europe) and the plateau of Aubrac. Fabulous surroundings that will make you want putting your comfortable shoes on to discover the six themed routes of the "Sentiers de l'imaginaire".

The Gorges de la Truyère: a Château of water

The Truyère, a tributary of the river Lot, has dug some deep and majestic gorges over time. A natural landscape of spectacular beauty, offering contrasts and surprises: Islands and peninsulas, corries on the distant shores, mysterious twists and turns, wooded valleys... The view from the donjon of the valon château is breath-taking. The river's powerful flow has led to the construction of a series of hydro-electric dams, whose artificial reservoirs form a number of lakes, inviting picnics, swimming, fishing, and water sports. At Sarrans, a water reservoir extending across 1000 hectares, and on its magical peninsula of Laussac, you will be spellbound from sunrise to sunset.

+ about
the Sentiers
de l'Imaginaire
page 49

More information

-
TOURISME EN AUBRAC
www.tourisme-en-aubrac.com

12460 Saint-Amans-des-Côts
Tel. +33(0)5.65.44.81.61

Mur-de-Barrez
12420 Argences-en-Aubrac
Tel. +33(0)5.65.66.19.75
12460 Saint-Amans-des-Côts
Tel. +33(0)5.65.44.81.61

-
Tourist office - TERRES D'AVEYRON
12140 Entraygues-sur-Truyère
Tel. +33(0)5.65.44.10.63
www.terresdaveyron.fr

- ❶ Truyère Gorges
- ❷ Laussac peninsula
- ❸ Sentiers de l'imaginaire
- ❹ Entraygues-sur-Truyère

+ about the castles p. 38-39
+ about fishing p. 50-51



Find out more
about the Gorges
de la Truyère and
Le Carladez

Conques and the Marcillac valley: a timeless journey



A gentle way of life

20 km from Rodez, the valley of Marcillac is a Mediterranean enclave that exudes the dolce vita.

Its rougier, its typical villages, the concentration of manors and town houses, the high perched chapels... a Prevert-type inventory that brings us closer to the South. Watches are set to Spanish time here and strolling between the market stalls of Marcillac on a Sunday morning to taste local produce before sitting down for a drink on a terrace is as good as life gets. In the afternoon you can discover the splendour of Conques or you take a walk at the foot of the waterfall of Salles-la-Source. One motto: carpe diem.



Follow the trail of the Marcillac AOP wines, and share in the expertise of the passionate wine-growers
www.tourisme-aveyron.com
"Circuits" section

Find out more
about Conques

Scan-me



Picturesque Conques

North of the valley, this major stop on the road of the Camino de Santiago is a gem. Its houses built from schist with half-timbered facades, covered with slates installed in tiers create a typical unit. The paved streets lead to two gems in the world heritage: the Romanesque abbey church and the treasure.

Light and poetry in the Pays de Conques

Do you know Bastien Carré's "lumigraphies"? These extremely fine luminous creations have their own dedicated space in a unique building in Saint-Cyprien-sur-Dourdou. Combining heritage and poetry, Les Chambres de Lumière offer a disconcertingly ethereal journey through a maze of rooms that seem to have waited centuries to serve as a showcase for the pieces on display. On a guided tour (reservation required), discover the creator's workshop, where he will explain his work and accompany you into the world he has created.
www.leschambresdelumiere.fr

More information

Tourist office
CONQUES-MARCILLAC
12320 Conques
Tel. +33(0)5.65.72.85.00
12330 Marcillac
Tel. +33(0)5.65.71.13.18
www.tourisme-conques.fr

+ on Conques en p. 34
+ about the wine of
Marcillac p. 56

- 1 Valley of Marcillac
- 2 Conques

The Lot Valley



1

A river runs through it

The Lot crosses the North Aveyron from east to west. The first section is a gold thread to which sumptuous villages are linked, including three listed among the most beautiful in France: Sainte-Eulalie-d'Olt, Saint-Côme-d'Olt and Estaing. They represent a remarkable architectural heritage (like Espalion, Saint-Geniez-d'Olt and Entraygues-sur-Truyère) and show the rich history of the land of Olt. Downstream, the walker will not regret the effort to reach the perched villages of Fel and La Vinzelle when discovering the breathtaking views of the valley. Further on, the river quiets down and broadens to make room for vegetable and plant cultivations of the sector of Livinhac-le-Haut, last stop before the border with the neighbouring department of Lot, materialised by Capdenac.

The estofinado

Introduced in France by the soldiers of Louis XIV after the Holland wars, stockfish arrived in the Aveyron with the intervention of the Rouergat boatman. Loaded with coal, wine and cereals they sailed on the Lot to the port of Bordeaux from where they brought back salt, spices and dried cod. The famous fish has become the basic ingredient of the estofinado - a dish based on potatoes, eggs, nut oil, garlic and parsley.



2



3

Two ways of discovering the Lot

In ten fun rooms the Terra Olt scenographic space in Saint-Parthem immerses you in the life of the people of the valley at the start of the past century.

For a cultural and gourmet trip in harmony with nature, take a cruise ... The Terra Olt scenographic space, in Saint-Parthem, features 10 fun, immersive rooms where you can learn about the lives of valley inhabitants at the beginning of the last century. For a cultural, gourmet excursion, in the middle of the countryside, step on board the L'Olt electric boat for a discovery or dining cruise serving local specialities. Enjoy a unique and relaxing lunch or dinner experience on the water, with family and friends, in the heart of the Lot Valley. Whatever your requirements, there's bound to be a cruise for you!



4

- 1 Espalion
- 2 Terra Olt, a scenographic space in the Lot Valley
- 3 Bateau l'Olt boat trip and dining cruise on the Lot
- 4 Cloister in Saint-Geniez-d'Olt



5



6



7

From mining heritage to street art

Today, Decazeville's urban communities are thriving once again and are renowned for their two contemporary art circuits, including street art trails featuring some thirty monumental murals. They're a must see! You'll also encounter other on-going artistic creations in the Lot Valley.

+ about the most beautiful villages in France p. 28-29
 + about fishing p. 50-51
 + on the star-rated chef Guillaume Viala p. 58

in the depths of Bozouls

Between Rodez and Espalion, on the panoramic balcony of the Place de la Mairie of Bozouls, the views of the houses clinging on to the edge of the precipice make your head spin. 100 metres under their feet (and ours) you will find one of the most beautiful natural attractions of the Aveyron: the canyon of Bozouls. For thousands of years the Dourdou river has been digging the abyss of 400 m diameter in the shape of a horse shoe in the chalk of the Comtal Causse.



Relive
Decazeville's
industrial era

More information

-
Tourist office - DES CAUSSES A L'AUBRAC
12130 Saint-Geniez d'Olt et d'Aubrac
Tel. +33(0)5.65.70.43.42

12130 Sainte-Eulalie d'Olt
Tel. +33(0)5.65.47.82.68
www.causses-aubrac-tourisme.com

-
Tourist office -
TERRES D'AVEYRON
12340 Bozouls
12140 Entraygues-sur-Truyère
12500 Espalion (et Saint-Côme-d'Olt)
(12580 Villecomtal)
Tel. +33(0)5.65.44.10.63
www.terresdaveyron.fr

-
Tourist Office - THERMALISME
DE DECAZEVILLE COMMUNAUTÉ
12300 Flagnac
Tel. +33(0)5.65.63.27.96
12110 Cransac-Les-Thermes
Tel. +33(0)5.65.63.06.80
12300 Decazeville
Tel. +33(0)5.65.43.18.36
www.tourisme-paysdecavezillois.fr

-
Tourist office - PAYS DE FIGEAC -
BUREAU DE CAPDENAC-GARE
12700 Capdenac-Gare
Tel. +33(0)5.65.64.74.87
www.tourisme-figeac.com

- 5 Estaing
- 6 Canyon de Bozouls
- 7 Street Art in Aubin, Wild Drawing



Welcome to the land of Bastide towns: from the Aveyron Gorges to the Ségala region

Follow the Aveyron river through its wildest part in the heart of the gorges and explore the bastides of Rouergue.

Dive into the history of the Middle Ages in Najac, with its fortress perched on a rocky outcrop; Ville-neuve, a fortified town on the limestone plateau, and Villefranche de Rouergue with its majestic collegiate church.

Make the most of the countryside by walking or cycling, paddling on the Aveyron river, taking to the skies in a microlight and admiring the thousand and one different hues of the green hills!

A breath of fresh air is within easy reach!



Six of the 300 bastide towns erected in the South-West of France in the 12th century are located in this region.

Their innovative urban ground plan and typical architecture are worth a visit. (see p. 30-31)

1
2



Exceptional sites

Aveyron is home to many treasures including Bournazel château, the site of Peyrusse-le-Roc and the village of Belcastel. The Renaissance Château in Bournazel is a genuine architectural gem and one of Aveyron's must-see sites. The village is teeming with evidence of its rich, historic past from the Middle Ages to the French Revolution. A visit to Bournazel is like travelling backwards through time. The site of Peyrusse-le-Roc offers a stunning view of the remains of a medieval village, including the Roc del Thaluc towers and Notre-Dame de Laval church with its twelve side chapels. An unforgettable experience!

Belcastel, which is one of the region's highlights, is ranked amongst the "Loveliest Villages in France." Its gentle river setting makes it the perfect place to escape. The medieval château, which stands proudly overlooking the lush valley of Aveyron, hosts amazing exhibitions throughout the year.



The Ségala, untamed in character

A land of strong character, proud of its countryside, its heritage and its skills and expertise.

Stroll along its footpaths and discover its hidden treasures, including thousand-year-old chapels, remains of castles and architectural feats...

Be enchanted by its winding roads running from the heart of its valleys to its highest viewpoints, such as the Roc de Miramont and the chapel in Rieupeyrroux. Stroll through the narrow streets of its bastides and undeniably charming villages.

Meet its inhabitants whose warmth is matched by the unspoiled beauty of its landscapes.



The Viaduc du Viaur, aerial lace

A steel giant built by the engineer Paul Bodin, in 1902: 116 m. high, 460 m. long, 3,734 metric tons of steel. It is supported on a central arc of 220 m according to the technique of balanced arches, with a key articulated in its centre, unique in France. It is one of three metal works of the nineteenth century that has been listed as a Historic Monument since 1984.

Two hiking trails are accessible around the pillars of the viaduct: the opportunity to discover it in all its facets!



