



2020

inAveyron

DISCOVERY
GUIDE

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

LEISURE AND ACTIVITIES / FLAVOURS AND DELICACIES

*Always
real!*

AVEYRON
VIVRE VRAI

www.tourisme-aveyron.com



Welcome to Aveyron!



*Your steps have led you
to our Department whose
common values
are represented by the*

*trademark AVEYRON VIVRE VRAI. This slogan
conveys a firm promise of truth, authenticity,
respect, dependability, commitment and passion.
This passion makes each actor of the tourism
industry a goodwill ambassador who will show
you that here, wealth is in diversity.
Be amazed by the variety of sites, unusual
landscapes, quality entertainment, heritage,
history, culture and gastronomy.
While the Millau viaduct, the village of Conques
and the Musée Soulages are jewels that you
must not miss, a considerable number of gems
nearby are also offered for you to discover. This
magazine aims to guide your steps and introduce
you to these charming sights that will not fail
to inspire your commitment to a certain "Art of
Living" that maintains a rich balance between
modernity and authenticity.*

Jean-Luc CALMELLY

Président de l'Agence de Développement Touristique



*Aveyron has a wealth of
beautiful aspects, and the
diversity of its landscapes,
the authenticity of its*

*residents and the richness of its culinary
ingredients make it a popular holiday
destination.*

*It also boasts a dynamic economic, and in
the end, it is the harmonious combination of
all these factors that gives Rouergue all its
charm and means that, once you have sampled
everything it has to offer when on holiday, you
often want to come back. Some people even
want to move to our department, seduced by the
famous concept of attractiveness that we run
various campaigns to promote. In any event, I
am proud of the wide range of packages offered
by tourism professionals, and I can assure them
of the Departmental Council's support.*

Jean-François GALLIARD

Président du Conseil départemental



Soyez dans le vrai !

[Always real]

www.tourisme-aveyron.com



[contents]

6



NEWS

6-7 / NOT TO BE MISSED
IN 2020

8-9 / NEWS

10 / CHÂTEAU DE
BOURNAZEL

11 / PEYRUSSE LE ROC

12-13 / CULTURAL AVEYRON



The Aveyron is a mosaic of regions. They each have their own landscapes and identity, their architecture and their language. A few kilometres, a valley crossed and you are in another world. Cows have replaced sheep, the beech trees succeeded to the walnut trees, the arid causses made room for large herbal fields. There is no similarity between a medieval castle in the Sévérage region, a house with a tiled roof in a Bastide town, a wealthy residence in the valley of Marcillac, a dry stone farmhouse in Larzac and a buron covered with slates on the Aubrac plateau. They all have things in common however: authenticity and character.

2-3 / MAP, WORD OF THE EDITOR - 74 / TOURISM INFOS - 75 / TRAVEL TO AVEYRON

inAveyron



EXCEPTIONAL AVEYRON

14-15 / MILLAU VIADUCT
16-17 / SOULAGES MUSEUM
18 / EXCEPTIONAL HOLIDAY HOME IN AVEYRON
19 / LA CITÉ DE PIERRES

DESTINATION AVEYRON

20-21 / AUBRAC
22 / CARLADEZ AND GORGES DE LA TRUYÈRE
23 / CONQUES AND MARCILLAC VALLEY
24-25 / LOT VALLEY
26-27 / SEGALA AND AVEYRON GORGES
28-29 / RODEZ AND VALLEY OF AVEYRON
30-31 / MOUNTAINS AND LAKES OF THE LEVEZOU
32-33 / MILLAU, GORGES AND VALLEY OF THE TARN
34-35 / LARZAC AND REGION OF ROQUEFORT

CULTURE, HERITAGE & SAVOIR-FAIRE

36-37 / MOST BEAUTIFUL VILLAGES IN FRANCE
38-39 / BASTIDES OF ROUEGUE
40-41 / TEMPLAR AND HOSPITALIER SITES
42 / CONQUES
43 / SYLVANÈS
44-45 / MUSEUMS
46-47 / CASTLES
48-49 / ART AND SAVOIR-FAIRE
50-51 / FESTIVALS AND SHOWS

LEISURE & ACTIVITÉS

52-53 / HIKING
54-55 / OUTDOOR SPORTS
56-57 / SPORT EVENTS
58-59 / CHILDREN'S CORNER
60-61 / FISHING
62 / WINTER SPORTS
63 / UNUSUAL ACTIVITIES
64-65 / WELL-BEING

FLAVOURS & DELICACIES

66-67 / LAND OF GASTRONOMY
68 / PRODUCTS
69 / TOP 10 AND RECIPES
70-71 / STAR-RATED CHEFS
72-73 / MARKETS



20^{ans}

De sensibilisation à la nature



2020: 20 years of raising awareness about nature at Micropolis

For its 20th year, the city of insects promises a season brimming with events:

Let's celebrate this anniversary together! There is a programme of entertainment, conferences, cinema screenings, exhibitions and photo workshops, as well as plenty more surprises to discover and share!

www.micropolis-aveyron.com

#micropolisaveyron

17th May: Course Eiffage du Viaduc de Millau

This race was created in 2007 and has become a major event in the world of running. It continues to be successful year on year, with thousands of participants throwing themselves into the challenge presented by the viaduct above Millau and the beautiful Tarn Valley.

The sixth year of the Course Eiffage du Viaduc de Millau en Aveyron is a fantastic occasion for all running enthusiasts, whether they are serious competitors or simply running for fun and to stay fit. It is a popular and accessible race for those who love running, encouraged by their families.

www.course-eiffage-viaducdemillau.org

#CourseViaducMillau



8th, 9th and 10th May: Wish One 130 'Des Causses à l'Aubrac' ('From the Causses to Aubrac')

Over the 8th, 9th and 10th May 2020, Wish One, the new Aveyron bicycle brand, is organising a gravel cycling race on the roads and trails of Aveyron, from the sources of the Aveyron river to the Aubrac plateau!

On the programme for this new race:

- A 2-day Gravel Bikepacking challenge on Friday and Saturday
- A 130km Gravel race (3000 m. ascent) on Saturday
- 3 days of cycling, celebration and Aveyron specialities!

www.wishonecycles.com



May to October

Conques by night

Every evening from May to October, the tympanum of St. Foy Abbey in Conques is lit up by an animated light show. This major work of Roman sculpture, dating from the 12th Century and featuring 124 characters, is restored to its full palette of hues and comes to life once again as the colours are gradually revealed. The animation goes over the whole story of the Last Judgement, with representatives from the Heavenly Choir, angels, the elect, the damned and other demons... It is a unique visual and artistic experience. Before the show, you can take an illuminated and musical visit to the stalls of the abbey and see the Roman column heads and the Soulages stained glass windows.

www.tourisme-conques.fr



LES ACROBATES EN GRIS FERNAND LÉGER
© Centre Pompidou MNM CCT, USLBM
Grand Palais Jacques Fauriol, © ADAGP,
Paris recadre

13th June to 8th November

'Fernand Léger, La vie à Bras-le-corps' (Fernand Léger, Seizing Life Head On) at Soulages Museum in Rodez

After Pablo Picasso, Yves Klein, Le Corbusier and Alexander Calder, Soulages Museum is planning to welcome Fernand Léger to the temporary exhibition space in summer 2020. A collection of works from the Centre Pompidou, the Fernand Léger Museum in Biot and French and foreign museums, galleries and private collections will be on display. The idea is to develop a coherent journey through time and space on the themes that were important to Léger, including the city, the world of work and leisure activities.

www.musee-soulages-rodez.fr

Not to be missed in 2020



12th and 13th June

Festival Pueblo Latino in Arvieu

The second year of the Festival Pueblo Latino is an Arvieu event that puts Latin American cultures centre stage, with concerts, entertainment, music courses and Latin music and dance workshops for all ages and abilities! Arvieu's 'El Pueblo' invites everyone to share extraordinary moments of dancing, music and food.

www.pueblo-latino.fr



20th June to 31st October

'Miró, des Lignes et des Couleurs' (Miró, Lines and Colours'), at the Millau Museum

This summer, Millau Museum will host an exceptional exhibition about the internationally renowned artist, the Catalan Joan Miró. These vibrantly coloured works will brighten up our summer by shining a spotlight on the characters that he created. Millau Museum will give its visitors an insight into the principal techniques that he used, to illustrate the depth, richness and unique character of Joan Miró's work.

www.museedemillau.fr



13th and 14th June

Fête du Roquefort in Roquefort-sur-Soulzon

After the success of its first year, the Roquefort brand is organising the second edition of this huge festival, to celebrate the values and delights of AOP Roquefort cheese. Come and celebrate the result of this harmonious relationship between man and nature in Roquefort-sur-Soulzon, with street performances, sculptures, music, workshops, themed walks, a tour of the cellars and enjoyable opportunities to learn about and taste Roquefort cheese with its producers.

www.roquefort-en-fete.fr



3rd July

Tour de France grand departure in Millau

The Tour de France always passes through Aveyron! The city of gloves will be the starting point of the 7th stage, which will take the cyclists to Lavaur. As for the route, the peloton will pass under the Millau Viaduct. It will pass through the towns of Saint-Affrique and Castres, amongst others. Although this 168 kilometre stage includes some hills, it seems ideal for sprinters. The next day, the peloton will head for the Pyrenees.

www.letour.fr



Aqua Park de l'Aveyron - Lac des Rousselleries in Pont-de-Salars

In summer, enjoy some crazy, aquatic fun in the heart of nature! The Aqua Park de l'Aveyron is a supervised inflatable play area, measuring over 1,200m², located on the calm waters of Lac de Pont-de-Salars. A fun and challenging obstacle course, giant waterslide, rock climbing wall, trampolines and giant catapult all promise plenty of fun. Children love it, and adults will have fun too. Dining, bar and snacks on site.

Facebook: Aqua Park de l'Aveyron



Compeyre, a wine-growing village

Compeyre has long been fortunate enough to play a leading role in the sale of wines in the Tarn Valley. In their huge wine cellars, merchants would store wine produced on the incredible terraces by the Valley's wine growers. Compeyre, a characterful village in the Tarn Valley, is home to a treasure: vaulted caves with cracks in the rock. They are not for maturing Roquefort, but for preserving and aging wine! This built and wine-growing heritage is the only one of its kind in the world and is welcoming visitors in 2020! Enjoy a guided tour of the cracked rock caves and the natural environment and heritage, with breaks for wine tastings.

www.millau-viaduc-tourisme.fr



Couvent de la Salette: the elegance of a hotel with the charm of a home.

