



inAveyron

DISCOVERY
GUIDE

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

LEISURE AND ACTIVITIES / FLAVOURS AND DELICACIES

*Always
real!*



www.tourisme-aveyron.com



Welcome to Aveyron!



Aveyron is a mosaic of iconic sites and the tourism these generate is both essential to the Department's economy, and also an opportunity for the inhabitants to benefit from its many riches.

An exploration of the area that is so dear to the Aveyron people will allow you to discover all the characteristics that make it up: its diversity, its treasures, its contrasts, its faults and imperfections, all which combine to make it an exceptional place in France.

As a driver of attractiveness and development, tourism is often the first opportunity for contact with the area. Discovering this Department may generate a desire to return to live, create a business or pursue studies.

Our priority is to show Aveyron to people who are looking for a place with a sense of identity and innovation, offering a perspective of personal and professional renewal.

In order to enhance the value of the area's living environment, its customs and expertise, we know we can count on the experience of all our professionals and partners who work to promote and enhance the reputation of our beautiful Department. To respond to this ambition and encourage new opportunities, the Agence de Développement Touristique Aveyronnaise was created with the aim of consolidating the attractiveness and dynamism of tourism in the department.

Arnaud VIALA

Président du Conseil départemental



We have seen how the communication campaign entitled "L'ailleurs n'est pas loin" ("Elsewhere is not far away"),

which has been circulating over the last two years, has proven to be very timely in responding to new societal trends as a result of the pandemic. Indeed, in our region, you will find the wide open spaces, the serenity and the peace of mind you are looking for. Your stay in Aveyron will also delight you through the many new discoveries you can make here. You'll be surprised by the variety of the sites and landscapes, by the quality of the activities, the heritage, the history and the gastronomy.

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

Our countryside is vast, it is lively, active, through its economy and the wealth of tourist, cultural and sporting activities, which are the fruit of a strong commitment by the Aveyron people.

Elected representatives, accommodation providers, socio-professionals, and industry professionals are all collectively mobilised to offer you the best possible welcome and to ensure that you have an unforgettable stay, so you too will become ambassadors of the Aveyron.

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

Jean-Luc CALMELLY

Président de l'Agence de Développement Touristique



**TOURISME
AVEYRON**

Soyez dans le vrai!

[Always real]

www.tourisme-aveyron.com



Contents

There are QR codes in this magazine to provide you with additional information. Don't hesitate to scan them with your smartphone via a dedicated app or your camera app!

More
informations

Scan me



6



12



28



42



54



EXCEPTIONAL AVEYRON

6-7 / The highlights of the year

8-9 / Millau Viaduct

10-11 / Soulages Museum

DESTINATION AVEYRON

12-13 / Aubrac

14 / Carladez and gorges de la Truyère

15 / Conques and vallon de Marcillac

16-17 / Lot valley

18-19 / Ségala and Aveyron gorges

20-21 / Rodez and valley of Aveyron

22-23 / Mountains and lakes of the Levezou

24-25 / Millau and valley of the Tarn

26-27 / Larzac and region of Roquefort

CULTURE, HERITAGE & SAVOIR-FAIRE

28-29 / Most beautiful villages in France

30-31 / Bastides of Rouergue

32-33 / Templar and Hospitaller sites

34 / Conques

35 / Sylvanès

36-37 / Museums

38-39 / Castles

40-41 / Art and savoir-faire

LEISURE & ACTIVITIES

42-43 / Thousand and one ways
of going hiking

44-45 / Outdoor sports

46-47 / Children's corner

48-49 / Fishing

50 / Winter sports

51 / Unusual activities

52-53 / Well-being

FLAVOURS & DELICACIES

54-55 / Land of gastronomy

56 / Products

57 / Top 10 and recipes

58-59 / Star-rated chefs

60-61 / Markets

The highlights of the year



On the trail of the Laguiole AOP and Aubrac Aligot cheese

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



Transhumance

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

March

April

May

June

July

Roc Laissagais

A must for mountain bike fans, the Roc Laissagais offers more than a dozen routes, which are constantly being renewed. Some events are even part of the first round of the UCI Marathon MTB World Cup!

Natural Games

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

Estivada

A window onto Occitan culture, each year the festival brings together Occitan artists for memorable concerts! Many Occitan groups and singers have performed in past editions of this festival, such as Cali, Lionel Suarez and La Talvera.





Millau Jazz Festival

Each summer, in mid-July, the Millau Jazz Festival takes place in Millau, providing an opportunity for the public to discover major musicians from the French and European Jazz scene, as well as big international names, while also leaving space for the younger generation.



Festival de Musiques Sacrées, Musiques du Monde

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



100 kilomètres de Millau

Created in 1972, the Millau 100km is the oldest race in France over this distance. Each year it enjoys a great success, combining sport, conviviality and beautiful landscapes.