To discover the know-how :

+ about art and savoir-faire p. 40-41
+ about the Michelin star chefs p. 58

- ❶ Belcastel
- ❷ Peyrusse-le-Roc
- ❸ Villefranche-de-Rouergue
- ❹ Chartreuse Saint-Sauveur de Villefranche-de-Rouergue
- ❺ Le Ségala
- ❻ Valley and viaduct of the Viaur
- ❼ Val de Lenne Lake – Baraqueville
- ❽ Château de Bournazel



More information

OT BASTIDES ET GORGES DE L'AVEYRON
12200 Villefranche-de-Rouergue
12270 Najac

12260 Villeneuve d'Aveyron
Tel. +33(0)5.36.16.20.00
www.bastides-gorges-aveyron.fr

Tourist office - PAYS RIGNACOIS
12390 Rignac
Tel. +33(0)5.65.80.26.04
12390 Belcastel
Tel. +33(0)5.65.64.46.11
12390 Bournazel (Summer only)

Tourist office of PAYS SÉGALI
12800 Naucelle
Tel. +33(0)5.65.67.16.42
12160 Baraqueville
Tel. +33(0)6.15.30.29.21

12800 Sauveterre-de-Rouergue
Tel. +33(0)5.65.72.02.52
www.tourisme-aveyron-segala.fr

Tourist office - AVEYRON SÉGALA
12240 Rieupeyrroux
Tel. +33(0)5.65.65.60.00
12200 Le Bas Ségala (Summer only)
Tel. +33(0)5.65.81.13.94

12440 La Salvétat Peyralès (Summer only)
Tel. +33(0)5.65.81.88.43
www.tourisme-aveyron-segala.fr

Tourist Office - PLATEAU DE MONTBAZENS
12220 Montbazens
Tel. +33(0)5.65.63.77.94
12220 Peyrusse-le-Roc
Tel. +33(0)5.65.80.49.33
www.plateau-de-montbazens.fr

Scan me



Visit a
Loire Valley
castle...
in Aveyron!



Rodez and the Aveyron valley



Want a change of scene with your family?

There is no shortage of activities in our area. The mountain biking trails encourage you to get in the saddle. Take a deep breath in and relax! Set off on a hike. You will love the Layoule trail and the Vabre estate. Looking for a green? The 18-hole golf course will give you an escape, as well as impressive landscapes. After adventure? Head to Le Parc de Combelles and imagine that you are Tarzan. A quick dip? Finish at Aquavallon. Share your experiences with us! We love it! #RODEZTOURISME



Have you 'set your sights' on Rodez?

You will be irremediably be attracted to the bell tower and you will have an irresistible urge to 'lose yourself' in the streets of the city. As you stroll around, you gain a real lesson in architecture.

Behind the cathedral, the pretty, narrow paved streets lead you on the discovery trail of a rich built heritage. Along a street, a private mansion appears, with a tower rising above. The city proudly unveils its history to us. The modern part of the city lies beyond the bell tower. Fans of architecture and history will certainly be delighted!



Three museums, one ticket and an extraordinary experience!

Follow the course of history, starting with the Fenaille Museum, found in the Hôtel de Jouéry. It has the biggest collection of statue menhir in France, with 17 original pieces sculpted 5,000 years ago. Turn back time to the 19th century as you enter the Denys Puech Museum, home to both fine arts and modern art. Finally, return to the present day and look to the future in the Soulages Museum, which displays over 250 works by the world-renowned Rodez painter and regularly welcomes temporary exhibitions.

Scan me



Explore the town of Rodez



+ on the Soulages museum and the Café Bras p. 10-11



Sévérac-le-Château

The Sévérac area is at the crossroads of the Vallée de l'Aveyron, the Grands Causses and the Gorges du Tarn, whose entrance it marks. A real medieval city, Sévérac-le-Château enchants its visitors with its paved streets, medieval shops and timber framed houses. Not to be missed: La Maison de Jeanne which is one of the oldest houses in Rouergue (Aveyron) dating from the 18th century. At the top of the hill, the 10th century castle stands tall. In addition to visits, the castle offers many activities: shows for the general public, as well as historical and fun activities...

A sound and light show not to be missed

Discover the history of Sévérac-le-Château and its surroundings with a lively sound and light show. Mixing fantasy and realism, the spectators are taken on a journey for 1 hour 45 minutes through around twenty different scenes. Several dates in July and August.

www.spectacle-son-lumiere-aveyron.fr

More information

Tourist office
RODEZ AGGLOMÉRATION
12000 Rodez
Tel. +33(0)5.65.75.76.77
www.rodez-tourisme.fr

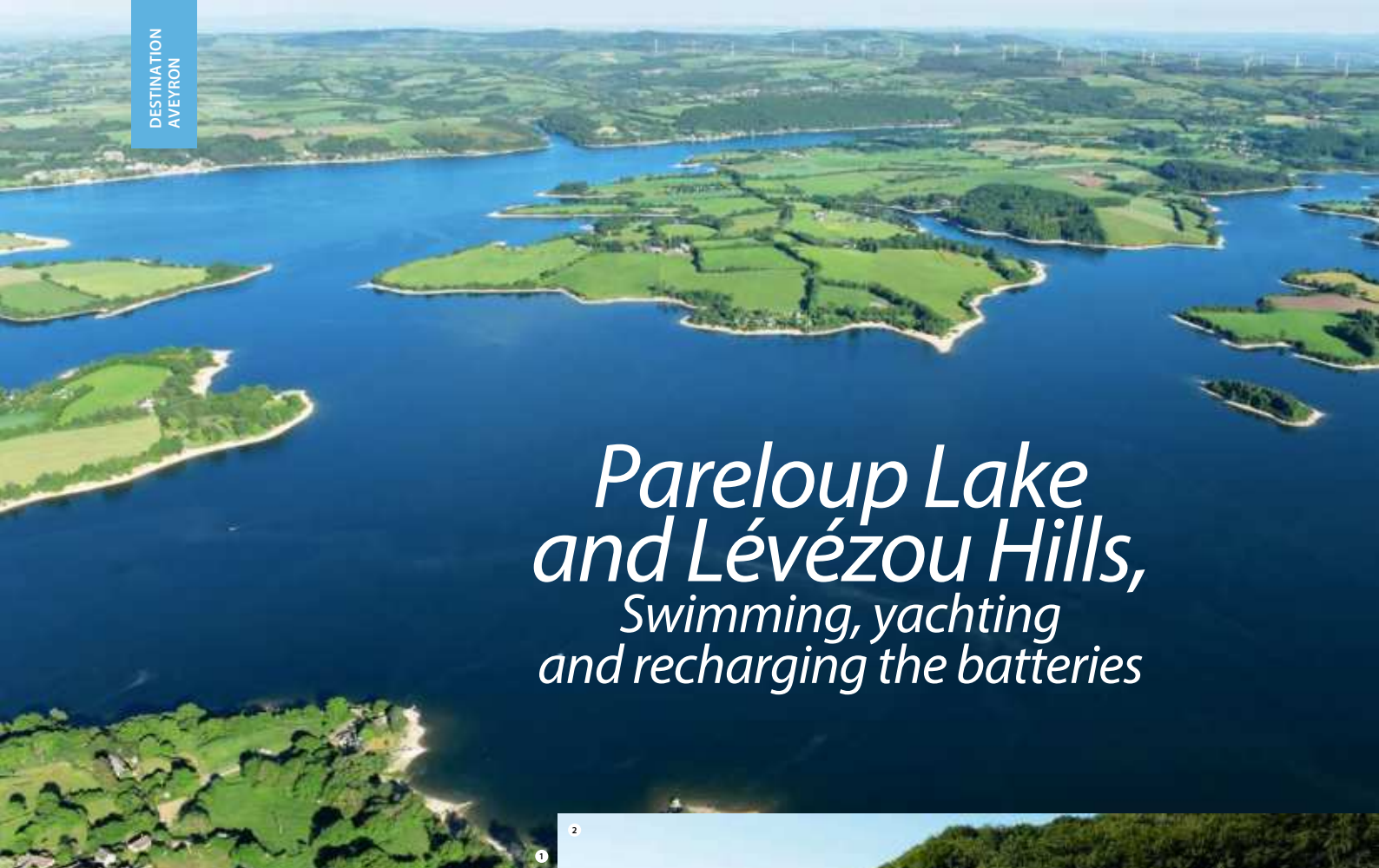
Tourist office - CAUSSES A L'AUBRAC
12150 Sévérac d'Aveyron
Tel. +33(0)5.65.47.67.31
<http://www.causses-aubrac-tourisme.com>
12310 Laissac - Sévérac l'Eglise
Tel. +33(0)5.65.70.71.30

Laissac: a village of traditions

Located 25km East of Rodez, between the Aveyron valley and the Causse de Sévérac-le-Château is Laissac-Sévérac-L'Église. The village is famous for its cattle market, the first largest in France, which you can visit en famille, entre amis ou en groupe avec a guide during some school holiday periods.

Not far from there, the Bourines domain, a former outbuilding of the Aubrac domerie, groups a 13th century castle and impressive farm buildings that are still in use (pigsties, coach house, drinking troughs, threshing floor and fortified attic-dungeon). Other wonders can be discovered during guided tours, including the fortified village of Vimenet, the keep and the site of Galinières...

- ① Rodez Cathedral
- ② Rodez market
- ③ Musée Fenaille
- ④ Maison d'Armagnac in Rodez
- ⑤ Ride on an electrical scooter
- ⑥ Golf
- ⑦ Sévérac-le-Château
- ⑧ Cattle market in laissac
- ⑨ Domaine des Bourines
- ⑩ Sévérac-le-Château sound and light show



Pareloup Lake and Lézézou Hills, Swimming, yachting and recharging the batteries

100 % nature

At the core of the department, the dominating colours of the plateau du Lézézou are green and blue. **In this preserved natural area, the fields are close to five artificial lakes (Pareloup, Villefranche de Panat, Pont de Salars, la Gourde et Bages)** generated by the construction of an hydroelectric complex.

Coming here to recharge your batteries then can be taken literally. When you have had your fill of swims and sailing activities, you can visit the numerous castles nearby, take in a 360 degrees panorama from the Vierge des lacs or, explore the unique and fragile ecosystem of the Rauzes wetland, or climb up to the Monseigne to admire the panoramic view and the hundreds of ladybirds which nest in the cracks of the stones during their summer and overwintering periods.

- ❶ Pareloup lake
- ❷ Villefranche de Panat lake
- ❸ Fishing in Pareloup
- ❹ Aquapark - Pont-de-Salars lake
- ❺ Camping



The sea in the countryside

Pareloup: the fifth largest water reservoir in France, second of the South, 1290 hectares, 130 km of shores...

The picture makes you want to jump in the water. A favourite with sailing, jet ski, rowing or kite surf fans, the wild coves of this interior sea are also a privileged spot for carnivore fishing enthusiasts that catch record pike perches and pikes here.



+ about fishing p. 50-51



Scan me



Find your next swimming site here!



Trail around Lake Villefranche de Panat - Alrance

Walk, run, ride, stroll - this is what this trail offers that follows the lakeshore for over ten kilometres. On foot, by bike, by scooter, or even with a stroller, you can follow its twists and turns, right at the water's edge.

More information

Tourist office
 PARELOUP-LÉVÉZOU
 Tel. +33(0)5.65.46.89.90
 12290 Pont-de-Salars
 12410 Salles-Curan
 12430 Villefranche-de-Panat
 12120 Arvieu (July and August)
www.levézou-aveyron.com

MICROPOLIS, THE CITY OF INSECTS

Set off for an exceptional day, discovering insects, nature and biodiversity. Micropolis, in the heart of Aveyron, is home to the city of insects - the only place where both adults and children can marvel, play and enjoy a unique experience among animals who although tiny are full of huge surprises. A miniature world that fascinates everyone!