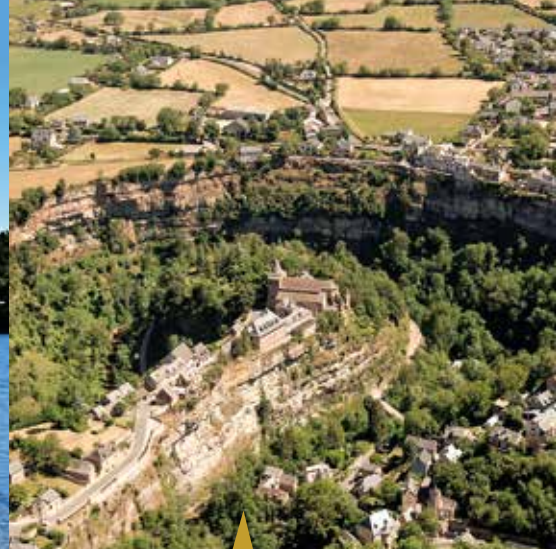
Located opposite the foothills of Larzac, the Couvent de la Salette towers over Millau. Today, this vast 19th century building is dedicated to well-being. It is the perfect place to recharge your batteries with friends or share a weekend with a loved one. With its six charming rooms and large sitting rooms, the Couvent welcomes you for an out-of-the-ordinary stay. Both intimate and well-connected, historical and modern, it will satisfy even the highest expectations. Enjoy the absolute peace and quiet, décor that changes along with the seasons and the joyful atmosphere. This is an extraordinary place that is best kept secret.

www.la-salette.fr

Bozouls, the favourite village in Occitanie

In 2019, Bozouls was chosen online, from the 200 communes in Occitanie, to win the 'Mon Beau Village' ('My Beautiful Village') competition because of its welcoming atmosphere and the beauty of the site. The competition was organised by the press group, La Dépêche du Midi, in partnership with AirBnB. AirBnB also awarded Bozouls the 'Trophée de l'Accueil 2019' ('Hospitality Trophy 2019'), thanks to the incredible score of 4.9/5 that its hosts earned.

www.bozouls.com





The 'Causses to Aubrac' Domaine Trail

In 2020, the new 'Causses to Aubrac' Domaine Trail will offer 17 permanent routes for different abilities (easy to difficult, marked accordingly) across the area from Causses to Aubrac, including the Vertical Kilometre in Brameloup. Whether you are an amateur or high level athlete, your new training ground will be the 'Causses to Aubrac' Domaine Trail.

www.causses-aubrac-tourisme.com



Les terrasses de Majorac

Located near Bozouls and high up on the Palanges Valley and the Aubrac Summits, the whole estate has several viewing points that will take your breath away. The Majorac estate was built on the ruins of a Roman road that linked the site to Rodez. Dating from the 18th century and entirely renovated with high-quality materials, whilst still respecting the environment and the history of the site, the estate welcomes you for all your major events (weddings and birthdays, as well as business conferences).

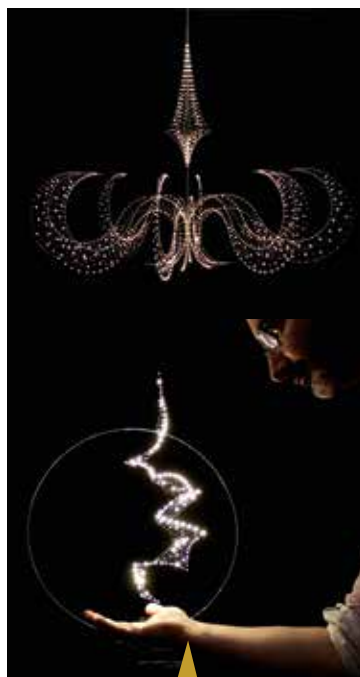
www.lesterrassesdemajorac.fr



The Carré de Vie: a habitat with a revolutionary concept

The result of the collaboration between an architect and an entrepreneur, both from Aveyron, this upscale and fully autonomous accommodation does not need to be connected to any network. It can be placed either on land or on water, in urban areas or in the wild. One of the first examples was "placed" on the Lac de Castelnau-Lassouts-Lous, near Sainte-Eulalie d'Olt.

www.carre-de-vie.com



Light and poetry in the Pays de Conques

Are you familiar with Bastien Carré's lumigraphies? These extremely delicate light sculptures now have a dedicated exhibition space in Aveyron! The Chambres de Lumière in St Cyprien-sur-Dourdou invites you on a disconcerting journey of lightness in a medieval building with a particularly unusual character. Find a vast selection of creations in a labyrinth of rooms that seem to have waited centuries to serve as a backdrop for these modern creations.

www.lescambresdelumiere.fr

Aveyron online

Find all the latest news on
www.tourisme-aveyron.com

Follow the guide to discover,
move and taste in Aveyron!



Blog « A voir à faire »
decouvrir.blog.tourisme-aveyron.com



Blog « Déguster »
deguster.blog.tourisme-aveyron.com

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#AVEYRONEMOTION
Share your impressions on Twitter
@Tous_en_Aveyron
Talk about discoveries on Facebook
Tourisme Aveyron



#AVEYRONEMOTION



Château de Bournazel



A masterpiece of the Renaissance

Located in the western part of the Department of Aveyron, between Rodez and Villefranche de Rouergue, the Château de Bournazel is one of the most remarkable Renaissance castles in the South of France, known for its innovative architecture and the quality of its sculpted decorations.

Like the Châteaux of the Court of King François I, the Château de Bournazel was a place for receptions, where the architecture reflected the good manners of his lordship. This is why all the bedrooms are concentrated in the North wing, on three levels, while the East wing was designed for receptions, with the ballroom on the ground floor, the great hall upstairs and the chapel under the eaves. The result of extensive archival work and an archaeological dig, the restoration of the Bournazel Gardens offers a coherent example of composition undertaken from 1542 to 1561.

More information

www.chateau-bournazel.fr



New in 2020:

The 145 seat auditorium, which opened in December 2019, is located in the heart of the château. It will host conferences, concerts and cinema screenings. From 3rd to 5th August 2020, this fully equipped space will welcome never before seen concerts on the theme of the Renaissance era.

- ❶ French Garden
- ❷ Renaissance Façade
- ❸ Interior rooms
- ❹ Auditorium



Peyrusse-le-Roc

an extraordinary site!

- ❶ Peyrusse-le-Roc village
- ❷ The Barbacane tower
- ❸ Paraire bridge
- ❹ Roc del Thaluc towers

Discover Peyrusse-le-Roc, the remains of a medieval city, nestled up high along winding roads in the west of Aveyron. You can still imagine its former splendour along the marked trails that lead you through its history, with the impressive towers of the Roc del Thaluc that overlook the Audierne river, the Notre-Dame-de-Laval church and the twelve chapels alongside it, or the hospital, nicknamed 'des anglais' (the Englishmen's hospital') and its exhibition on the sculptures of Pierre Prévost.

Naturally fortified, the origins of Peyrusse, the ancient Petrucia, can be found at the beginning of time. It is a real-life history book and a walk through the centuries. In May 767, Peyrusse was under the rule of Pépin the Short, king of France, who had taken it from the Visigoths. From then on, the town's history followed that of the County of Toulouse, before becoming the biggest bailiwick in Rouergue in the 13th century. It developed and experienced an economic and demographic boom, with around 3,500 inhabitants. It became a stronghold, despite being considerably weakened by the Hundred Years War, Wars of Religion and the dismantling of its walls in the 17th century.

The size and splendour of this medieval site will leave visitors with unforgettable memories. The starkness of the walls contrast with the rich vegetation!

The famous photographer, Jean-Marie Périer is not wrong. He often goes to the village's restaurant where you can try local Aveyron dishes, such as the truffade (potato and Laguiole cheese speciality) or the estofinade (dried fish and potato dish)!

More information

www.plateau-de-montbazens.com



Cultural Aveyron

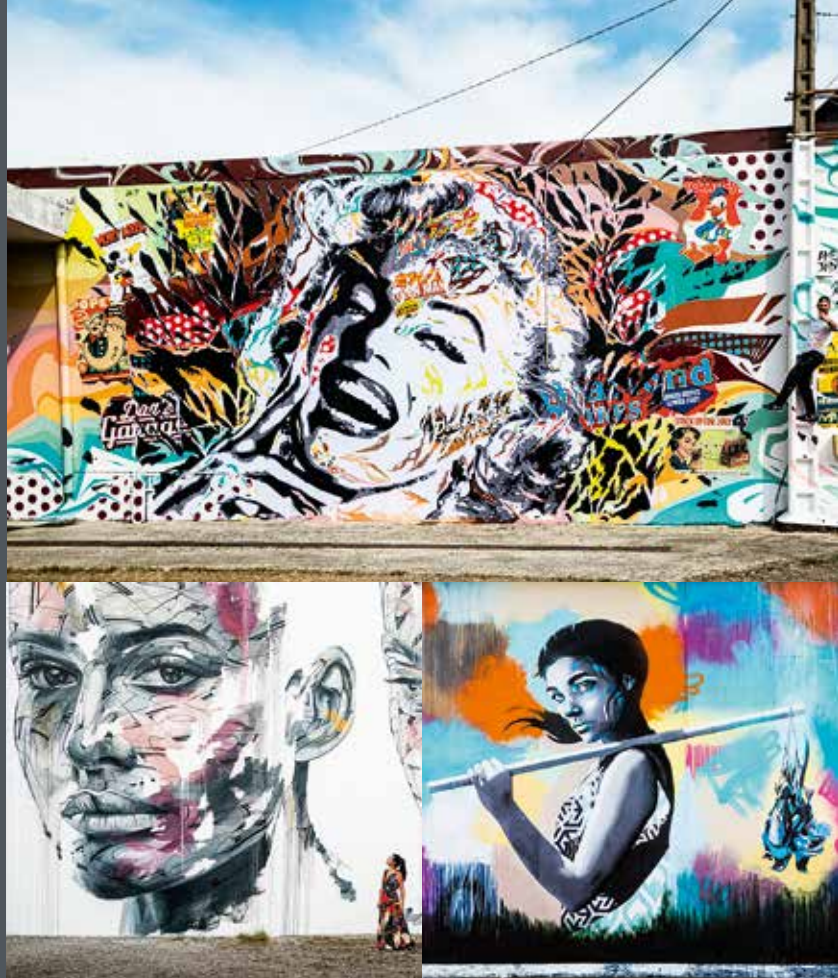
Because the cultural offer is the fundamental base of a lively and attractive department, because it is one of the guarantees for a good quality of life, in Aveyron, we love culture.

The culture of the great outdoors, in the street or in exceptional heritage locations. The culture of the past, the present and the future presented in museums, galleries and through architectural elements of our cities and villages.

The culture that turns us into spectators, actors, volunteers or students who can practice numerous artistic disciplines.

As a couple, with the family, with friends, travel in the region and be part of the public! Cultural life is very rich in Aveyron and there always are innovations.

Cultural Aveyron news on
www.aveyron-culture.com



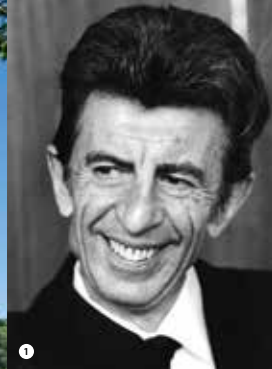
With its mural art trail, Decazeville is revealing a new side!

The Pays Decazevillois - Vallée du Lot today boasts a strong sense of modernity, without forgetting its past. During Aveyron's first street art festival, organised in 2019 by the Community of Municipalities, world-renowned artists, truly talented in completely different techniques and styles, created around twenty exceptionally diverse works. Thanks to the trail's many artistic aspects, which include various murals, Decazeville today is a unique cultural destination in Aveyron. This open-air museum will help you (re)discover this area.

The Mur Murs trail also provides the opportunity to establish places for meetings and discussion around artistic creations and culture in general. The town has therefore become a centre for reflection and questioning. Wander around the different sites, be inspired by the street artists' work, let your feelings do the talking and discuss ideas with the people there, whether they are tourists, family, friends or those who are curious about the event. To (re)visit Decazeville in an out-of-the-ordinary way and/or familiarise yourself with street art techniques, you can stroll around the trail, either alone with the help of a paper or interactive map or as part of a guided tour offered by the Office du Tourisme et du Thermalisme de Decazeville Communauté.