July

July-August

September

October

Hier un Village

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

Festival des Templiers

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



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



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LE VIADUC DE MILLAU, THE SUPERLATIVE BRIDGE

A steel and concrete giant

Designed by the French engineer Michel Virlogeux and drawn by the English architect Sir Norman Foster, the Millau viaduct started operation in 2004 after thirteen years of technical studies and three years of work. Carrying motorway A75, it connects the 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.



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.

Aire du Viaduc de Millau
www.tourisme-aveyron.com
 Tel. : +33(0)5 65 75 40 12



- ① Millau viaduct visitor centre
- ② Michel Bras capucins

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



The Eiffage race at the Viaduc de Millau

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

www.course-eiffage-viaducdemillau.org
[#MillauViaductRace](https://twitter.com/MillauViaductRace)

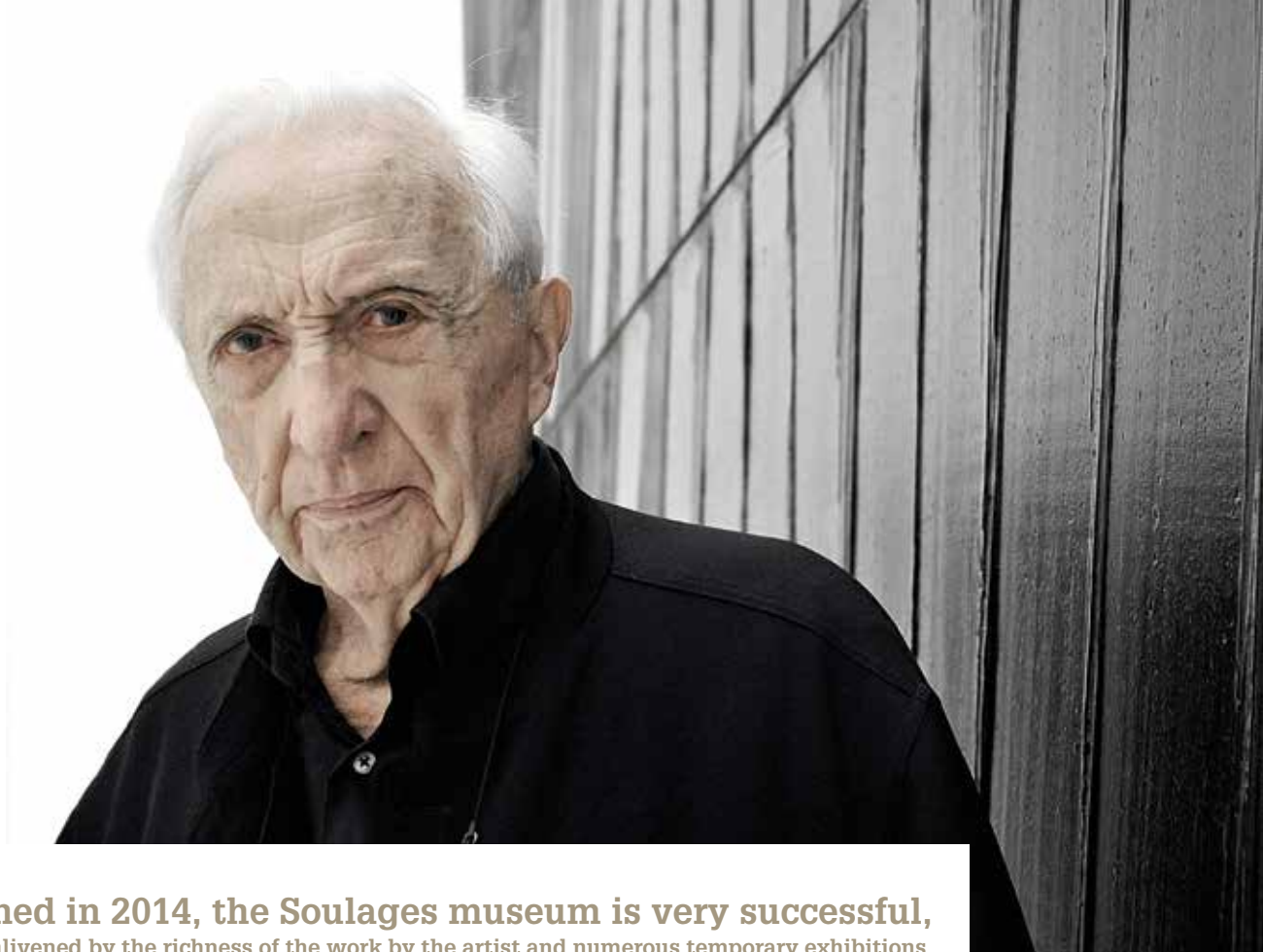


Find out more about the Viaduct



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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.rodez-tourisme.fr



A must-see place dedicated to Pierre Soulages, the museum hosts remarkable temporary exhibitions throughout the year. Visitors have the pleasure of admiring works by numerous artists and from different movements: Fernand Léger, Chaissac & Les CoBrA: sous le signe du serpent (under the sign of the snake), Soto: a retrospective, Klein: Des Cris Bleus (Blue Cries), creations by Miguel Chevalier, Le Corbusier, Gutai: L'Espace et le Temps (space and time) and more.