You'll meet more than 40 species from all corners of the globe, watch swarms of multi-coloured butterflies dancing in their tropical greenhouse, follow a trail of worker ants and monitor the comings and goings of forager bees. Do you know how to spot stick insects and avoid the traps of carnivorous plants?



Do you fancy playing with giant, colourful bugs? Then get ready to switch scale with a visit to our 3D cinema and the amazing, giant, interactive wall.

Take part in our daily activities led by our enthusiastic facilitators who will teach you to understand, love and protect these small animals that are so little known yet so essential to our planet.

To round off your day, head to the grounds and the panoramic restaurant where the focus is on local products.

There is also a snack bar, equipped picnic areas, playgrounds and a shop. The City of Insects is a hive of activity throughout the year; follow our latest news on www.micropolis-aveyron.com and our social media.

Learn More

MICROPOLIS, THE CITY OF INSECTS
 12780 Saint-Léons
 A "Divertissement Durable" (Sustainable Entertainment) certified park
 Tel: +33 (0)5 65 58 50 50
 Email: contact@micropolis-aveyron.com
 Website: www.micropolis-aveyron.com

Millau, capital of the gorges and valley of the Tarn



Land of sensations

South of the Aveyron, Millau opens the portal to the South. The accent becomes Mediterranean, the cicadas start chirping and in the sun you will be tempted by farniente, a game of boules or an improvised aperitif. The calm before the storm, because here you will soon be bitten by the desire to move, even to surpass yourself. Water, earth, air: in this immense playground all the elements are present to stimulate you. Getting your T-shirt soaked while crashing down the wild waters of the gorges du Tarn, the Jonte or the Dourbie, communicate with the cliffs during a climbing or via ferrata session, soaring through the air with the birds of prey during an initiation to paragliding; in short: living for the present.

Historic town and glove capital

You visit millau as you would turn the pages of a history book: caves, dolmens and menhirs for pre-historic times, pottery of the archaeological site of Gaufresenque for Antiquity, ruins of the Pont Vieux and Tower of the Kings of Aragon for medieval times, town houses for the Siècle des Lumières, hall in Baltard style for our contemporary era and the Millau viaduct, the first artwork of the 21st century. No barriers between those different eras, but rather continuity as demonstrated by the core industry of the city: leather and glove making. The know-how of excellency continued over the centuries by manufactures and workshops is today chosen by haute couture and many stars.



Major landscapes

Five causses - Méjean, Noir, Rouge, Larzac and Sauveterre - deeply carved by the Tarn, Jonte and Dourbie, in the Millau region, create a western backdrop in the moors beaten by the wind, rocky chaos and vertiginous canyons. Here you are surrounded by grandeur on all sides.

Scan me



Discover the
Gorges du Tarn...
As if you were
there!





- 1 Peyre and Millau viaduct
- 2 Cirque de Tournemire
- 3 Beffroi of Millau
- 4 La cité de Pierres
- 5 Gorges de la Dourbie
- 6 Lincou

More information

OT MILLAU GRANDS CAUSSES
 12100 Millau
 Tél. 05 65 60 02 42
 12640 Rivière-sur-Tarn
 48150 Le Rozier (saisonnier)
www.millau-viaduc-tourisme.fr

Tourist office
 RÉQUISTANAIS
 12170 Réquista
 Tel. +33 (0)5 65 46 11 79
www.requistannais.fr

The City of Stones

The site of Montpellier-le-Vieux, now renamed "La Cité de Pierres" (the City of Stones) is a fantastic jumble of rocks, faults and rock faces offering magnificent panoramas. A jewel in the crown of the Parc Régional des Grands Causses, visitors will enjoy walking through its immense labyrinths, travelling on a small train, climbing a via ferrata... and playing at being adventurers, thanks to the Explor'Games® adventure, which combines exploration and adventure, with orienteering courses, challenges and clues to crack with the help of a digital tablet.

www.lacitedepierres.com



The Tarn valley is full of little gems. Lincou, nestled in a green setting on the banks of the Tarn, is a peaceful place for a stroll. It is also an ideal place for fishing enthusiasts.

+ on Millau viaduct p. 8-9
 + about art and savoir-faire p. 40-41
 + about outdoor sports and activities p. 44-45



The nature park of the grands causses

[Parc naturel régional des Grands Causses]

It stretches over 327 000 hectares, covers 97 municipalities and unites 66 000 inhabitants. Created in 1995, its aim is to protect and promote that wide inhabited rural space, its traditions, its culture and its vitality. From the causses to the prairies of the Lévézou, from the rougiers to the foothills of the Cévennes and the Aubrac, the heart of the Grands Causses beats to the rhythm of the dairy sheeps' passage of Roquefort and the men who lead them.

www.parc-grands-causses.fr

The charm and tranquillity of Le Réquistanais region

Le Réquistanais, emblematic "Pays de la Brebis", counts among its gems the magnificent Tarn valley. Nestled in a green setting, on the banks of the river "Le Tarn", which from Mont Lozère flows towards Albi and distant horizons, the small village of Lincou is a peaceful place where it is good to stroll. An ideal place to enjoy moments of relaxation with family, practice water-related activities, indulge in the pleasure of fishing and explore the GR736.



Immerse yourself
 in the Tarn
 valley



A region with an exceptional destiny

A chalky plateau dotted with rocks and grasses, the Larzac is the largest and most mediterranean of all the causses. At the centre of the regional nature park of the Grands Causses, its landscapes, witnesses of an ancient pastoral tradition are listed in the Unesco world heritage. It is in the strategic nooks of this wind beaten land that the Order of the Templars and then the Hospitallers took their quarters from the 12th to the 14th century.

Larzac and the Land of Roquefort, legendary regions



Between Raspes and rougier

To the south of the mountains and lakes of the Lézérou, a succession of climate phenomenons (high floods, long periods of draught and biting cold) have shaped the Raspes that are named after the Occitan raspar which means embedded, unspoilt narrows, grated by erosion. Along the waters of the Tarn and the steep cliffs in black schist you will see typical hamlets unveiled including Brousse-le-Château, one of the Most beautiful villages in France. More to the south, between the Larzac causse, the Tarn river and the Lacaune mountain, the rougier de Camarès has the look of Colorado. Hikers and mountainbiking fans will enjoy the numerous signposted circuits.

Scan me

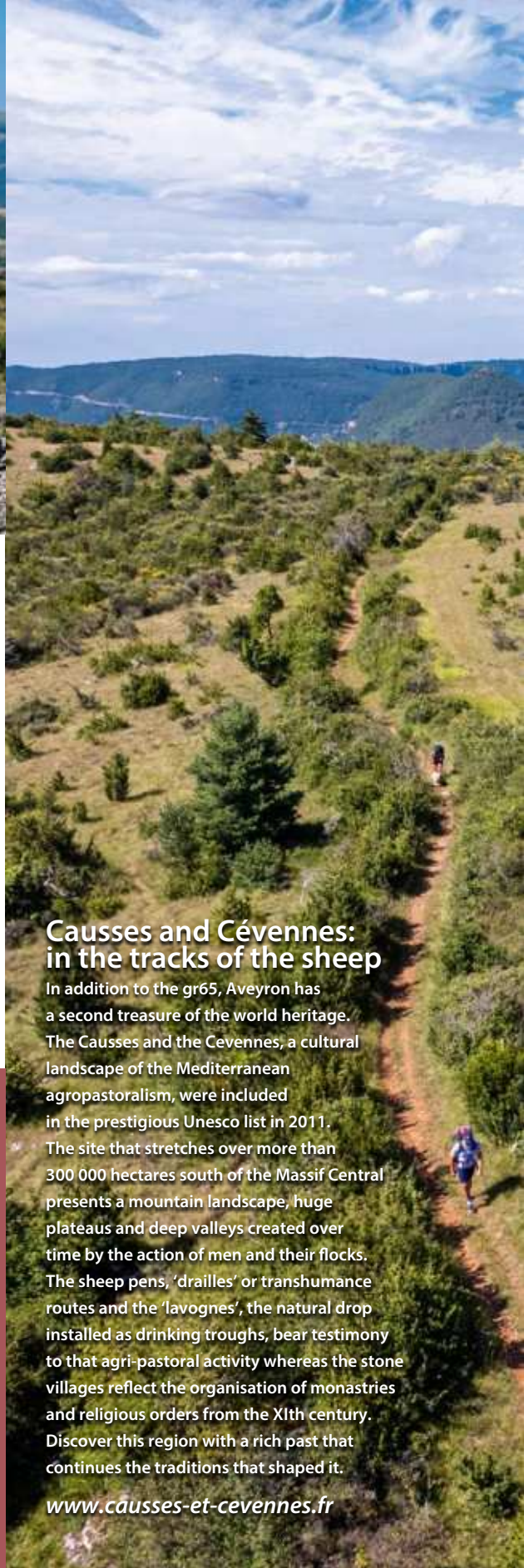


Discover the path of the Templars and Hospitallers

Causses and Cévennes: in the tracks of the sheep

In addition to the gr65, Aveyron has a second treasure of the world heritage. The Causses and the Cévennes, a cultural landscape of the Mediterranean agropastoralism, were included in the prestigious Unesco list in 2011. The site that stretches over more than 300 000 hectares south of the Massif Central presents a mountain landscape, huge plateaus and deep valleys created over time by the action of men and their flocks. The sheep pens, 'drailles' or transhumance routes and the 'lavognes', the natural drop installed as drinking troughs, bear testimony to that agri-pastoral activity whereas the stone villages reflect the organisation of monasteries and religious orders from the XIth century. Discover this region with a rich past that continues the traditions that shaped it.

www.causses-et-cevennes.fr





Roquefort, a miracle of nature

Millions of years ago, the seismic activity and the alternance of glaciations and thaw caused the ledge of plateau of Combalou to collapse. This geological accident created the 'fleurines', natural chimneys that ventilate a cavity of 2 km long by 300 m wide, and maintain a constant temperature and hygrometry. It is in those caves that the king of cheeses matures and refines for the greatest pleasure of our tastebuds.



A mythical cheese

The unofficial history narrates that a shepherd had abandoned his herd, his bread and his sheep's curd in the mountain of Combalou to follow a pretty girl. When he returned some time later, he found his lunch covered in mould. As he was extremely hungry he took a bite of the cheese... and relished it. Roquefort was born.