More information

- www.tourisme-paysdecazevillois.fr



**Futur
composé**
2020



5th to 8th November: 'Le Futur Composé 2020'

This is an outstanding tribute to the memory of the famous architect, Fernand Pouillon, who adopted Aveyron as his home. It takes place in several locations at differing times and includes conferences and debates in Belcastel and Rodez, an oratorio inspired by Fernand Pouillon's novel, 'Les Pierres Sauvages' in the Abbaye de Sylvanès, and an architecture competition and the Pouillon prize run in partnership with the 'École Nationale Supérieure d'Architecture Paris Val de Seine', where the 80 competition projects will be put on public display.

In Belcastel, the village where Fernand Pouillon lived during his last years and wanted to be buried, there is an exhibition dedicated to the restoration of the village and its castle. Particular focus is paid to the Château de Belcastel. He acquired it as a ruin in 1974 and, after dedicating over 10 years to its restoration, transformed it into his last residence. It houses 2 exhibitions:

Stéphane Couturier Exhibition

Winner of the Nièpce Prize in 2003, his photographic works are regularly displayed across Europe and the United States. For over 20 years he has been building a body of work dedicated to the depiction of towns and how they have altered, and is using visual arts as part of a contemporary reflection on man and his relationship to place and time. His most recent works on Algeria and Pouillon's work will be displayed for the first time. A canvas measuring 25 metres tall and 8m wide is a particularly stunning piece and will be displayed for the first time, covering one of the sides of the keep.

Fernand Pouillon Exhibition

Fernand Pouillon was undoubtedly the most romantic architect of his time. He was frequently criticised during his lifetime by the media machine, particularly following the CNL affair. Today, his work, where the image of man and technical and aesthetic reflections are intertwined, is the subject of profound interest. Go on a real journey into his private life through archival documents (interviews, reports, radio programmes), from his imprisonment to his rehabilitation.



More information

www.chateaubelcastel.com
www.fernandpouillonheritage.org

- ① Fernand Pouillon
- ② Belcastel and its castle
- ③ Stéphane Couturier exhibition (simulation)
- ④ Drawings of the restoration of Belcastel castle

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 causse 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 longest cable-stayed bridge with **2 460** metres, the Millau viaduct also holds the record for the highest bridge: the pile N°2 and its pylon are **343** metres high or **19** metres more than the Eiffel Tower. The steel deck that culminates at **270** metres above the Tarn, weighs **36 000** ton or five times the Eiffel Tower or the equivalent of **70** TGV. **3 000** men and women have worked on the construction of this work of art that costed **400** million euro.





The Viaduct Exhibition

Interactive and dynamic museography awaits visitors; an immersive show will surprise you! The world of the viaduct is featured in 220 m² of technology and images: a "multi-touch" table, augmented reality model, virtual reality helmet and more.

The Explorers' Trail

Learn more about the viaduct that broke all records - it's easy! Starting out from the Viaduc area and climbing up to the new lookout, the Eiffage guide will take you on a 40-minute tour to discover it, as he recounts the history of its construction and use.

More information

www.leviaducdemillau.com



Event in 2020:

*Course Eiffage
du Viaduc de Millau*

More info on page 6

An essential stop

Installed in a former farm of the Causses, 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.

After walking to the belvedere that provides amazing views on the viaduct for a souvenir photo, the gourmets will most definitely taste the "capucins" of the local chef Michel Bras. Those conical rolls filled with the best local produce re-invent the taste of fast food. sweet or savoury: either way, you will be seduced.



1



2

1 Millau viaduct visitor centre

2 Michel Bras capucins

More information

Aire du Viaduc de Millau
www.tourisme-aveyron.com
tel.: +33 (0)5.65.75.40.12





Opened in 2014, the Soulages museum is very successful,
enlivened by the richness of the work by the artist and numerous temporary exhibitions.

THE SOULAGES MUSEUM, THE SPEARHEAD OF MODERN CREATION

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

It is because he was touched by the beauty of the abbey church of Conques as a youngster that the Rodez native Pierre Soulages decided to become an artist. When he was asked to create the stained glass windows of this treasure in Romanesque art, he did not hesitate to work on the project for seven years, from 1987 to 1994, to produce 104 translucent stained glass windows. And when he was suggested to show models of the work in a museum the artist was just as enthusiastic. In 2005 and 2012 the cantor of the outre-noir made two donations to his native city. Some 500 items including all the preparatory work for the Conques stained glass and the printed work (etchings, lithographs, silk screen printing) but also oil paper on canvas, paint on paper including the famous walnut stain, bronze works and a major documentation fund.

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.tourisme.myrodez.fr

Fernand Léger, La vie à bras-le-corps 13th June - 8th November

After Pablo Picasso, Yves Klein, Le Corbusier and Alexander Calder, Soulages Museum is planning to welcome Fernand Léger to the temporary exhibition space in summer 2020. A collection of works from the Centre Pompidou, the Fernand Léger Museum in Biot and French and foreign museums, galleries and private collections will be on display. The idea is to develop a coherent journey through time and space on the themes that were important to Léger, including the city, the world of work and leisure activities.

Women of the 1950s Through abstraction, painting and sculpture 14th December 2019 - 10th May 2020

This exhibition is dedicated to abstract works created by women in 1950s Paris. A collection of over 70 works is on display, gathered from a rich variety of sources (Centre Pompidou, Fonds National d'Art Contemporain, Fine Arts Museum of Nantes, Les Abattoirs in Toulouse, Royal Museums of Fine Arts of Belgium, as well as galleries and private collectors, etc.). The works of 43 artists (painters, sculptors, illustrators, visual artists, etc.) are being displayed in a 500m² gallery dedicated to temporary exhibitions in the Soulages Museum.

Pierre Soulages, the Louvre, etc. 18th January - 12th April 2020

'The works that I like best are those that correspond to an explanation that I find in them, and which at the same time escapes them' explained Pierre Soulages to the art critic, Pierre Schneider, during a visit to the Louvre. It is not so much an exhibition, but a selection of museum works displayed in the Soulages Museum's permanent collections. The works come from the Louvre, the Fabre Museum in Montpellier and the Goya Museum in Castres.



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 Conques page 42



Exceptional Holiday Home in Aveyron

Enjoy a 5-star experience



More information

You can find the 15 5-star holiday rentals in Aveyron on www.tourisme-aveyron.com

Come and stay in our exceptional holiday homes and enjoy a charming break in Aveyron!

Whether they are nestled in a green paradise or perched above a spectacular gorge, these holiday homes provide high-end facilities.

In a former farmhouse, a 12th century commandery or a modern villa, these unique and characterful homes are the perfect places to unwind, recharge your batteries and relax with friends, family or as a couple.

They are undoubtedly the perfect starting place to enjoy a 5-star experience in Aveyron.

It is up to you to invent your own!



- ❶ Castel d'Alzac
- ❷ L'Autre Maison - L'Atelier
- ❸ Bellevue d'Aveyron
- ❹ Gîte Émeraude Design & Nature
- ❺ La Grange de Fonclouse
- ❻ Les Castels de Sorgue

La Cité de pierres

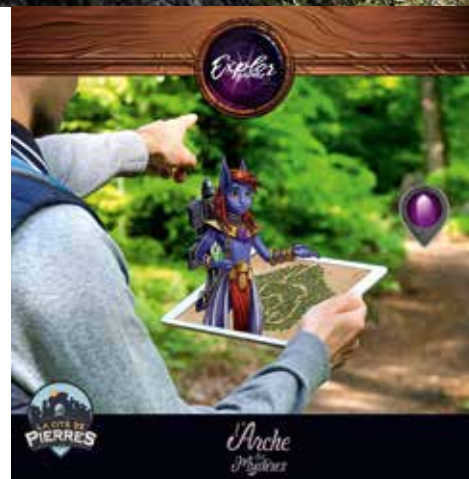
There is a legend carved into the rock!



Even if you have never visited, you have almost certainly seen it on television. The site of Montpellier-le-Vieux, today renamed 'La Cité de Pierres', was the set of one of the most famous French films, *Don't Look Now... We're Being Shot At!* (*La Grande Vadrouille*). Watch the hilarious scene where Louis de Funès is perched on Bourvil's shoulders, with the huge arch in the background. Originally this fantastic jumble of rocks, cirques, faults and walls was covered by a dense forest frequented by wolves. For this reason, this place inspired great terror and countless superstitions in the neighbouring populations until the end of the 19th century. But La Cité de Pierres has fortunately since become an unmissable jewel in the crown of the Grands Causses Regional Park. You can wander round this vast labyrinth, ride on the little train and pretend to be an adventurer thanks to a new attraction, Explor'Game, as well as climb on the Via Ferrata or the Acro Roc for children. Those who love geology, exploring games, sport or nature hikes will have a wonderful time here!

More information

www.lacitedepierres.com



'L'Arche des Mystères', Aveyron's first Explor'Game®

What is the challenge? Save the Amathis civilisation through an interactive adventure set in the heart of nature. The adventure and exploration game is accessible for all (families, groups, friends, etc.) and allows you to have fun whilst exploring the site.

- ❶ Via ferrata
- ❷ Explor'Game
- ❸ Blockfield
- ❹ Porte de Mycènes

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, picking 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, bare and sublime high belvedere, more lunar, more bare, more windswept than the páramos in the Andes. »

Julien Gracq, author.

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.

The year 2018 marked the entry of Aubrac in the family of Regional Nature Parks, and thus enable it to be recognized as a region of exception, by virtue of its identity and its uncommon natural, cultural and landscape heritage.





- ❶ Buron
- ❷ Boralde
- ❸ Aubrac cow
- ❹ Laguiole cheese
- ❺ Fresh Tome
- ❻ Transhumance festival
- ❼ 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

-
 Tourist office - AUBRAC LAGUIOLE
 CARLADEZ ET VIADÈNE
 12210 Laguiole
 Tel. +33(0)5.65.44.35.94
 12470 Saint-Chély d'Aubrac
 Tel. +33(0)5.65.44.21.15
www.aubrac-laguiole.com
 12420 Argences en Aubrac
 Tel. +33(0)5.65.66.19.75
www.argencetourisme-aubrac.com
 12460 Saint-Amans-des-Côtes
 Tel. +33(0)5.65.44.81.61
www.aubrac-viadene.com
 -
 Tourist office - DES CAUSSES A L'AUBRAC
 12130 Saint-Geniez d'Olt et d'Aubrac
 Tel. +33(0)5.65.70.43.42
www.st-geniez-dolt.com

+ about the knife p. 48-49
 + about the transhumance p. 50-51
 + about winter sports p. 62
 + about the chef Michel Bras p. 71

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



« We have collected tremendous images and sequences that do the landscapes of the region justice. »

Bertrand Tavernier,
director, about the
shooting of the film
La Princesse de Montpensier
in Mur-de-Barrez.

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".

+ about the castles p. 46-47
+ about fishing p. 60-61

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, carries 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
p. 59

More information

-
Tourist office - AUBRAC LAGUIOLE
CARLADEZ ET VIADÈNE
12460 Saint-Amans-des-Côtes
Tel. +33(0)5.65.44.81.61
www.aubrac-viadene.com

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

-
Tourist office - TERRES D'AVEYRON
12140 Entraygues-sur-Truyère
Tel. +33(0)5.65.44.56.10
www.tourisme-entraygues.com

Conques and valley of Marcillac: a riviera



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.