More information

- Tourist office
PAYS DE ROQUEFORT
12250 Roquefort-sur-Soulzon
Tel. +33 (0)5 65 58 56 00
www.roquefort-tourisme.fr
- Tourist office LARZAC ET VALLÉES
12230 Nant
Tel. +33 (0)5 65 62 23 64
www.tourisme-larzac.com
- Tourist office ROUGIER D'AVEYRON SUD
12360 Camarès
Tel. +33 (0)5 65 49 53 76
www.tourisme-rougier-aveyron.com



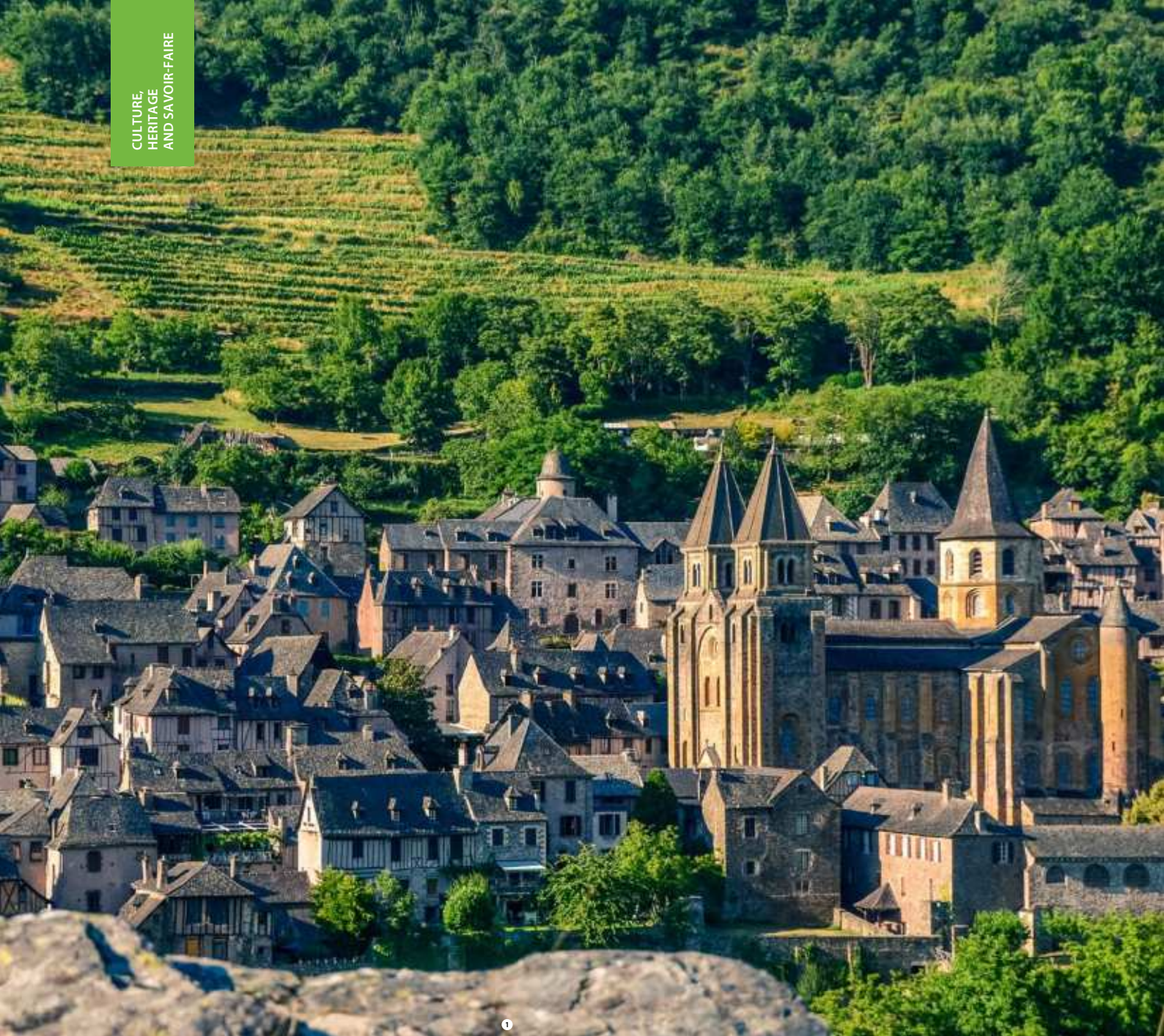
The abbey of Sylvanès

In exceptional natural and heritage surroundings, the old abbey of Sylvanès is the high place for culture, art and spirituality of the region. A must see, both for its architecture, its festival of sacred music and the serenity the place exudes.

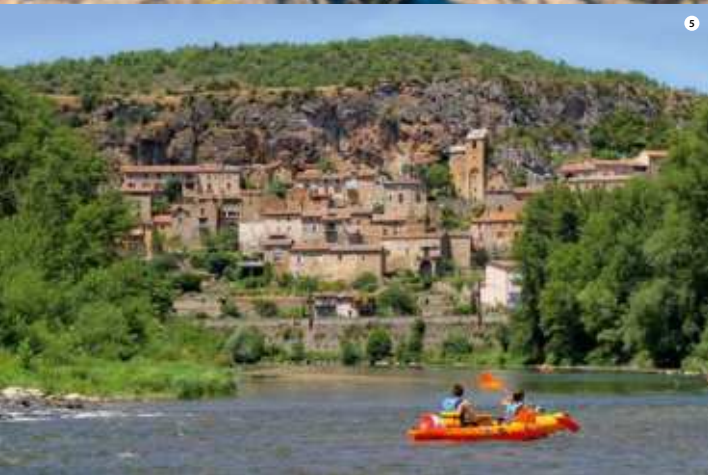
+ on the Templar and Hospitalier sites p. 32-33

- ❶ Causse du Larzac
- ❷ Rougier de Camarès
- ❸ Herd of Lacaune sheep
- ❹ Roquefort cellars
- ❺ Abbaye de Sylvanès





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- ❶ Conques
- ❷ Brousse-le-Château
- ❸ Estaing
- ❹ Saint-Côme d'Olt
- ❺ Peyre
- ❻ Belcastel
- ❼ Sauveterre-de-Rouergue



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The "Most beautiful villages in France" of Aveyron

With 10 sites listed among the Most beautiful villages in France, the Aveyron is the French department that has most.

Recognised for the exceptional quality of their heritage, those towns have resisted the effects of time without being closed to development and turn their back to the future. Preserved and valued, they are not only famous for their remarkable architecture, but also for their history, the land they are anchored in, the culture and the inhabitants that shape their identity. Belcastel, Brousse-le-Château, Conques, Estaing, La Couvertoirade, Najac, Peyre, Saint-Côme-d'Olt, Sainte-Eulalie-d'Olt and Sauveterre-de-Rouergue take you on an extraordinary journey and have nice surprises in store.





- ❶ Villefranche-de-Rouergue
- ❷ Villeneuve-d'Aveyron
- ❸ Najac
- ❹ Sauveterre-de-Rouergue
- ❺ La Bastide-l'Évêque
- ❻ Rieupeyrroux





The bastide towns of Rouergue

In the early 12th century, the strong demographic growth and the necessity to organise the social and economic life incite the powers to develop a policy to organise the territory. Between 1229 and 1373 more than 300 bastide towns are built in the South West of France. Six of those medieval new towns with innovating city floorplans can be found in the western part of Aveyron:

La Bastide-l'Évêque, Najac, Rieupeyrroux, Sauveterre-de-Rouergue, Villefranche-de-Rouergue and Villeneuve-d'Aveyron.

Venture in the labyrinth of narrow streets without fear of getting lost. They all lead to a central square surrounded by arches where in the past the economic, political and judicial activities of the city were concentrated and that today live at the rhythm of the markets, guided tours, festivals and cultural encounters.





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- 1 La Couvertoirade
- 2 La Cavalerie
- 3 Viala-du-Pas-de-Jaux
- 4 Sainte-Eulalie-de-Cernon
- 5 Saint-Jean-d'Alcas



2

The Templar and Hospitaller sites

In the late 12th century the Order of the Temple

is allocated land on the Larzac where is organised a network of commandries which could contribute to the war effort of the knights who left for the Orient and participate in the maintenance of the fortresses built in the Holy Land to protect the tomb of Christ. The Templars helped La Cavalerie, La Couvertoirade, Sainte-Eulalie-de-Cernon, Saint-Jean-d'Alcas and Viala-du-Pas-de-Jaux to prosper for two hundred years, before their order was abolished by the pope and their property was transferred to the Hospitallers who fortify the towns during the war of Hundred Years.

The landscapes created by those religious and military orders are untouched. At the foot of the thousand years old walls, time seems never to have stopped, the land exudes eternity. Close your eyes and listen. Do you not hear the sound of the swords and the shields, the short breaths of the soldiers in armour, ready to engage combat?

Families visiting the 5 Knights Templar and Hospitaller sites will enjoy a warm welcome and a fascinating historic experience

You can enjoy a range of fun, tailor-made tours including: an escape game, story box, fancy dress tour or treasure hunt!

To find out more, visit www.templiers-larzac.com



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5



Conques, Romanesque treasure and light

Encased in a green shrine, on the sunny mountainside, Conques is named after the shell-shaped basin (from the latin concha and the occitan conca) it is nestled in. Few locations can boast such an accumulation of richness. As Conques is a major stop on one of the four big French roads leading to Compostelle, its abbey church and the bridge that crosses the Dourdou river were listed in the Unesco world heritage in 1998 in the routes to Saint-Jacques-de-Compostelle. The town is also one of the Most beautiful villages in France. Conques is an international reference, a masterpiece of Romanesque architecture with its abbey church, of medieval goldsmith's arts with its treasure or of contemporary art with the stained glass windows by Pierre Soulages.



The treasure

Consisting of relics, including the famous majesty of Sainte-Foy, it is one of the five great European treasures of medieval goldsmith's arts and the only in France to unite so many objects of the High Middle Ages. The word treasure not only evokes the material and artistic wealth of the gold and silver coverings decorated with gems, pearls or enamels. It also refers to the worship and devotion of the relics, those precious saint bodies that attracted countless pilgrims and made Conques wealthy and famous.



The tympanum

Located on the west portal of the abbey church, this representation of the Last Judgement is one of the major works of Romanesque sculpture in the first half of the 12th century. At 3.60 m from the ground, the frontispiece of 6.70 m wide remains strikingly legible despite it being crowded with 124 figures and a diversity of scenes. On both sides of the central Christ figure, twenty compartments separate the righteous from the damned.

The stained glass windows by Pierre Soulages

It was because he was so overwhelmed as a teenager by the beauty of the architecture of the abbey in Conques that Pierre Soulages decided to devote himself to art. When he was asked to create the stained glass windows for this Romanesque masterpiece, he quickly set to work on the project, which lasted seven years (from 1987 to 1994), producing 104 translucent windows.

More information

Tourist office - Conques-Marcillac
Tel.: +33 (0)5 65 72 85 00
www.tourisme-conques.fr

+ Pierre Soulages and his museum p. 10-11

Experience a
timeless journey
in Conques

Scan me



From May to October, come and experience a unique visual and artistic experience by night in Conques.