2020: the Marcillac vineyard celebrates 30 years

The 'mansois', a grape variety of the Cabernet family, also called 'fer servadou' grows on the arid soil of the Marcillac region, that combines chalk and red clay. This unique and robust wine, that benefits from an "appellation d'origine contrôlée" labelled since 1900, here has its place on the table - just like water and bread. The wine-growers have received the ultimate honour for their terroir - the celebrated 'Vignobles & Découvertes' accreditation. Plenty of entertainment has been scheduled for 2020 in celebration of this vineyard's 30th anniversary.

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

A "little Nice"

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.

« The valley of Marcillac is a privileged location where people are friendly, lively, down-to-earth. We are lucky by birth. »

Jean-Luc Matha,
wine producer at Bruéjols.

- 1 Entraygues-sur-Truyère
- 2 Laussac peninsula
- 3 Truyère Gorges
- 4 Sentiers de l'imaginaire
- 5 Conques
- 6 Valley of Marcillac

More information

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

+ on Conques en p. 42
+ about the wine of Marcillac p. 68
+ on the star-rated chef
Hervé Busset p. 70-71

The Lot Valley



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.

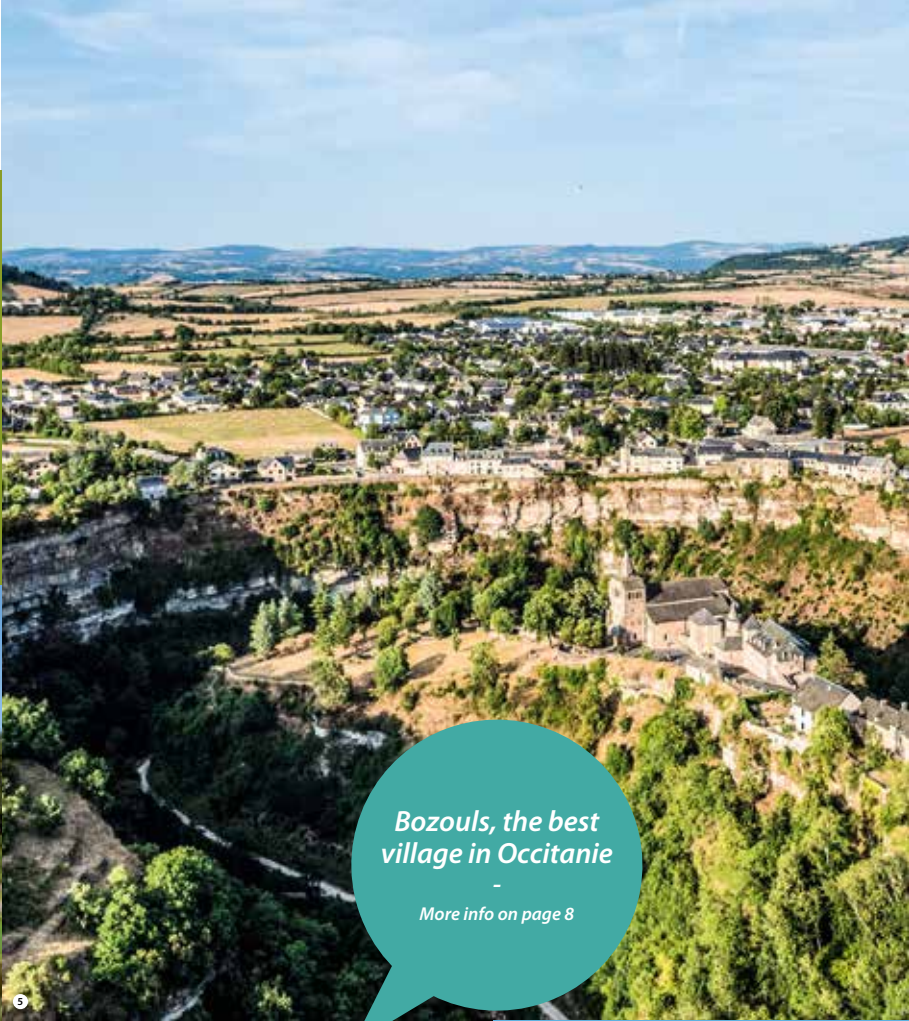


Two ways of discovering the Lot

In ten fun rooms the Terra Olt scenographic centre 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 excursion in harmony with nature you can board the ship-restaurant "Bateau d'Olt" that will cast off in Flagnac.

« The landscapes crossed by the Lot and the light that shines on it are magnificent. The pleasure of staying here is increased by the convivial and warm welcome by the Aveyron people. »

Valéry Giscard d'Estaing,
former president of the Republic
and owner of the château d'Estaing.



Bozouls, the best village in Occitanie

More info on page 8

The memory of the coal basin

The five municipalities of the basin of Decazeville-Aubin have produced more than 10 million tons of coal from the 19th to the 20th century. To walk in the footsteps of the "black faces" you should visit the Mining museum in Aubin, the museum of Memory in Cransac-les-Thermes, the museum of industrial and mining heritage in Decazeville, and see the mine headframe in the active outdoor site of La Découverte.



+ about the most beautiful villages in France p. 36-37
+ about fishing p. 60-61
+ on the star-rated chef Guillaume Viala p. 70-71

Unwind in the spa before placing your bets at the casino in Cransac
(see p. 65).

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.

Are you interested in geology?
A visit to Terra Memoria in Bozouls is a must.

- ❶ Espalion
- ❷ Terra Olt
- ❸ Bateau d'Olt on the Lot
- ❹ Estaing
- ❺ Canyon de Bozouls
- ❻ Cloister in Saint-Geniez-d'Olt
- ❼ Headframe in Decazeville

More information

-
Tourist office - DES CAUSSES A L'AUBRAC
12130 Saint-Geniez d'Olt et d'Aubrac
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www.st-geniez-dolt.com
12130 Sainte-Eulalie d'Olt
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www.sainte-eulalie-dolt.fr
-
Tourist office -
TERRES D'AVEYRON
12500 Espalion
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www.tourisme-espalion.fr
12190 Estaing
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www.tourisme-estaing.fr
12140 Entraygues-sur-Truyère
Tel. +33(0)5.65.44.56.10
www.tourisme-entraygues.com
12340 Bozouls
Tel. +33(0)5.65.48.50.52
www.bozouls.com
-
Tourist Office - THERMALISME
DE DECAZEVILLE COMMUNAUTÉ
12300 Flagnac
Tel. +33(0)5.65.63.27.96
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

Event in 2020:
Futur Composé
Fernand Pouillon

More info on page 13



« One day I decided to leave Paris, I wanted to live amongst normal people. The Villeneuve inhabitants were friendly enough to accept me and I consider myself an Aveyron local. »

Jean-Marie Périer, photographer of the stars, established for twenty years in Villeneuve d'Aveyron where the Maison de la photo opened in 2015.

Aveyron gorges, the veins of the Ségala

The green lung of the department

The west tip of Rouergue has many names: Land of the 100 valleys because of its location between the Viaur and Aveyron rivers, Ségala in reference to its agricultural history, Land of the bastide towns for its concentration of new towns in medieval times.

Whatever you call it, activities are plentiful: jump on your bike for a breath of fresh air amidst the grove landscapes, stroll in the paved narrow streets of Villefranche-de-Rouergue before lunch with the young and talented chef Quentin Bourdy, visit the craft and designer shops of Sauveterre-de-Rouergue in the shadow of the arches...

Take your time!



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. 38-39)

+ about art and savoir-faire p. 48-49

+ about the Michelin star chefs Nicole Fagegaltier and Michel Truchon p. 70-71



The granary barn of the Aveyron

Rye is not very demanding and for a long time was the only cereal grown on the arid soil of the Ségala to which it gave its name, from the Occitan *segal*. But with the arrival of the railways and the use of chalk to reduce the natural acidity of the soil, this rural sector has taken its revenge by becoming the farm and the vegetable garden of the Aveyron. Rolled tripous of Naucelle, farm veal with a label, rissoles filled with Rieupeyroux prunes... there definitely is enough to eat here.

To discover the history and production of the famous tripous, visit La Naucelloise in Naucelle.



The Viaduc du Vaur, 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!



The crafts: a sector of excellence

With a centuries old traditional craftsmanship, the former royal bastide town of Sauveterre-de-Rouergue continues to write history in the present tense. Fifteen creative craftsmen (knife maker, leather worker, hat maker, stained glass maker, iron craftsman, ceramist etc.) established in the region have joined force in a sector of arts professions. In the Laperouse area, workshops and exhibition spaces allow the public to meet passionate craftsmen who combine ancient know-how and avant-garde innovations.



More information

Tourist office - OUEST AVEYRON
12200 Villefranche-de-Rouergue
Tel. +33(0)5.65.45.13.18

12270 Najac
Tel. +33(0)5.65.29.72.05
www.tourisme-villefranche-najac.com

12260 Villeneuve d'Aveyron
Tel. +33(0)5.65.81.79.61
www.villeneuve-aveyron.com

Tourist office of PAYS SÉGALA
12800 Naucelle
Tel. +33(0)5.65.67.16.42
12800 Naucelle-Gare
Tel. +33(0)5.81.19.52.62
www.aveyron-segala-tourisme.com

12160 Baraqueville
Tel. +33(0)5.31.97.01.20
www.baraqueville.fr

12800 Sauveterre-de-Rouergue
Tel. +33(0)5.65.72.02.52
www.sauveterre-de-rouergue.fr

Tourist office - AVEYRON SÉGALA
12240 Rieupeyroux
Tel. +33(0)5.65.65.60.00

12200 Le Bas Ségala (Summer only)
Tel. +33(0)5.65.81.13.94

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

Tourist Office - THERMALISME
DE DECAZEVILLE COMMUNAUTÉ
12110 Cransac-les-Thermes
Tel. +33(0)5.65.63.06.80

12300 Decazeville
Tel. +33(0)5.65.43.18.36
www.tourisme-paysdecazevillois.fr

Village Étape: Baraqueville and Naucelle

These two villages, on the RN88 road, were recently awarded the 'Village étape' label and offer the opportunity to take a quiet break in a pleasant setting.

You will find the shops and services you need to take a break.

The warm welcome, rustic atmosphere and the busy pace of local life in these rural villages will win you over!



- ❶ Belcastel
- ❷ Leisure in Villefranche de Rouergue
- ❸ Ségala landscape
- ❹ Valley and viaduct of the Vaur
- ❺ Crafts in Sauveterre-de-Rouergue
- ❻ Val de Lenne Lake – Baraqueville

Aveyron has another 'village étape' on the RN88: Laissac
See page 29



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.

+ on the Soulages museum and the Café Bras p. 16-17



Laissac: Village Etape

Upstream from Rodez, Laissac is known for its cattle market, the second largest in France. Every Tuesday at 8 am, some 1 600 cattle are presented in the hall. The breeders and cattle farmers in full transaction, discretely negotiating and finally shaking hands is a sight to behold. It is the patcha, the deal is closed. Laissac was the first municipality in Aveyron to be awarded the label of a "village étape", in June 2016. The warm welcome and the busy pace of local life in this rural village will win you over!



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). Two marvels to be discovered on guided tours.

Two other 'villages étape' on the RN88: Baraqueville and Naucelle. See page 27

« When I return to Rodez, I feel I belong with the inhabitants of this region, those apparently rough peasants, but very refined, simple and with great finesse. »

Pierre Soulages, painter born in Rodez whose museum has opened its doors in 2014.



More information

Tourist office
RODEZ AGGLOMÉRATION
12000 Rodez
Tel. +33(0)5.65.75.76.77
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12150 Sévérac d'Aveyron
Tel. +33(0)5.65.47.67.31
www.tourisme-severaclechateau.com

12310 Laissac - Sévérac l'Eglise
Tel. +33(0)5.65.70.71.30



- ❶ Rodez market
- ❷ Golf
- ❸ Rodez Historic centre
- ❹ Cattle market in Laissac
- ❺ Domaine des Bourines
- ❻ Sévérac-le-Château
- ❼ « Des pierres et des hommes » Sound and light show

Séverac-le-Château

The region of Sévérac is at the cross-roads of the Aveyron valley, the Grands Causses and the gorges du Tarn marking each the entrance. After strolling in the paved alleys, visiting the medieval stalls and admiring the half-timbered houses, you reach the top of the hilltop, occupied by a 10th century castle.

New in 2020: The 'Des Pierres et Des Hommes' ('Stones and Men') sound and light show

After playing in the courtyard of the château every summer for 23 years, the Jean le Fol show is being replaced by 'Des Pierres et Des Hommes'. Fantasy and realism go hand in hand to create a spectacular show for visitors of all ages, with several dates in July and August.

www.memoiresdeseverac.fr

Pareloup Lake and Lévézou Hills, *Swimming, yachting and recharging the batteries*

100 % nature

At the core of the department, the dominating colours of the plateau du Lévézou are green and blue. **In this preserved natural area, the fields are close to four artificial lakes (Bages, Pont-de-Salars, Pareloup and Villefranche-de-Panat) 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 discover the unique and fragile ecosystem of the Rauzes peat moor.

- ❶ Pareloup lake
- ❷ Villefranche de Panat lake
- ❸ Fishing in Pareloup
- ❹ 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. 60-61



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
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Tel. +33(0)5.65.46.89.90
12290 Pont-de-Salars
12780 Saint-Léons
12410 Salles-Curan
12430 Villefranche-de-Panat
12120 Arvieu (July and August)
www.levézou-aveyron.com

micropolis[®]

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20^{ans}
De sensibilisation à la nature

Experience an unforgettable day discovering insects.

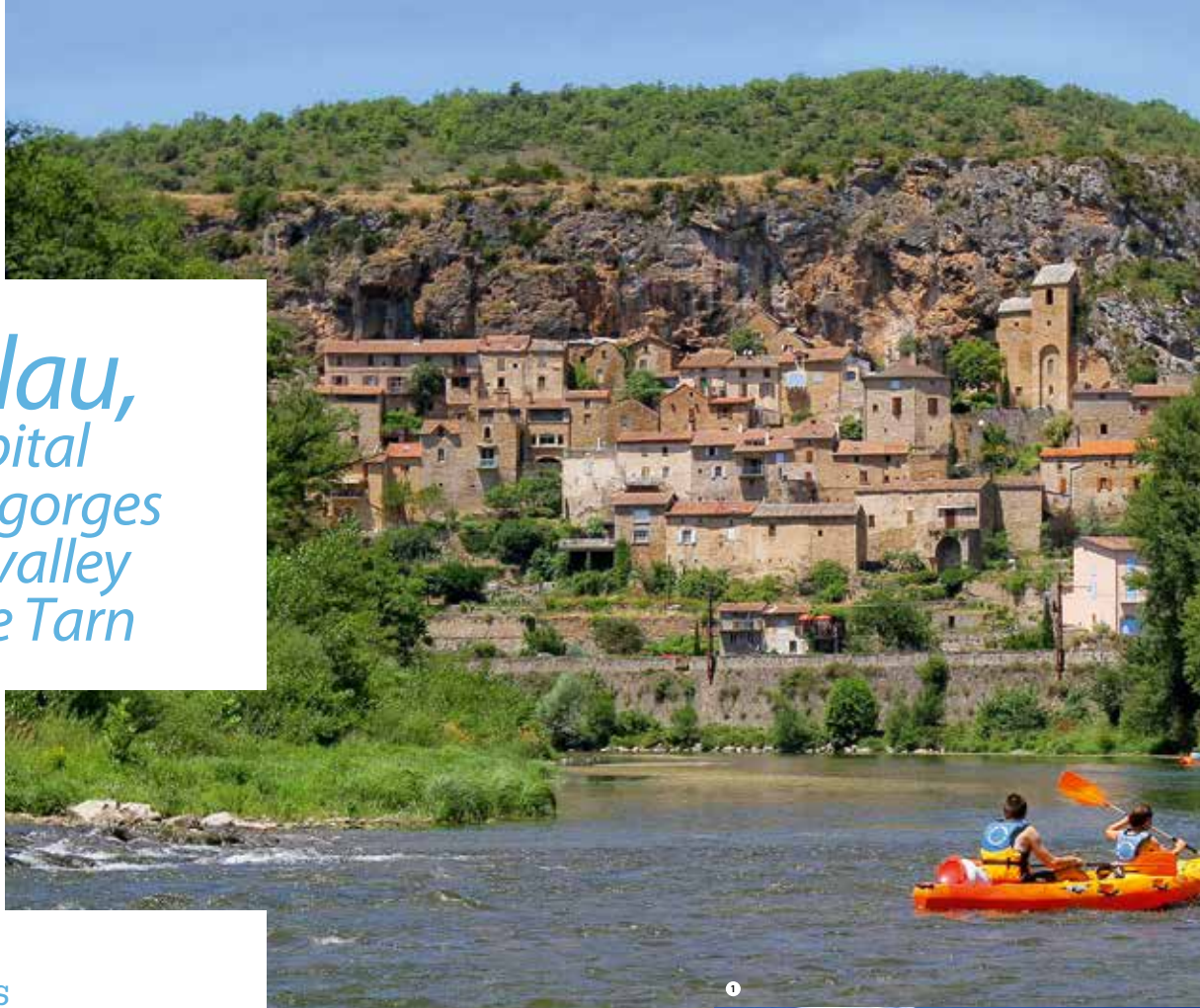
2020 will be a year brimming with highlights and events for Micropolis' 20th anniversary. Celebrate this anniversary together! There is a programme of entertainment, conferences, cinema screenings, exhibitions and photo workshops, as well as plenty more surprises to discover and share! This is your chance to visit our fantastic microscopic world in a brand new way! The city of insects will delight young and old for a day filled with discoveries and excitement. Take the time to reconnect with nature and biodiversity. Unravel the mysteries of the countless live insects in the exhibition from the four corners of the world. Several features and daily entertainment with the keepers help you discover and understand the insect world! The outside trail at the side of the hill takes you on a tour through the surprising musical world experienced by the parade insects. Learn about these giant insects' chants and games... you will end up wanting to make a peace deal!

More information

MICROPOLIS
12780 Saint-Léons
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.

Event in 2020:
*Miró, des lignes
et des couleurs*

More info on page 7

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.

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2



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.



- ① Peyre
- ② Gorges
- ③ Pont Vieux in Millau
- ④ Highline
- ⑤ Millau viaduct
- ⑥ La Graufesenque
- ⑦ Gorges de la Dourbie

« Millau viaduct was to take place in the unspoilt and spectacular landscape of the gorges du Tarn. To respect that incredible region in France, the most elegant solution, the most minimalist intervention and the finest structure were opted for. »

Norman Foster,
British architect
who designed
Millau viaduct.



To admire numerous Gallo-Roman ceramic items, visit the site of the Graufenesque and the museum of Millau.

+ on Millau viaduct p. 14-15
+ about art and savoir-faire p. 48-49
+ about outdoor sports and activities p. 54-55

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 sheep's passage of Roquefort and the men who lead them.

www.parc-grands-causses.fr

More information

Tourist office
MILLAU GRANDS CAUSSES
12100 Millau
Tel. +33 (0)5 65 60 02 42
12640 Rivière-sur-Tarn
Tel. +33 (0)5 65 59 74 28
48150 Le Rozier
Tel. +33 (0)5 65 62 60 89
www.millau-viaduc-tourisme.fr



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



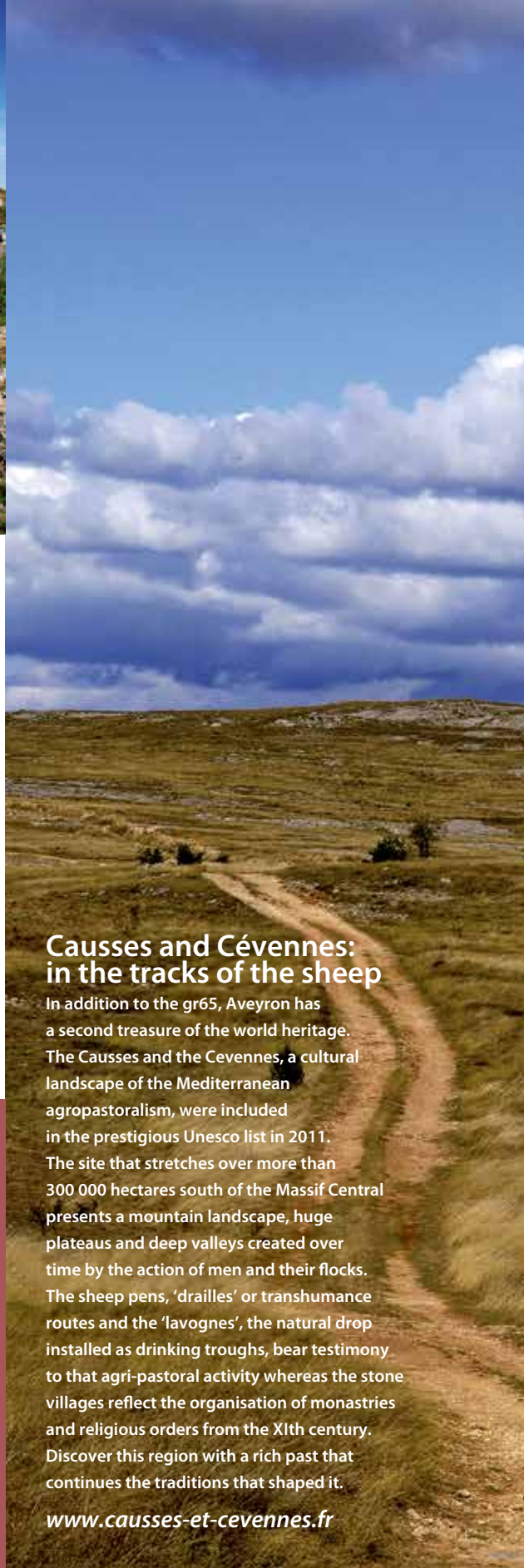
Between Raspes and rougier

To the south of the mountains and lakes of the Lézou, 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 cause, 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.

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



« This delicate, fine, creamy, veined, spicy cheese always works on your appetite, stimulates it or returns it to you. »

Amans-Alexis Monteil,
a Rodez historian
speaking about roquefort
cheese in the Histoire
des Français
des divers états.



Event in 2020:

2nd annual
Roquefort Festival

More info on page 7

More information

- Tourist office
PAYS DE ROQUEFORT
ET DU SAINT-AFFRICAIN
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

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.