- ❶ Stained glass windows by Pierre Soulages
- ❷ Majesty of Sainte-Foy
- ❸ Tympanum of the abbey church



Sylvanès, the enchanted abbey



The Cistercian abbey was built in the 12th century by a knight who, touched by God, decided to stop committing crimes to dedicate himself to prayer and penance in a remote location. The monastery shone at religious, social, economic and cultural level for several centuries until it was deserted by the community and abandoned at the Revolution. Listed as a historic monument in 1854, the site was acquired by the municipality of Sylvanès in 1970 and invested by a group who started its restoration in 1975. A rare location of cultural alchemy, it has since experienced an extraordinary renaissance and recently became one of the largest cultural meeting centres in rural settings.

Classical history mecca

« Les Rencontres Musicales de Conques »
(The Conques Musical Meetings)

Organised by the European centre of medieval art and civilisation, this summer programme presents numerous instrumental and vocal ensembles that present medieval music with modern sounds in the prestigious surroundings of the Romanesque abbey church.

International festival of sacred and world music in Sylvanès

The special architecture of the Cistercian church provides remarkable acoustics. Every summer the voices of the sacred global traditions arise through music, song, poetry and dance. The event with international scope confirms the will of the abbey to promote the meeting of cultures, religions and men.



More information
Abbaye de Sylvanès
www.sylvanes.com



Scan me



1 Sylvanès abbey

histoire de cochon...

pig Révolution !

About the museums

The Aveyron has more than 80 museums which represent a broad range of themes. You can see the world's first scuba diving suit in Espalion where, rather amazingly, it was invented. Those wishing to discover local personalities will visit the mill of Roupeyrac, the birth house of the author François Fabié in Durenque, the Espace Georges Rouquier in Goutrens and the Ostal Jean Boudou in Crespin.

Nature lovers will immerse themselves in the infinitely small world of the insect town Micropolis in Saint-Léons, whereas history fans will push the doors of the Mining Museum in Aubin and the Memory Museum in Cransac. As for art lovers, after exploring the rooms of the museum Denys-Puech in Rodez, they will not hesitate to take a stroll to the unmissable Soulages museum. Those with nostalgia will make a come-back to the era of Sixties pop, in Villeneuve d'Aveyron, in front of the photos taken by Jean-Marie Périer.

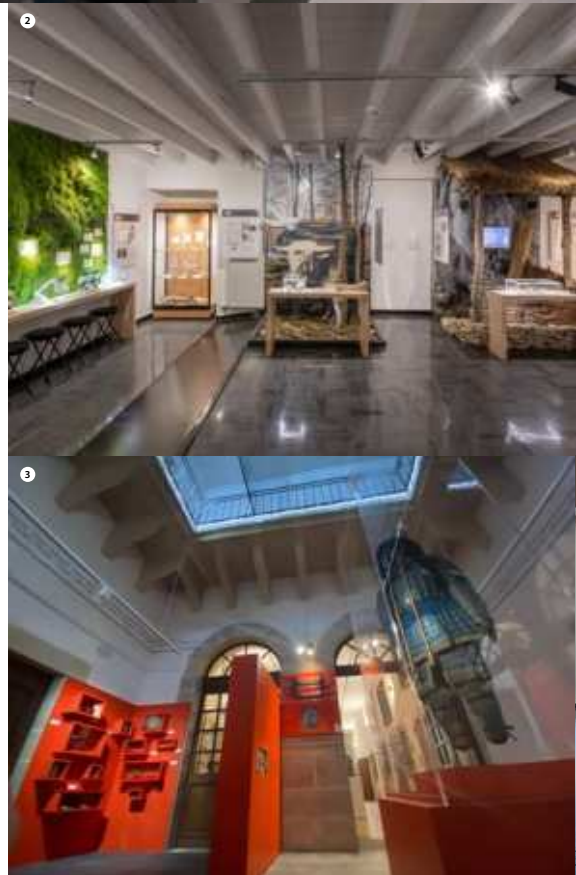
Museum of the traditions of Aveyron

Not one, but three museums managed by the department are available for enjoying an experience travelling back in time to the very core of Aveyron's history, identity and roots. Two of the museums have the 'Musée de France' accreditation. A visit to the vast museum of traditional arts and crafts in Salles-la-Source, or the museum of customs and traditions in the former prison in Espalion is a good way to reconnect with the history of the department and daily life in the past. The Montrozier archaeological centre showcases objects discovered on various excavation sites in Aveyron. All three offer temporary exhibitions, events and activities for the whole family from April to November.

www.musees.aveyron.fr



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The MUMIG in Millau, a museum and an archaeological centre

Discover extraordinary marine reptile skeletons and other dinosaur footprints, learn all about the *Condatomagus sigillata* ceramics which were exported throughout the Roman Empire, feel the buzz of a glove industry which made Millau the capital of glove-making at the beginning of the 20th century, or be thrilled by the sound of Emma Calvé's famous voice... You will find all this, and many other wonders, at the MUMIG, the museum of Millau and the Grands Causses and the archaeological site of La Graufesenque.



La Galerie Jean-Marie Périer

Sixties fans, reconnect with those crazy years. In Villeneuve d'Aveyron, Jean Marie Périer, the star photographer of the 1960s and 1970s, set up a permanent exhibition in a magnificent 13th century building.

This gallery includes seven exhibition halls featuring 185 framed prints of French, English and American music stars from the 60s.



+ on *Soulages museum* pages 10-11

Get your fill of culture!

Scan me



- ❶ Musée des Arts et Métiers traditionnels in Salles-la-Source
- ❷ Archaeological site of Montrozier
- ❸ Musée des mœurs et coutumes in Espalion
- ❹ MUMIG Millau
- ❺ Musée des Arts Buissonniers, Saint-Sever-du-Moustier
- ❻ Musée du Scaphandre in Espalion
- ❼ Musée Fenaille in Rodez
- ❽ Galery Jean-Marie Périer in Villeneuve d'Aveyron
- ❾ Moulin de Roupeyrac



1



2



3



Châteaux

With more than one hundred castles,

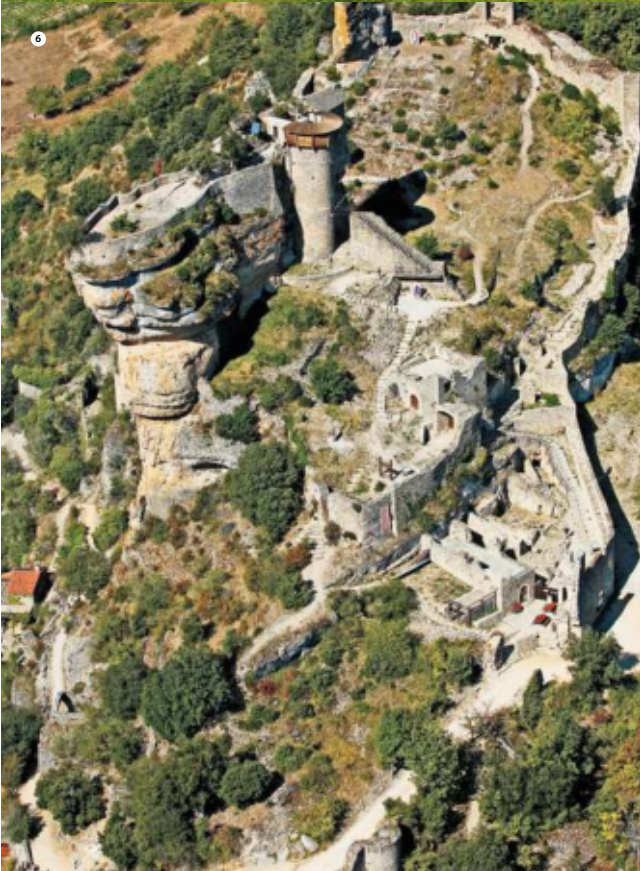
out of which half can be visited, the Aveyron allows you to revise your history knowledge. Castles, but also fortresses, towns protected by ramparts, towers and forts represent all the eras and all the architectural styles. They represent the power of the Rouergue lords and later the prosperity of the local aristocracy. Although the department was not spared by wars (Hundred Years and religious), the Revolution or the pillaging by the barbarians, these men managed to protect, rebuild or expertly restore the treasures of the local heritage in order to preserve their former splendour.



Château du Bosc. The private life of Toulouse-Lautrec

Le Bosc, the family abode of a branch of the Counts of Toulouse ever since the Crusades, located between Rodez and Albi, has seen many a famous occupant. Their portraits, realised by the great schools of painting (Rigaud, Versailles, etc.), furthermore adorn the various rooms of the château and make it an essential location for understanding the history of France. The most exceptional representative of this line is however assuredly the artist in the family, today considered to be one of the great French painters: Henri de Toulouse-Lautrec. The château of Camjac was where he spent his childhood, enjoyed his holidays and recharged his batteries, deep in the Aveyron heartland... He even sketched a few crafty portraits of the members of his family on the walls of the property itself. From the library to the dining room, from the great living room to the bedroom and from the museum to the orangery, the spirit of this family will enter you and take you back in time to the artist's era.

www.chateaudubosc.com



The Châteaux on the "Route des Seigneurs"

"La Route des Seigneurs du Rouergue" is made up of twenty châteaux, including sixteen in Aveyron, which have come together to form an association and have signed a charter guaranteeing a quality reception, reliable timetables and a wealth of information. This "Route" did not exist in medieval times, but was created in 1996 to invite you to discover the diversity of our châteaux. Whether you are fascinated by the Middle Ages, a fan of the Renaissance or simply interested in heritage, you will find in this network a building to suit your taste for a unique and exceptional experience!

www.seigneurs-du-rouergue.fr

For ideas for excursions with children
go to pages 48-49

- ❶ Castle of Calmont d'Olt
- ❷ Castle of Montaigut
- ❸ Castle of Najac
- ❹ Exterior of the château du Bosc
- ❺ Castel of Coupiac
- ❻ Castle of Peyrelade



Experience life in a château

Scan me



The heritage of savoir-faire and art



Driven by their passion for a job well done, the artisans and entrepreneurs of Aveyron combine, every day, the tradition of their region and the modernity of their techniques.



The EPV, witnesses of the rich manufacture heritage
The Entreprise du patrimoine vivant (EPV) label is a recognition mark by the French government, implemented to distinguish French companies with excellent craftsmanship and industrial know-how, dedicated to high performance of their profession and their products.



Each labelled company has rare, renowned or ancient know-how based on the mastership of traditional techniques or high technicity. No fewer than 26 Aveyron companies hold the label, a reference and guarantee of quality. Visit their workshops!

3 "Ville et Métiers d'art" designated towns in Aveyron: Millau, Sauveterre and Conques

- ❶ Leather work
- ❷ Knife making
- ❸ Glass work
- ❹ Worked stone
- ❺ Framework

Laguiole, flagship of the Aveyron cutlery industry

Started in 1829 from the combination of the peasant "capuchadou" from Aubrac and the "navaja" of the Spanish hunters, the Laguiole knife has gone beyond the stage of a simple functional tool to become an essential piece of table art, even a work of art for collectors.