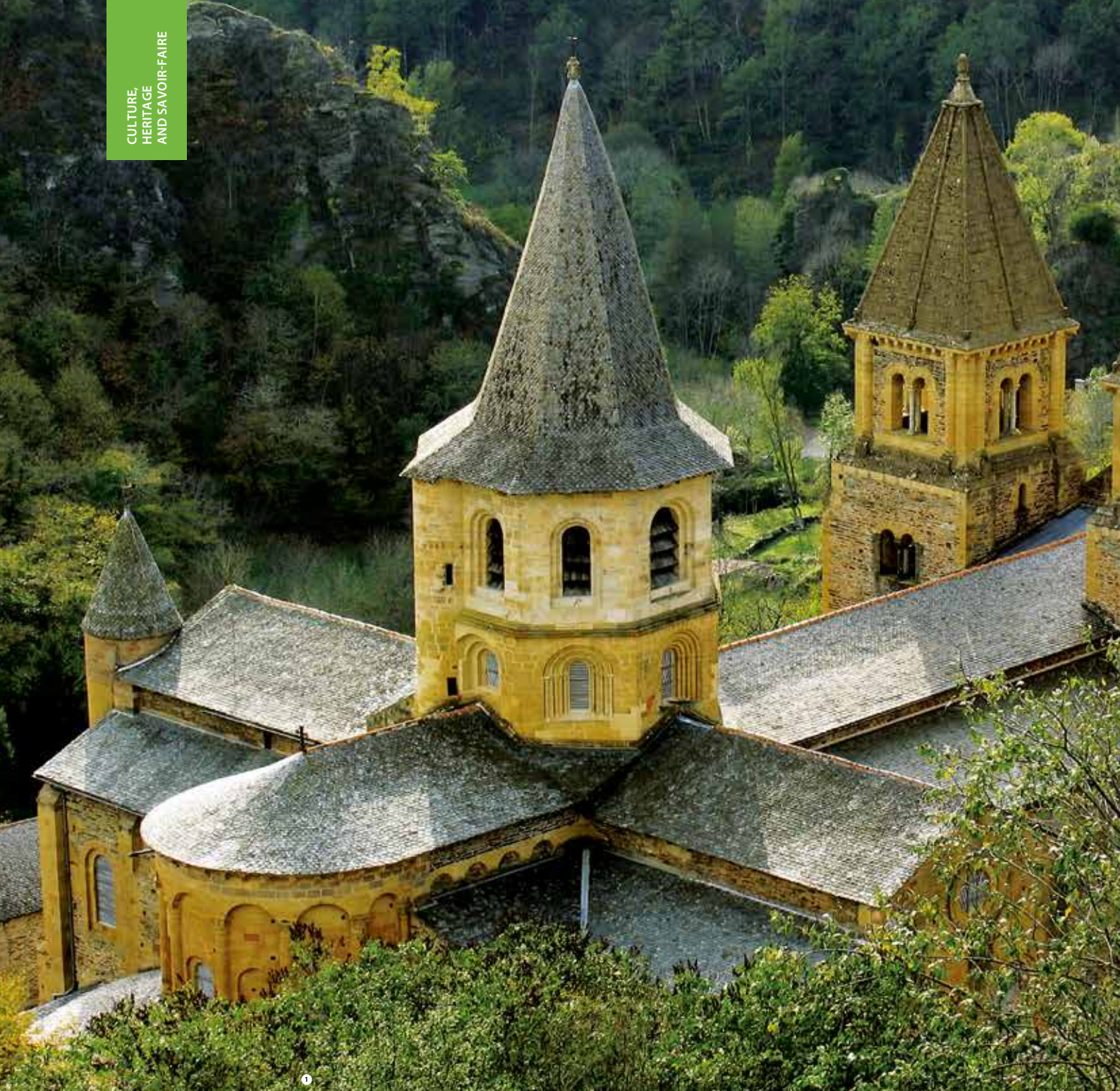
- ❶ Causse du Larzac
- ❷ Rougier de Camarès
- ❸ Herd of Lacaune sheep
- ❹ Roquefort cellars



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. 40-41



- ① Conques
- ② Brousse-le-Château
- ③ Saint-Côme d'Olt
- ④ Peyre
- ⑤ Estaing
- ⑥ Belcastel
- ⑦ Sainte-Eulalie d'Olt
- ⑧ Najac
- ⑨ Sauveterre-de-Rouergue
- ⑩ La Couvertoirade



The “Most beautiful villages in France” of Aveyron

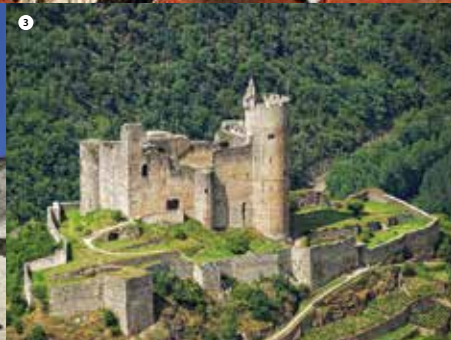
With 10 sites listed among the Most beautiful villages in France, the Aveyron is the French department that has most.

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 Couvertorade, 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.

More information

www.plusbeauxvillagesdefrance-aveyron.com





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



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, Rieupeyroux, 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.

More information

www.tourisme-aveyron.com

"Discover" section





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

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?

More information

www.tourisme-aveyron.com

"Discover" section





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.



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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

Since 1994, the abbey church of Conques has had 104 stained glass windows designed by the Rodez born painter Pierre Soulages. The material used - uncoloured, translucent glass that respects the variations in natural light while shaping them - suggests, inside and outside of the building - a quite exceptional surface continuity between walls and windows.

More information

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

+ on the glass windows of Conques, Pierre Soulages and his museum p. 16-17

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

More info on page 7



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

« Conques, la lumière du roman »
(Conques, the romanesque light)

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

- ① Stained glass windows by Pierre Soulages
- ② Majesty of Sainte-Foy
- ③ Tympanum of the abbey church
- ④ Sylvanès abbey

About the museums

The Aveyron has more than 80 museums which represent a broad range of themes. Geology enthusiasts will visit Terra Memoria in Bozouls and the Pierre Vetter museum in Decazeville.

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 Périér.

Museum of the traditions of Aveyron

Not one but four museums of the Departmental Council are there to be discovered for an immersion out of time in the heart of the history and roots of Aveyron. Three of these four museums are labelled "Musée de France". To reconnect with the daily life in the past you need to cross the threshold of the museum of traditional arts and crafts in Salles-la-Source, of popular arts and traditions or customs and habits in Espalion. The archaeological area of Montrozier presents the objects discovered in various dig sites in the department and proposes numerous animations.

www.musees.aveyron.fr





Les Nouveaux troubadours et le Musée des Arts Buissonniers

In the small village of Saint-Sever-du-Moustier, to the south of Aveyron, the association, the Nouveaux Troubadours, offers shows, a brass band, a theatre and courses. It is working to boost the region and is encouraging and making artistic creation accessible in a rural setting.

The Musée des Arts Buissonniers, which is also located in the village, houses a collection of unique and contemporary outsider art as well as folk art, which results in an amazing array of paintings, drawings and sculptures by French and international artists. It is open from April to October.

More information

www.lesnouveauxtroubadours.fr



The Maison de la photo

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

Since 2017, you can now visit a room with 450 cameras dating from the 40s to the 80s.



More information Museum

www.tourisme-aveyron.com
"Visit" section

+ on *Soulages museum* p. 16-17



- ❶ Musée de Arts et Métiers traditionnels in Salle-la-Source
- ❷ Archaeological site of Montrozier
- ❸ Musée des mœurs et coutumes in Espalion
- ❹ Construction insolite - Musée des Arts Buissonniers
- ❺ Musée des Arts Buissonniers
- ❻ Musée du Scaphandre in Espalion
- ❼ Musée Fenaille in Rodez
- ❽ Maison de la photo in Villeneuve d'Aveyron



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.



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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.), further 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 eighteen 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

- ❶ Castle of Najac
- ❷ Castle of Montaigut
- ❸ Castle of Calmont d'Olt
- ❹ Exterior of the château du Bosc
- ❺ Henri de Toulouse-Lautrec
- ❻ Castle of Peyrelade

More information

www.tourisme-aveyron.com
"Visit" section

*For ideas for excursions
with children go to,
pages 58-59.*

The heritage of savoir-faire and art



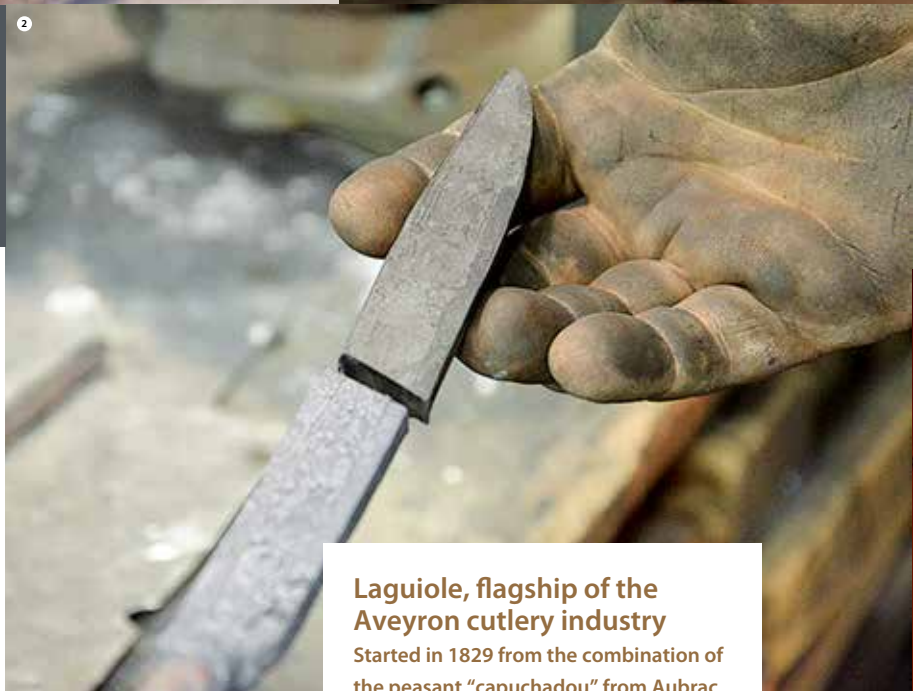
Driven by their passion for a job well done, the artisans and entrepreneurs of Aveyron combine, every day, the tradition of their region and the modernity of their techniques.

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 mastery of traditional techniques or high technicity. No fewer than 26 Aveyron companies hold the label, a reference and guarantee of quality.

Visit their workshops!

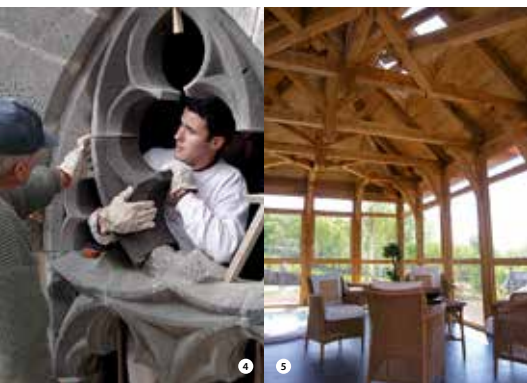


Laguiole, flagship of the Aveyron cutlery industry

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.

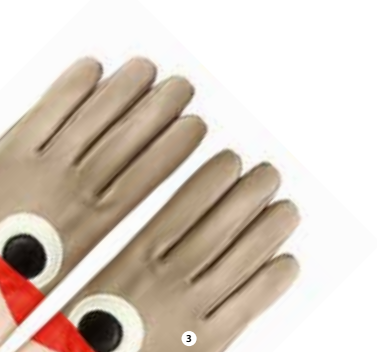




Leather

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.



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



Gastronomy

A gourmet land, Aveyron knows how to highlight everything that makes this region unique in its rich cuisine. Cheese making traditions, with Aligot in the north and Roquefort in the south. In the west, the certification "Vignobles & Découvertes" promotes the vineyards of the Vallon de Marcillac.

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.

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.

Discover the working of these materials by the artisans and entrepreneurs of Aveyron
by taking the "route des matières"
www.tourisme-aveyron.com
"Circuits" section

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.





- ❶ Millau jazz festival
- ❷ Estivada festival
- ❸ Fête de l'Estive - Transhumance
- ❹ Médiévales d'Estaing
- ❺ Hier un village



Festive times

In Aveyron, we like to party. Throughout the year, at weekends and on week days, we meet up, we share, we laugh, we drink, we eat, we sing, we dance.

Votive and patron saints festivals define the rhythm of the seasons, mark the big stages of the work on the land, highlight the local produce. Bridging past and present, these authentic, fun and convivial meetings rub shoulders in the diary with concerts, gastronomic events, cultural events and diverse festivals.

Millau jazz festival

In July, for eight days, the city of gloves' heart beats to the rhythm of jazz. This festival's philosophy: reach an audience that is as broad and multiple as its music. Poetic jazz or vocal brass, swing and 'manouche' invade the strongpoints of the city and the neighbouring municipalities with concerts, hikes and musical meals, shows for young people and nocturnal dance floors.

Estivada festival

For 3 days in July, Rodez returns Occitan to its rightful place as a living language. The unique, multi-disciplinary Estivada Festival is the benchmark interregional festival of Occitan cultures.

There are concerts, theatre, dance, cinema, conferences, a publishing fair, a food court and more.

3 days devoted to conviviality and sharing.



Medieval fairs

Wandering troupes of troubadours and acrobats, taverns, a blacksmith's workshop, street entertainment, sparring between armoured knights, and a great banquet plunge us into the daily life of a village in the medieval era. So that you're fully absorbed in the atmosphere, costumes are a must... In June, the village of Najac welcomes budding knights and ladies, and Estaing leaps back to the Middle Ages on the second weekend of September.

Hier un village

From late July to mid August, Flagnac becomes the backdrop to a large living fresco in sound and light.

350 inhabitants put on their costumes for a series of shows that take us back to the beginning of the previous century. Jeannou, the Rouergue farmer and Marinou, the grandmother narrate the work and the torments but also the good memories of that era.

Discover "Hier un village" ("A village of yesteryear") behind the scenes

Guided by members of the association, take a step behind the scenes of this fabulous adventure that has enchanted young and old for 38 years now. The tour will take you both on and off the stage, and tells the tale of this extraordinary epic. The special effects, the fireworks, the stage management, the costumes, the accessories, the animals... you will learn about it all, and it will make attending the "Hier un village" show even more enjoyable.

Fête de l'estive and transhumance

On the last weekend in May herds leave the stables in the valley to join their summer pastures on the plateau of Aubrac. The breeders decorate the cows with flowers and holly before starting the long procession to the sound of bells.

From Espalion to Aubrac, from Saint-Côme-d'Olt to Saint-Chély-d'Aubrac or Saint-Geniez-d'Olt, we walk part of their way by their side before partying.



Thousand and one ways of going hiking



More information

on hiking in aveyron
and for guide books:
Comité départemental
de la FFRandonnée
<http://aveyron.ffrandonnee.fr>

Are you one
of those people
with 'ants
in your pants'?

Aveyron is made
for you. A playground
with multiple facets,
the department has
numerous disciplines
among its major 'spots'
and the views
of preserved nature
are omnipresent.

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).

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" or the "Tour of the Mountains and Lakes of Lézou".

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

+ on sports events p. 56-57



CYCLING

With more than 15 000 km of departmental roads and municipal roads, some 52 listed mountain passes, picturesque sites and diverse environments, the Aveyron is a paradise for cycling tourists. It is not by accident that two legs of the Tour de France took place here in 2017 and numerous races are organised. An itinerary of 700 km connecting the 10 Most beautiful villages in France in Aveyron was even created. Amateur cyclists, riders, sprinters or climbers: there is something for everyone here.

MOUNTAIN BIKING

Family circuits, robust routes or infernal descents, the variety of the terrains and landscapes of the Aveyron are a treat for all the mountain biking enthusiasts. Forest circuits with narrow paths, grass surfaces with pebbled terrains and rocky passages, from physically demanding climbs to technical descents, for novices or experts, there is always a suitable circuit for your level of agility and your wishes. Communion with nature, the discovery of hidden marvels and panoramic views certainly are worth hanging on to the handlebars.

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.

Pedestrian routes, trails, cycling and mountain biking routes can be downloaded from www.tourisme-aveyron.com "Play" section

Outdoor sports, in the elements



1

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. 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.



2



2

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.



4

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.



3



4



5

- ❶ Bathing in the Gorges du Tarn
- ❷ Canoeing
- ❸ Climbing
- ❹ Via ferrata
- ❺ Paragliding

Outdoor activities for every taste on

www.tourisme-aveyron.com
"Play" section

+ on the international festival of outdoor sports Natural Games p.56-57
+ on unusual activities p. 63



5

Aveyron for sport enthusiasts

In Aveyron, we have a taste for effort, we like to exceed ourselves, to face challenges. But our competitive spirit does not lead to unhealthy rivalries, it stands for fair-play and conviviality. That philosophy turns athletes into big champions and sports events in the Aveyron into moments of pure happiness.



Traces du fromage

On foot or snowshoes, in March, two loops of 20 km take you from 'buron' [chalet where cheese is made] to buron to taste the Laguiole cheese, gentian, mulled wine... before a convivial meal in the village of Aubrac where the 'aligot' [mashed potatoes with cheese] is served.



Marmotte d'Olt

For its 24rd edition, the Marmotte d'Olt in St Geniez d'Olt continue to be a biking tour. This is the opportunity to discover the majestic landscapes of the Causse, the Valleys of Lot and Aubrac and picturesque villages, some of which are listed as the "Plus Beaux Villages de France".



Rallye du Rouergue

For two days, in July, some 150 drivers face each other in four special races of this French rally championship. With technical and fast sections, jumps and sharp turns, spectacle is guaranteed.



Aveyronnaise Classic

700 km with some 90 % of dirt tracks, that is on the menu for those three days of endurance motorcycle racing organised in August where the riders alternate quiet sections and special 'against the clock' races.

Festival des Templiers

It is the no.1 trail event. In October, some 10 000 riders of 45 different nationalities race each other for four days, cheered on by 70 000 people. 16 different races unveil the beauty of the Grands Causses region.

Espalion International Boules Tournament

The 9th annual edition of this international boules (pétanque) competition will be held in the town of Espalion over 4 days at the beginning of August. Over 6,000 people took part in this event last year, which brings together the biggest names in the sport.





Natural Games

Over four days in June, outdoor sports lovers will meet in Millau. At the heart of nature zones, the event combines concerts, demonstrations and competitions in kayaking, paragliding, rock climbing, mountain biking, and even slacklining. You will have lots to see and hear!



100 kilomètres de Millau

Since 1971 numerous contestants have attempted the "100 stretch", this running race is one of the most prestigious ultra long distance races in France. In September you can choose from a marathon and the famous 100 km to be completed in less than 24 hours.

Roc laissagais

In addition to the 'Randos d'or' of the French Cyclism Federation and the traditional mountainbiking meet that counts for the world cup and attracts, many international racers, Laissac welcomes the world championships of mountain bike marathon. The Roc Laissagais is offering a new challenge, the Roc Enduro.



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.

All the activities to share with the family are on www.tourisme-aveyron.com "Visit" and "Play" sections

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.

Event in 2020:

20 years of raising
awareness about nature
at Micropolis

More info on page 6

Micropolis,
the city of insects
(page 31)



The Parc de Pradinas 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

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





Adventure

When the sun burns a little too much, we look for the shade and the freshness for our little ones. It's the right time to go to the forest for an acrobatic circuit in the tree tops. Installations suitable for all ages make it possible to safely move between ziplines, monkey bridges, pathways and tunnels.



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.carladez.fr



Events at the Château

And why not go on a treasure hunt in Montaignut or dress up as a knight in Calmont d'Olt? Several châteaux in Aveyron organise events for children and their families, in particular during the school holidays.



Cap Mômes, the children's festival

In July, La Primaube is to become an immense playground for the space of one day. The streets and the squares are taken over by groups that present theatre shows, magic, juggling, puppetry and circus, dedicated to the "pitchouns" and to all the big kids that we are.

www.capmomes.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.

Yaka Venir Festival, Espalion

The 10th year of this festival, aimed at children up to the age of 11, will be held every Tuesday and Thursday in July and August in the capital city of the Lot Valley. There will be shows, workshops, orienteering courses, family hikes, Land'Art walks, visits to the Château of Calmont, the Museums of Espalion with workshops, miscellaneous games and more. The events are free of charge!

www.tourisme-espalion.fr



Fishing, a new generation



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



Lac des Picades at Aubrac

Located at an altitude of 1,000 m. in the heart of Aubrac, this lake is one of the favourite places for families in Aveyron and summer visitors passing through North Aveyron. Lac des Picades, near the ski resort of Brameloup, is in the area of the towns of Prades d'Aubrac and Saint Chély d'Aubrac.

It is open from March to September (check with the Aveyron Fishing Federation for days and hours of operation).



Recreational fishing: crayfish

Fishing license required



Go fishing in Aveyron

More information

www.tourisme-aveyron.com
"Play" section

get yourself a fishing license:
Fédération de pêche de l'Aveyron
www.pecheaveyron.com
www.facebook.com/pecheaveyron

- ❶ Fishing School
- ❷ Fishing School Facilitators
- ❸ Pike-perch
- ❹ The River Lot at Entraygues
- ❺ Lincou
- ❻ Cisba lake
- ❼ Crayfish fishing
- ❽ Fishing
- ❾ Les Picades lake



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, two cross-country tracks, one border cross, a luge track and three snowshoe circuits. Let's go, schuss!

+ on Aubrac p. 20-21

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.





- ❶ Fun-ebike
- ❷ Vélorail
- ❸ Camel back excursion
- ❹ Somn'en bulle à Najac

Unusual Aveyron

Fun-ebike

What's that? An all terrain trip on wild and picturesque paths with hybrid machine between an electric mountain bike and a motorcycle. Fun, accessible to all, without noise nuisance or toxic gases, it is a perfect balance between respect for the environment and the sensations of mechanic sports.

Whether you go for an hour or a day, there are many itineraries and packages.

- www.fun-ebike.com

Excursion on camel back

It could be Morocco or Tunisia... Don't look that far, these four footers do their thing in Aveyron! The Blaquièrre farm, in Verrières, has been breeding camels for twenty-five years and proposes excursions. To discover the Grands Causses and to admire the gorges du Tarn from above, follow the guide of a caravan of 14 camels

- www.lablaquiere.com

Vélorail

As a couple, with family or friends you can make an original journey on the former railway of Larzac. In a pedal vehicle or the new tourist train « Larzac Express », the journey, punctuated by tunnels and viaducts provides an exceptional panorama of the valley of the Cernon, the templar town of Sainte-Eulalie, and the perched village of La Bastide-Pradines.

- www.surlesrailsdularzac.com

In Aveyron, unusual experiences are also lived through the original accommodation. Try something different by spending your holidays in a trailer, a ranch, a yurt, a tee-pee, a bubble, a lotus bed or a tree house.