The knife-makers of Laguiole always welcome you with enthusiasm for a tour of their workshops.



1

Glass

Craftsmen in Aveyron are experts in glass, whether it's the art of stained glass windows, mirrors or glassware. Discover their work, including glass restorations and more contemporary designs. Some also hold open studios so they can share their passion through courses and introductory sessions.

Leather

Skin. Thanks to man's expertise, their mastery of every action, and their virtuoso techniques, it is transformed into sumptuous leather.

Le Pôle Cuir Aveyron includes tanneries, saddleries, boot shops, leather shops and glove shops, all united by a love for the material, a passion for the craft.

Metal

The harshness of the climate of Aubrac, a vast plateau of lava and granite, with seasons that can at times be harsh, contrasts with the heat of the forges, in which the Laguiole knife is crafted in the ancestral tradition.

However, steel and iron are also worked by experts to create knives in Larzac, Sauveterre de Rouergue and Liadou du Vallon.

Stone

Raw, chiselled or sculpted, stone withstands the test of time, and its nobility has allowed for the construction of the most beautiful monuments of our rural and historic heritage, such as the cathedral of red sandstone that overlooks Rodez, the capital of Rouergue.

Gifted with age-old expertise, our artisans restore, innovate, and carve the sandstone of our villages, the flagstone of our roofs, as well as the earth, to dress and decorate floors across the world, or to create unique ceramic pieces.



3

Wood

Monumental structures, majestic staircases, doors with carved decorations - for a long time, wood has allowed our artisans to express themselves in many different fashions.

Both the older and more recent buildings of Aveyron, such as the Thermes de Cransac, are testament to it.

Able to adapt to new procedures, and armed with ancient techniques, our artisans innovate and renovate well beyond the borders of our department.



4

5

Scan me



Discover the craftspeople and companies of Aveyron



Le Don du Fel: Pottery and ceramics

Le Don du Fel is a production workshop, gallery, introductory and training centre and a permanent showcase for contemporary ceramic artwork.

In the hills of the eponymous village, near Entraygues-sur-Truyère, in a building with starkly contemporary architecture, the founder Suzy Atkins displays her works enamelled with salt vapours. The European hub also currently hosts seven top-ranking temporary exhibitions every year.



The crafts: a sector of excellence

With its centuries-old craft traditions, the former royal bastide of Sauveterre-de-Rouergue continues to make history in the present. 17 creators (a glassmaker, weathercock maker, luthier, painter, ceramist, basket maker, light designer, and more) based in the area come together in an arts and crafts centre. In the exhibition/shop space called L'Ancre, workshops and exhibition rooms allow the public to meet these enthusiasts, who combine ancestral skills with avant-garde innovation.

'Made in Aveyron', a brand, a region

A winning hunch

Thirteen years ago, Aveyron launched the 'Made in Aveyron' brand on the initiative of the department and in partnership with representatives from the world of business.

This vision on the part of the Aveyron department, which wished to promote its terroir and draw on its identity, has resulted in the 'Made in Aveyron' initiative being one step ahead and now fully in line with current trends.

The drive to 'consume locally' has grown considerably since then. Today, more and more French people are looking for local, natural, fresh and seasonal products to eat, which are grown or made as close to home as possible. Furthermore, consumers' awareness of the impact of their choices on the local or national economy reinforces the need to preserve local skills and expertise.



1

CHOISISSEZ
LES PRODUITS
MARQUÉS



As a result, the 'Made in Aveyron' accreditation is a broad-based initiative which promotes the expertise of an exceptional region. The brand embodies strong identity and values which are attractive to people today who are looking for meaning in their lifestyle.

The 'Made in Aveyron' brand is supported by many stakeholders and entrepreneurs in Aveyron, and is the glue which binds together a veritable network of projects promoting the attractiveness and economic development of the department.

It is therefore quite natural that the Department has entrusted the management of the brand to the Agence Départementale de l'Attractivité et du Tourisme de l'Aveyron.

- 1 Naturellement simples, peasant-herbalists
- 2 Savonnerie du Larzac
- 3 La Ferme du Levez
- 4 Sigal industrie

42 / 64 _ en Aveyron



2

Making the commitment to a certification process

The words 'made in' signify the desire to promote the expertise of producers and businesses first and foremost. It is also a promise to the consumer that the product marked with the stamp is made in Aveyron and takes its main characteristics from there (at least 50% of the final cost of the product must come from the region). Businesses involved in the approach are encouraged to seek out local supplies as much as possible, which sets in motion a virtuous circle which is beneficial for the region and reassuring for the consumer.

By choosing the model of a collective certification mark, the department has committed itself to a rigorous system governed by rules of use registered with the INPI.

Businesses, the standard bearers of the Aveyron region and its identity

Since the creation of the brand, 565 businesses have joined the initiative with over 4,000 product references. Numerous sectors of activity are concerned, although the agri-food sector accounts for the lion's share with just over 50% of businesses coming from this sector.

However, there are also companies from the arts and crafts, wood (construction and furniture), mechanical engineering, textiles and clothing, leather and glove-making, and publishing, all of which represent sectors of activity and expertise stemming from a region which cultivates an entrepreneurial spirit.



Come and discover Innovative farmers

Agriculture in Aveyron involves the traditional and high-quality production of meat and milk, with many products bearing the official mark of quality.

However, innovative forms of production have also been developed under the impetus of enterprising young farmers, including saffron (there are several saffron farms throughout Aveyron), floral waters, oils (rapeseed, sunflower, hemp, camelina, walnuts, hazelnuts, etc.), lentils (blond or green), local mustard and pasta.



MAKING THE MOST OF LOCAL RESOURCES FOR HEALTHY BEAUTY PRODUCTS

Local raw materials are a source of inspiration for the production of cosmetics. These include ewe's milk, donkey's milk, mare's milk and goat's milk, to which can be added the fragrances of the region, such as thyme from Larzac, Aubrac tea, etc.

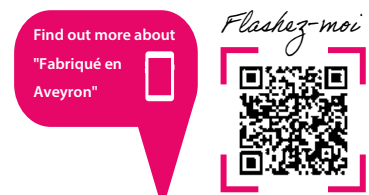
It is a great way to feel good!

A REGION WHICH INSPIRES

Aveyron is a land of traditions and stories which inspire today's creators and entrepreneurs. This can be found in the lamp based on the way of life of the cheesemakers from Aubrac who used candles protected in glass cylinders. It can also be found in the shepherd's bracelet, in which can be seen the tradition of valuing horn which gave rise to the famous Laguiole knife at the end of the 17th century. It is found in the shepherd's bag too, which stems from a centuries-old tradition of sheep herding in the south and the transhumant shepherds of the Grands Causses, ...

A second lease of life in the name of sustainable development

Since our resources are not unlimited, the Made in Aveyron brand is committed to supporting the initiatives of entrepreneurs involved in sustainable development by giving a second lease of life to products, including transforming unsold fruit and vegetables into a series of original savoury and sweet recipes, exploiting the qualities of ewe's wool for building insulation or straw for timber-framed houses, the commitment of numerous businesses to a circular economy approach by transforming old furniture destined to become waste into designer furniture, or used clothing into small objects essential to our daily lives, etc.



Thousand and one ways of going hiking



ON FOOT

Whether you are heading out for a day trip or will be travelling for several days, hiking in Aveyron is always an opportunity to get away from it all and discover local culture. The gorges, valleys, mountains and plateaus will be the theatre for the presentation of a fauna, a flora and a heritage as varied as they are attractive - you get to be a lucky spectator and at the heart of the action at the same time.

The wide-open spaces of Aveyron offer you a multitude of trails (6500 km worth). The GR®65 trail, which leaves from Puy-en-Velay and heads to Santiago de Compostela, the stretch of the Camino de Santiago between Conques and Toulouse (GR® 62B / 36 and 46), the "Tour of Templar Larzac" (GR®71 C and D) or "From the Mountains of Cantal to the Valley of Lot" (GR®465).

Let's also talk about the GR62 long-distance pathway which links Conques to Rodez and the GR736 which can be explored on foot, bike or by canoe.

Other major hiking trails, whose circuit spans several days (GR® de Pays), open the door to a country within human reach, "The Tour of the Mountains of Aubrac", "The Country of Entraygues", the "Tour of the Mountains and Lakes of Lévézou" or "the Land of Roquefort".

Aveyron is a vast playground for exploring nature; hikers will discover a taste for simple things, surrounded by

SPOTLIGHT ON...

GR62® : From Rodez to Conques-en-Rouergue: In the footsteps of Pierre Soulages

The GR62 is a unique path allowing hikers to follow in the footsteps of the painter Pierre Soulages. The route will take you from his hometown, Rodez, where the museum dedicated to him is located, to Conques-en-Rouergue where it is possible to admire the 104 stained glass windows that the artist designed and designed.

GR65® : Way to Santiago de Compostela

For 102km, you will cross the Aveyron from East to West. From the great steppes of the Aubrac to the charming villages of the Lot Valley, from the sweetness of the Vallon de Marcillac to the dominant plateaus, you will enjoy the superb landscapes and the preserved heritage! You can make the way roaming over 5 days in Aveyron.

GR736® Gorges and Tarn Valley

Cross the Tarn River and experience the adventure of the GR®736 over the water. This new roaming, on its 123 km stretch of Aveyron, will lead you through the Gorges du Tarn, the Tarn Valley, through Millau and its Viaduc, the Raspes du Tarn and Brousse-le-Château. Hike on the lands of the Parc Naturel Régional des Grands Causses to discover its wonders. It is passable on foot, on horseback and even by canoe-kayak.

V86: The Lot Valley by bike

This bike route of more than 160 km offers cyclists to cross the villages bordering the Lot, and among them, villages classified "Most Beautiful Villages of France®" such as Estaing, its medieval streets and its castle; Saint-Côme-d'Olt and its bell tower; Saint-Eulalie-d'Olt, medieval city or Conques, the jewel of Romanesque art. The route will take you along greenways, old railways, roads with little traffic.



TRAIL RUNNING

The Aveyron has become the ideal terrain for trail runners with numerous trails for all levels of experience. Trail runners can discover the diversity of the Aveyron's landscapes and access stunning panoramas. Various nationally renowned races, such as the Templiers festival, take place every year in the department.

BY BIKE

With more than 15,000 kilometres of departmental roads and local roads, and 52 listed passes, the Aveyron is a paradise for cyclists. A 700-kilometre route linking 10 Aveyron villages with 'most beautiful villages in France' status even allows you to combine cycling with exceptional heritage. And don't miss the V86 Lot Valley bike route, which extends over 160 km, leading you through the department's must-see villages and landscapes.

BY MOUNTAIN BIKE

Whatever your desires, the variety of terrain and landscapes will delight all enthusiasts: forest tracks, narrow paths, stony terrain, rocky passages, and more.

GRAVEL BIKING

Thanks to its diversity of its landscapes and its large number of roads, paths, tracks and trails, gravel enthusiasts will fall in love with the Aveyron area! The practice is developing in the department with the creation of specific routes and dedicated races.

ON HORSEBACK

Every year in memory of the salt trade route, between the Mediterranean Sea and Rouergue, passionate riders travel part of the Aveyron. This equestrian travelling adventure demonstrates the infinity of the trips that can be made.



As initiation, accompanied by a guide for beginners or in complete freedom for experienced riders, you will feel the bond with the animal and go on a conquest of the wide open spaces. At a foot pace, trotting or galloping, 1000 km of equestrian paths are open to you.



Outdoor sports, in the elements

WATER

The geography of the Aveyron provides numerous opportunities for water-related activities. How fun it is to explore the loops of the lake of Pareloup in a drifter, a canoe, stand up paddle or kite surf or propelled through the air above the water on a flyboard ! White water fans will go for canoe-kayak, rafting and canyoning in the gorges du Tarn and the Dourbie, the valleys of the Lot or the Aveyron. Irrespective of the place and the discipline, laughter and swimming are guaranteed.



EARTH



Nature in aveyron generated grandiose sites, ideal to go potholing and climbing. The gorges du Tarn, de la Jonte and de la Dourbie are among the 10 most beautiful climbing spots in the world, but places suitable for initiation are also dotted all over the region (Salles-la-Source, Gages, gorges de la Truyère). Always harnessed to get up to the acrobatic circuits in the trees or experience strong sensations on the via ferrata of Boffi, of Liaucous and Baltuergues, among the 20 most beautiful in France.



5



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5

AIR

With the cliffs that surround the cause du Larzac and dominate the Tarn valley, Millau benefits from exceptional air currents which make it the free flight capital. All the paragliding and hang-gliding enthusiasts meet here to soar from the sites of Brunas, Pouncho d'Agast and the summit of Andan. Soaring over the city of gloves, with its majestic viaduct and the immensity of the Grands Causses as a backdrop is simply magical.



6

- 1 Bathing in the Gorges du Tarn
- 2 Flyboard
- 3 Canoe kayak
- 4 Climbing
- 5 Via Ferrata
- 6 Paragliding

Scan me



Outdoor activities
for all tastes



6

Children's corner

In Aveyron, like anywhere else, all the generations, from granddad to the latest addition via the nephew twice-removed, like to meet up and share. Nature discoveries, sports activities, cultural visits... here, you can experience nice adventures with the family.

Space and freedom, fun and joy, appropriate and secure equipment, everything is done to ensure children learn while having fun.



The Parc du Ségala and its animal stars

Wander round the animal park on foot or accompanied by a donkey, and discover European wildlife, including bears, lynx, marmots, wolves, goats and many more. Come and meet our star animals, Shadow the brown bear, Wolf and Eagle. You may have already seen them in their advert and film appearances, alongside stars such as Guillaume Canet and Jean Dujardin. The falconry show, petting zoo and dressage entertainment will delight both children and adults.

www.parcanimalierdepradinas.com

Animal parks

From medieval beasts to exotic species, farm animals to wild fauna, ostriches to reptiles, bears to birds of prey, children will enjoy petting, feeding or simply observing the numerous species present in the six animal or zoological parks in the Aveyron.



Micropolis,
the city of insects
(page 23)

Saint-Hubert: nature is calling you

With over twenty hectares of forests and meadows that you can visit on a trailer tour, Saint-Hubert animal park near Gages is home to around 200 wild and farm animals that can roam freely. A guided tour is on offer to discover the site and its animals. You can also take part in feeding the different animals. In autumn, enjoy a new experience and come and hear the stags' roar.
www.parc-animalier-auberge.fr



The Jardin des Bêtes, 2 parks in 1: a zoo and theme park

In this botanical environment just a few minutes from RODEZ, you can get up close to unusual animals like marmosets, fennec foxes, Arctic foxes, Prairie dogs, macaws and many more. The whole family will enjoy the children's village with its animals, the Western village and the sound and light discoveries in the Aveyron villages. Both young and old will have fun, because entry to the zoo also comes with entry to the theme park, with unlimited rides for all the family!

www.jardindesbetes.fr



The rail bike track

Whether you are a couple, a family or a group of friends, treat yourself to a unique journey along the former Larzac railway line. In a pedal-powered vehicle or in the 'Larzac Express' tourist train, the journey, punctuated by tunnels and viaducts, offers exceptional views of the Cernon valley, the Templar town of Sainte-Eulalie de Cernon and the hilltop village of La Bastide-Pradines.

www.surlesrailsdularzac.fr



Les sentiers de l'Imaginaire

In the Carladez region, six easy, free hikes, accessible throughout the year highlight a theme (water, stone, fire, wind, wood). Discovery in the great outdoors dotted with sculptures and ingenious systems designed by the population.

www.tourisme-en-aurillac.fr



At the farm

Do you crave authenticity, a return to your sources, to (re)discover the joys of the countryside? Visit the farms of the Aveyron to pet animals, understand how a farm works, meet breeders and producers and taste their products during a convivial meal.

www.bienvenue-a-la-ferme.com



Events at the Château

And why not go on a treasure hunt in Montaigut, château de Valon or dress up as a knight in Calmont d'Olt? Alternatively, you can conduct an historical investigation or solve puzzles to escape from the Château de Latour sur Sorgue.

Several châteaux in Aveyron organise events for children and their families, in

Find all the children's entertainment on our calendar



Scan me



Fishing in Aveyron, *a current of emotions*



Aveyron

*Rivers with abundant, limpid, fresh and oxygenated water.
Deep and tranquil lakes with carved out shores.
Attentive management and low human impact.
A real paradise for fishermen! !*





Developed sites



Exceptional sites



Discover fishing in Aveyron

Take advantage of the magnificent landscapes of our department and the numerous sites developed for fishing! The extraordinary diversity of rivers and lakes in Aveyron will allow everyone to find the water that matches their expectations and desires. For almost all species (trout, carnivorous fish, carp, whitefish and more), the Aveyron department offers magnificent waterways, which are among the nation's best.



Recreational fishing: crayfish

Fishing license required

Go fishing in Aveyron

Find out more through videos on [vimeo.com/tourismeaveyron](https://www.vimeo.com/tourismeaveyron)

To obtain a fishing license: www.cartedepeche.fr

Become a fisherman in Aveyron: find us in video on Youtube @Pecheaveyron12 / Facebook and Instagram @pecheaveyron / website: www.pecheaveyron.fr



- 1 Fishing in Aveyron
- 2 Educators of the fishing federation
- 3 Pareloup, exceptional location
- 4 Fishing trips for kids
- 5 Women who are fishing
- 6 Renovated site (Le Nayrac)
- 7 Crayfish fishing
- 8 Brown trout
- 9 Millau viaduct
- 10 Float tube fishing

Where to fish in Aveyron

Scan me





At the heart of winter, the plateau of Aubrac, located at between 1200 and 1400 m altitude, is covered in a sumptuous white coat. Its wide open spaces look different with the frozen beech forests and isolated chalets in a silvery sea. Taken over by a sensation of freedom, you enjoy a walk in the great outdoors and the pleasure of gliding.



The joys of winter sports

Board sports without stress

Two family resorts of human dimensions provide an area suitable for first steps on snowshoes or boards but also satisfy more experienced boarders.

Laguiolle is divided in two slopes (La Source and Le Bouyssou) and has 15 Alpine ski pistes from green to black, 10 ski lifts, 50 km of cross-country tracks, five snowshoe circuits, two Nordic walking tracks, a luge track and a child care centre. The smaller Brameloup resort is an intimate and warm peaceful haven with eight Alpine ski pistes, three cross-country tracks, one border cross, a luge track and three snowshoe circuits. Let's go, schuss!

+ on Aubrac p. 12-13

Original activities

To appreciate the immensity of the Aubrac plateau and (re)discover its immaculate landscapes, you can try new activities. The combined driving school of Aubrac proposes cart horse-drawn carriage trips in the snow. Nord Aveyron Mushing invites to sledge and initiation sessions with its dog packs. You can also try 'cani-raquette' where, equipped with snowshoes and a belt linked to a husky's harness with a lead you are pulled forward in the powdery snow. Emotions guaranteed.



feelings of wellness

Although Aveyron presents numerous assets that incite to practicing sports, one of its intrinsic values is also taking your time.

In addition to the serenity of nature, all the appropriate structures to let your hair down, relax and take care of yourself are present here.



The spa of Cransac

The mountain has been burning for centuries in this city in West Aveyron and exudes warm natural gases, powerful in the treatment of arthritis. Cransac-les-Thermes is the only resort in Europe to provide this type of spa treatments with recognised benefits. The building with a contemporary wood and glass architecture, overlooking the valley of the Enne is a real peaceful haven. You will find a spa area, a beauty parlour and a multi activity room where you can follow physiotherapy and dietetic cuisine workshops, practice sophrology, qi gong, Pilates and soft gymnastics. In other words, heaven!

A casino, located close to the thermal baths, has slot machines, electronic roulette and a blackjack table.

More information
TOURIST OFFICE - THERMALISME
DE DECAZEVILLE COMMUNAUTE
www.tourisme-paysdecazevillois.fr

12110 Cransac-les-Thermes
tel.: +33 (0)5 65 63 06 80



1



1

Natura Bien-être at Carladez

Located in the north Aveyron, this fitness centre offers visitors de tous âges well-being and health in the heart of unspoilt nature. Alone, as a couple, with family or friends, discover the spa area equipped with jacuzzis, hydro-massaging jets, sauna and steam room. The centre also as two squash courts, a weights room and a room for group classes for relaxing activities (yoga, pilates, postural ball, etc.) and toning activities (zumba, circuit training, etc.) Well-being guaranteed!
www.naturabienetreencarladez.fr

More information

TOURISME EN AUBRAC
12600 Mur-de-Barrez
tel.: +33 (0)5 65 66 10 16
www.tourisme-en-aubrac.fr

Open Monday to Friday and Sunday.



2

Aqua fun areas

For relaxing moments with the family, several aquatic centres await you in Aveyron, with hydrotherapy areas, massaging jets or bubbling baths for adults and fun pools with slides for children.

All wellness and
aquatic
facilities



scan me

- 1 Cransac-les-Thermes
- 2 Natura Bien-Être

Speak about the cuisine of Aveyron with a gourmet and you will see their eyes light up. High quality products with unsurpassed savours generated a simple, authentic and right cuisine that combines beautiful and good. "An emotional cuisine that relates more to love than science" says Michel Bras quite rightly. Above all, Aveyron must be tasted.



LAND of gastronomy

Breakfasts

In summer, in Aveyron, there are village fests every weekend. And not a single one does not comply with tradition: they all organise breakfast without fail. But here, you will not find coffee, croissants or jam “tartines”. People turn up from 8 am to noon to eat tripous, tête de veau sauce gribiche, deer with sorrel or snails, depending on the location. These are not snacks but real meals, the breakfasts of Rouerges are a moment of conviviality where the elderly of the village cross the young party goers who turn up to regain strength. Join them!