Find these unusual accommodations on www.tourisme-aveyron.com "Sleep" section



Quad MTB - Mountain bikes on four wheels

Quad MTBs, an activity new in Aveyron and supervised by a professional, are mountain bikes with 4 wheels and electrical assistance. They are fun, comfortable and accessible to everyone, and can be ridden all year round. They are another way of exploring the mountains (even when it's snowing!) on trails in Aubrac and the sectors of Bozouls and Bournazel.

You can enjoy the thrill of this original experience with family or friends.

- www.amuse-quadbike.fr

Sensations of well-being



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.



Natura Bien-être in Brommat

In Carladez, on the edge of a beech forest, this wellness centre has 1 000 m2 amenities: top of the range hydrotherapy room, aquatic garden, swimming pools, but also sports rooms, tennis and squash courts and massage area. The broad range of proposed activities targets the whole family with various aquatic courses to feel like a fish in water, yoga, qi gong, tai chi sessions and sophrology in the zen corner as well as zumba, gym, step and line dancing lessons in the tonic area. Everything is in place to revitalise body and mind.

www.naturabienetreencarladez.fr

More information

Tourist office Aubrac Laguiole
Carladez et Viadène
12600 Mur-de-Barrez
tel.: +33 (0)5 64 66 10 16
www.carladez.fr



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.



- ❶ Natura Bien-Être
- ❷ Cransac-les-Thermes
- ❸ Château de la Falque
- ❹ Château de Labro



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!

More information

Tourist Office - Thermalisme de Decazeville Communauté
12110 Cransac-les-Thermes
tel.: +33 (0)5 65 63 06 80
www.tourisme-paysdecavezillois.fr

*Place
your bets!*



The casino of Cransac is a fun and convivial space with 60 slot machines, electronic roulette and a black jack table. Try your luck! In between plays you can relax in the lounge and elegant atmosphere of the bar or have a bite to eat in the luminous restaurant or the terrace of the brasserie. Animations (discovery of games, concerts) are regularly scheduled.



Find all the wellness establishments and aqua fun centres on www.tourisme-aveyron.com "Play" section

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

More information

on www.tourisme-aveyron.com
"Taste" section

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.

Event in 2020:

*2nd annual
Roquefort Festival*

More info on page 7

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.





- ❶ Échaudés
- ❷ Traditional charcuterie
- ❸ Laguiole cheese
- ❹ Boeuf fermier Aubrac Label Rouge
- ❺ AOC wine

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, Lacau 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 Régat du Régatou (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.



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 specialties

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



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.

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.



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.

Find more recipes on
deguster.blog.tourisme-aveyron.com

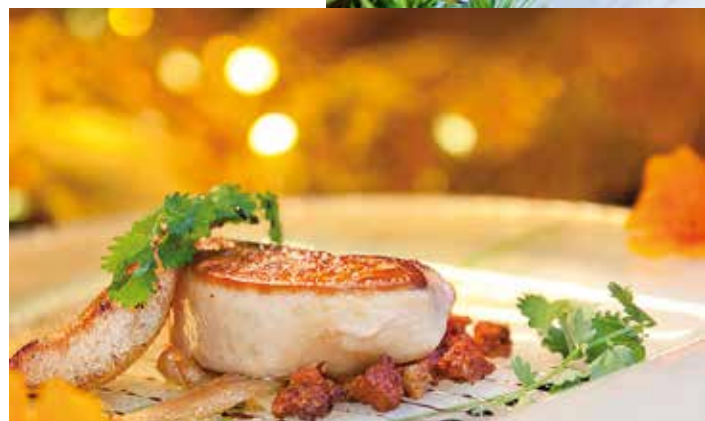
A constellation of great chefs

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.**

Nicole Fagegaltier 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. »



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. »

Hervé Busset Le Moulin de Cambelong ☼

Hôtel****
12320 Conques
www.moulindecambelong.com

« As a nature ambassador,
I like to share my passion for
plants. Every morning I go
searching for wild flowers
and shoots and I strictly select
my local producers in order
to propose a harmonious
combination of savours. »



Chefs are talking about Aveyron. Interview with Chloé Gonzalez and Lucas Tesseyre from the restaurant, L'Aromatique.

12000 Rodez
www.restaurant-et.fr



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

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

« 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. »

Discover all the restaurants in aveyron on

www.tourisme-aveyron.com
"Taste" section

How long have you been here? Are you from this region?

We arrived in Naucelle from Aude 5 years ago. Lucas is from Castelnaudary and I am from Carcassonne.

What brought you to Naucelle?

It was chance. We both worked at Bras in Laguiole for two years and we caught wind that there was a business waiting to be taken over here. So that's how it began!

How would you define your cooking?

I would say it is simple, but also creative and largely seasonal.

Do you work with local producers?

Yes, we try to as much as possible. For example, I get strawberries from a little organic producer in Camboulive. We found a producer in Rieuepeyroux for meat. We want to work locally as much as possible.

Would you say that Aveyron influences your cooking?

Definitely! We serve Aveyron and Ségala veal tartare, as well as a fillet of Aubrac beef. We have also supported local handicrafts by commissioning knives from the Sauveterre workshop and leather menu covers from Max Capdebarthes. We try to showcase Aveyron as much in the cooking as in the decoration.

Do you have a signature dish?

No, but because Lucas trained with a chef from Sète, his speciality is to really bring the best out in fish.

Which unmissable dish from Aveyron would you recommend tourists try?

As we are in Naucelle, the tripous (tripe)! (laughter). Naucelle is well-known for this speciality. There is of course also local meat, from Aveyron and Ségala.

And what would you recommend they take home?

Gâteau à la broche (spit cake) is quite iconic! It makes a nice present, it is pretty and is easy to transport.

An area for exploring and walking off your meal?

I do not have a lot of time to explore, but around here I discovered the Villelongue chapel. It is not very far from here and is lovely! I went with the children as you can enjoy a picnic on site.

Aveyron cuisine in one word?

I am going to say two: indulgent and hearty!



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.



Find a market on

www.tourisme-aveyron.com
"Taste" section

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.





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

www.marches-producteurs.com/aveyron





Welcome to Aveyron !

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Discovery guide 2020. Publication: Agence de Développement Touristique de l'Aveyron. Illustrations: Anaïs Arnal, Christian Sabathier. Editor: Anaïs Arnal, Bruno Astoul, Christian Sabathier. Graphics: Gilles Garrigues. Cover photo: © CEVM Eiffage / Foster & Partners / Greg Alric Shoot'in Factory. Corrections: Grapho12 - Printing: Imprimerie Grapho12 - 01/20 - Circulation: 13 000 copies. Crédits photos : A. Baschenis - A. Méraillies - Abbaye de Sylvanès - ASO : A. Broadway - A.S.O. / A. Vialatte @WORLD - X Bourgeois - Association Les Bourines en Rouergue - Association Art et Savoir-Faire - Association Bastides du Rouergue : Christophe Evrard - Association Tradition en Aubrac - Causse gantier : Christophe Roué - Eiffage CEVM Foster partners DJamme - Château de Labro - Conseil départemental de l'Aveyron : C. Bousquet, P. Thébaud, O. Bengué, A. Cayrac, F. Delmas - Coopérative Jeune Montagne - Agence de Développement Touristique de l'Aveyron : A. Arnal, B. Astoul, A. Carles, M. Fabre, E. Maury, M. Hennessy, C. Sabathier, V. Prudhomme, J.Tomaselli - Comité Régional du Tourisme Occitanie : D. Viet, P. Thébaud - D. Pourquier / Underkult - Don du Fel - E. Gentils / The food eye - E. Teissière / lesimagesduberge.com - EDF / Espace Hydro Raspes et Lévézou - F. Marty - Fédération de pêche de l'Aveyron - Ferme de la Blaquière - Festival Cap Mômes - Forges de Laguiole - Frédéric Machabert - G. Tordjeman - Gaston Mercier - J. Morel / editionsdelacevenne.com - Laëtis : G. Tordjeman - Gonzalo Diaz - Greg Alric / Shoot'in Factory - Jean-Louis Bories - Julien Holdrinet / Pixels Millau - Le Sénéchal / Michel Truchon - Les Ifers - M. Gyselinck - M. Raynal - Maison de la cerise - Maison Fabre - Martin Schulte-Kellinghaus - Maurice Subervie - Max Capdebarthes - C. Bousquet pour Sébastien et Michel Bras - Millau en Jazz - Moulin de Cambelong / Hervé Busset - Musée Fenaille - N. Moreau / Cyclospor Magazine - Natura bien-être - Natural Games - Nord Aveyron Mushing - On Bike - OT des Causse à l'Aubrac - OT Larzac et Vallées - OT Conques-Marcillac : G. Tordjeman - OT Aubrac Laguiole Carladez Viadène : A. Méraillies - OT Millau Grands Causse : Greg Alric - OT Pareloup Lévézou - Office de Tourisme et du Thermalisme de Decazeville Communauté - OT du Pays Ségali - OT Pareloup Lévézou - AAGAC / OT du Villefrancois - Parc animalier de Pradinas - Philémon d'Andurain - Photo Florian Calas / ww.jourdenut.fr - Photothèque de Micropolis - Photothèque Rodez Agglomération : C. Méraillies - Pierre Soissons - Roquefort Société - Confédération de Roquefort - Sac du berger - Studio Caféine - Studio Emeline Photo - Sur les rails du Larzac : Julien Holdrinet - Sylvie Bosc - T. Lambelin / FAHPA - Terra Olt - Thermes de Cransac - Yves Prieto - La marmotte d'Olt - P. Gerber - P. Geniez - Atelier Druilhet - Vermorel - J. Villeglé - G. Guillot / Clic Clap Prod - Association Les Nouveaux Troubadours - OT Pareloup Lévézou : Richard Storch - Lit Lotus Morlhon - Fun ebike - Maison de la photo : J-M Périé - L. Béziat pour Héligae Production - Château de la Falque - Falcon photography - Collection Ribouillault - Crystal Wagner - Domaine du Vieux Noyer - Gites de Burgas - Quadbike : Aveyron Multisports Evasion - Maison du Gouverneur - Château du Bosc - Jo Di Bona - O'Garage / B. Vanauwenhove et M. Vermeersch - Villa de Labro : F. Tourneret - Bellevue d'Aveyron / Jean-Michel Blanc Castel d'Alzac - Le Colombier / MC. Gaffier - Gîte Emeraude Design & Nature / Luc Jennepin - Les Castels de Sorgues - Villa des Gorges du Tarn - ThinkstockPhotos - Estivada : photothèque Mairie de Rodez / C.Méraillies - Yaka Venir Espalion - Carré de vie - Restaurant le Belvédère - Wish One - Aqua Park de l'Aveyron - Mairie de Bozouls - Cave vinicole de Compeyre - Obatala / Cedrick Nöt - Terrasses de Majorac - Couvent de la Salette - B. Carré / OTCM - Château de Bournazel - La cité de Pierres - Peyrusse-le-Roc - Murmurs / Alex Gallosi - Belcastel / P. Siquier - L'Autre Maison - La Grange de Fonclouse - Mémoires de Sévérac - Somn'en bulles - Restaurant l'Aromatique - Jardin des bêtes - Parc Saint-Hubert - Abahia / Non-binding document.

This magazine is published
by the Aveyron Agence de
Développement Touristique
with the support of the Aveyron
Conseil Départemental.
Concerned with the preservation
of the environment, the Aveyron
Tourist Board selects providers
committed to implementing an
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This document is printed on
100% PEFC certified paper from
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