The fraternities

The Aveyron, land of nice food, has a plethora of typical products. Aligot, Laguiole cheese, estofinado, tripous or trenels in the south of the department or Marcillac wine lead to copious often festive banquets. But the dedicated Epicurians of the local fraternities speak best about those key specialities.

In the spirit of Rabelais those congregations promote and showcase them during festivals where they parade in costume. Local personalities are introduced to the fraternities during long and great discourse. Thanks to them, the region, customs and folklore are still alive and well.



Find inspiration with our top 10 of the Aveyron specialties



Appetisers

To know everything about the history, the cycles, the culture, harvest and transformation of chestnuts, cherries or truffles, visit the houses that are dedicated to them in Ayssènes, Paulhe and Comprégnac. Furthermore, a group of duck breeders and foie gras producers have created a museum in Villefranche-de-Rouergue to show how the methods have evolved over time and raise awareness for the art of good eating.





1

- 1 Échaudés
- 2 Traditional charcuterie
- 3 Bœuf fermier Aubrac Label Rouge
- 4 Roquefort cheese
- 5 AOC wine



4



2



3

Unique land, exceptional products

Cooked meats

Everything is good in a pig, especially when it comes from Aveyron! The most noble parts are transformed into ham, sausages and saucissons. The more fatty meat, the rind and the offal are transformed into pâté, fricandeaus, blood sausage, coarse or pressed fritons. Poultry is also very present as ducks and geese produce confits, magrets, foie gras, gizzards, stuffed necks, rillettes and pâtés. That makes for a well filled basket, very hard to resist.

Meat

The meat from Aveyron, renowned for its quality, is present on the best tables. Farm beef of Aubrac, veal of Aveyron and Ségala, farm lamb of the Pays d'Oc, suckling lamb of Aveyron, Lacaune heritage lamb, pork of Aveyron, Galapin rabbit... in all sectors, the animals are bred by passionate men before being rigorously selected. Follow the labels!

Cheeses

The thick grass that grows abundantly in the wide open spaces makes the Aveyron a dairy and therefore a cheese region. In the south, tomes, pérails and of course the famous Roquefort are made from sheep's milk whereas the Bleu des causses is made from cow's milk. In the north the Laguiole, the Ecir and the Théronnels are also made from cow's milk. In the west the goats provide the fabulous cabecous that is best eaten fresh, dry or in between.

Sweet treats

No real meal without dessert. At that level, eclecticism prevails. The fouace and the gâteau à la broche (conical cake baked on a skewer) are great classics, but there also are the soleil de Marcillac, the flaune (based on goat's whey), tome tart (with cow's curd), the Régal du Régalou (with sheep's butter and raspberry jam) and in individual portions. Also try échaudés, rissole with prunes, chocolates from Bonneval abbey and many other sweet delicacies.



5

Wines

Dionysos and Bacchus, the gods of vines and wine, looked at the Aveyron with benevolence. They helped man to tame the soil, have given unique and typical grape varieties like the Mansois (or fer servadou) and provided the ideal conditions for them to flourish. As a result, four typical nectars benefit from a Appellation d'origine contrôlée (AOC) label: the wines of Marcillac, Entraygues - le Fel, Estaing and the Côtes de Millau.

THE TOP 10

of Aveyron specialities

1. *Aligot*, famous mashed potatoes with fresh tome of Laguiole that makes strings / 2. *Roquefort*, king of cheeses produced with unpasteurised sheep's milk / 3. *Tripous*, rolls of veal or sheep's intestine stuffed with ham, garlic and parsley / 4. *Farçous*, fried patties with meat, vegetables and herbs / 5. *Estofinado*, cooked with dried cod, potatoes and eggs / 6. *Gâteau à la broche*, cooked in the fire place for big occasions / 7. *Fouace*, brioche cake scented with orange blossom / 8. *Cheese soup*, a robust dish made from bread, onions and grated cheese / 9. *Flaune*, a sweet tart of Millau made with curds / 10. *Echaudés*, dry biscuits with aniseeds

3

specialities
to discover...
or make
yourself!



Aligot

Recipe for 4 people

A mix of potatoes and fresh tome cheese, it is the major speciality of the Aubrac. This dish has become a festive dish. The associated ceremony leads to conviviality, which is why it is called the friendship ribbon.

Ingredients / 1 kg potatoes, 400 g fresh Aubrac tome, 250 g crème fraîche, 2 garlic cloves (optional), salt, pepper.

Preparation / Prepare a potato mash, add the creme fraiche, the crushed garlic, season with salt and pepper. Add the fresh tome cut in slices and energetically stir the preparation on low heat with a wooden spatula until the tome has melted. Stir, air, stretch. When the aligot makes strings it is ready. Serve with tripous, grilled sausage or a beef steak.



Farçous

The aroma of these small savoury patties will invariably attract your nostrils on our markets. Made with meat or vegetables, eaten cold or warm, they always are delicious. Every region has its own version, each grandmother has her own recipe; here is one.

Ingredients / 5 chard leaves, 1 parsley branch, a few twigs of chives, 1 onion, 1 clove of garlic, 100 g sausage meat, 1 rasher of smoked bacon or 75 g of lardons, 4 eggs, 2 tbsp of flour, 10 cl milk, salt, pepper.

Preparation / Chop the parsley, chives, onion, garlic, sausage meat and bacon. Mix everything. Fry the chard, remove the green, chop finely and add to the mix.

Set aside. Mix the eggs, the flour and the milk in a bowl. The paste must have the texture of a donut paste, thicker than pancake paste. Add the mince and season to taste.

Take a big tablespoon of the mix, shape a small pancake in a hot previously oiled frying pan and fry 1 to 2 minutes on each side.



Fouace

This sweet treat, scented with orange blossom and sprinkled with sugar, was always present on the festive tables at the occasion of the arrival of the kings for Epiphany, to rejoice in the coming good weather at Easter, celebrate a baptism or a wedding.

Ingredients / 750 g flour, 125 g butter, 250 g sugar, 200 ml milk, 3 eggs, 2 tbsp water of orange blossom, ½ teaspoon salt, 20 g baker's yeast.

Preparation / In a bowl, mix flour, yeast, sugar, salt and the lukewarm milk. Knead, add the beaten eggs, knead again, and add the soft butter cut in dices and the orange blossom water. Continue to knead until the paste no longer sticks, cover the bowl with a damp cloth and leave to rise at least for two hours at room temperature. Knead again then shape the paste like a crown and place it on a dish covered in baking paper. Leave to stand for an hour and put in the oven for 30 minutes at 180°C. When the crust is golden and cracked, brush it with a mix of egg yolk and milk, and sprinkle with sugar.

A constellation of great chefs

Colour, texture, smell, taste: senses developed in childhood. Respect for nature and the seasons, products and producers: values acquired while growing up. Rich with this family and local heritage, the chefs of Aveyron go straight to the essential and, without artifice, turn every plate into a poem of memories and emotions.



Guillaume Viala Le Belvédère ☒ / Hôtel**

11, route du maquis Jean-Pierre
12340 Bozouls
www.belvedere-bozouls.com

« A militant act in the defence of authentic products, originated from natural rural polyculture, close to the environment, my cooking is inspired by nature, dynamic, moving and fragile. »

In November 2018, the French Academy of Wine awarded the Alain Senderens Prize to Christine and Guillaume Viala. This prize is awarded to culinary establishments for their devotion to finding the right wines for the dishes they serve.

Michel Truchon Le Sénéchal ☒ / Hôtel****

12800 Sauveterre-de-Rouergue
www.hotel-senechal.fr

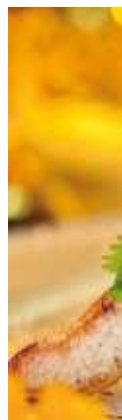
« Flowery stocks, scented mousses, delicately spiced emulsions, the product is always supported, uplifted by intelligent work of textures and associations. No violent contrasts, a nice music, rich in sensory evocations. »



Nicole Fagealtier Le Vieux Pont ☒ / Hôtel***

12390 Belcastel
www.restaurant-belcastel.com

« We like beautiful produce, dishes that have a taste, the unexpected but coherent combinations, the contrasts between rustic and refined for an instinctive and intuitive cuisine, honest, full of finesse, without airs and graces. »



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Tables du monde: Bras Laguiole
Michel et Sébastien Bras
Le Suquet / Hôtel** Relais et Châteaux**

Route de l'Aubrac - 12210 Laguiole
www.bras.fr

- ❶ Gargouillou (cru) d'été
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« At nature's rhythm we create a moving, intuitive and precise cuisine, that transcribes the emotions you feel when you come into contact with it and when it becomes an experience for the other. »





The Aveyron farm in your plate

The market is a sacred place!

Once or twice a week, each town or village in Aveyron organises its food market. People here have not given up on the art of living. They wouldn't miss this lively, colourful and scented rendez-vous for anything in the world.

Whether in a hall or outdoor, markets are moments that encourage exchanges and conviviality that unites all the generations. On the stalls, vegetables are covered in soil and sometimes misshapen, the apples are not Snow white red, but all the products are fresh, healthy and tasty.



From the fork to the mouth

Aveyron, rich with its agricultural production, has turned it into a real strength. Numerous breeders and producers have created associations to promote the fruit of their work and limit the intermediaries of the big supermarkets. These alternative sales networks privilege local and seasonal produce, guarantee traceability and freshness, prioritise a direct relation of proximity and support the local economy. A surprise farmer's hamper or one that you select, farm drive, direct sales or pickings at the farm... each has their own formula.

Scan me



Upcoming markets





The local producers' markets

Often organised on summer evenings, these markets encourage direct contact between farmers and craftsmen and consumers. You will find authentic products with a nice rural smell on each stall, presented by men and women who are happy to share their passion and present them for tasting. You can take your purchases or eat them on site around big tables to enjoy the musical atmosphere and chat with your neighbours, informally. Find information on the nearest local farmers market to your holiday location on

Flashez-moi



Tous les marchés
de producteurs
de l'Aveyron





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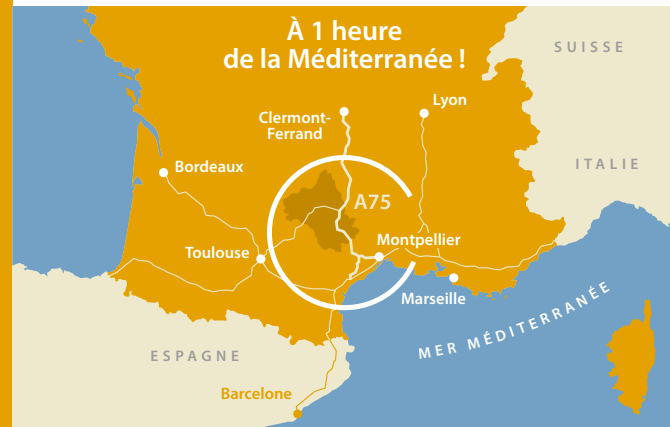
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des coups de cœur,
des lieux secrets,
des anecdotes insolites.

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