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.



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

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+ on Conques page 34

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 Regional Nature Park

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





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Discover the
unmissables
of Aubrac



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".

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

More information

-
Tourist office - AUBRAC LAGUIOLE
CARLADEZ ET VIADÈNE
12210 Laguiole
Tel. +33(0)5.65.44.35.94
12470 Saint-Chély d'Aubrac
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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
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-
Tourist office - DES CAUSSES A L'AUBRAC
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+ about the knife p. 40-41
+ about the transhumance p. 6-7
+ about winter sports p. 50
+ about the chef Michel Bras p. 59

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



Land of splendour

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

The Gorges de la Truyère: a Château of water

The Truyère, a tributary of the river Lot, has dug some deep and majestic gorges over time. A natural landscape of spectacular beauty, offering contrasts and surprises: Islands and peninsulas, 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
page 47

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

Mur-de-Barrez
12420 Argences-en-Aubrac
Tel. +33(0)5.65.66.19.75
www.argencetourisme-aubrac.com

- Tourist office - TERRES D'AVEYRON
12140 Entraygues-sur-Truyère
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www.terresdaveyron.fr

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

+ about the castles p. 38-39
+ about fishing p. 48-49



Scan me



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

Conques and the Marcillac valley: a timeless journey



A gentle way of life

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

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



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

Find out more
about Conques

Scan-me



Picturesque Conques

North of the valley, this major stop on the road of the Camino de Santiago is a gem. Its houses build from schist with half-timbered facades, covered with slates installed in tiers create a typical unit.

The paved streets lead to two gems in the world heritage: the Romanesque abbey church and the treasure.

Light and poetry in the Pays de Conques

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

More information

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

+ on Conques en p. 34
+ about the wine of
Marcillac p. 56
+ on the star-rated chef
Hervé Busset p. 59

- ❶ Valley of Marcillac
- ❷ Conques

The Lot Valley



1

A river runs through it

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

The estofinado

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



2



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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.

- 2 Terra Olt
- 3 Bateau d'Olt on the Lot
- 4 Cloister in Saint-Geniez-d'Olt



From a coal mining history to street art

Diving into the past of the Decazeville-Aubin coalfield, three museums offer you the opportunity to go back in time and experience the time of the "sooty faces": the Mine Museum in Aubin, the Museum of Memories in Cransac-les-Thermes and the Museum of Industrial and Mining Heritage in Decazeville.

Today, Decazeville has come alive again and is famous for its contemporary art, which is highlighted by a street art trail consisting of some twenty monumental murals.

+ about the most beautiful villages in France p. 28-29
+ about fishing p. 48-49
+ on the star-rated chef Guillaume Viala p. 58

Unwind in the spa before placing your bets at the casino in Cransac (see p. 53).

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.



Relive
Decazeville's
industrial era

More information

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

12130 Sainte-Eulalie d'Olt
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www.causse-aubrac-tourisme.com

-
Tourist office -
TERRES D'AVEYRON
12500 Espalion

12190 Estaing

12140 Entraygues-sur-Truyère

12340 Bozouls

Tel. +33(0)5.65.44.10.63
www.terresdaveyron.fr

-
Tourist Office - THERMALISME
DE DECAZEVILLE COMMUNAUTÉ
12300 Flagnac
Tel. +33(0)5.65.63.27.96
www.tourisme-paysdecavezillois.fr

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

⑤ Backpackers in Estaing

⑥ Canyon de Bozouls

⑦ Headframe in Decazeville

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. 30-31)

1
2



Exceptional sites

In the heart of the Aveyron lie treasures, such as the castle of Bournazel, the site of Peyrusse-le-Roc and the village of Belcastel." A masterpiece of the Renaissance, the castle of Bournazel is a must-see in Aveyron. The visitor will appreciate discovering the fine details of the decorations and can enjoy a delightful stroll through its magnificent formal gardens.

As for the site of Peyrusse-le-Roc, it offers a stunning view over the remains of a medieval city including the Roc del Thaluc towers and the Notre-Dame de Laval church and its twelve side chapels. An unforgettable experience!

With 'Most Beautiful Villages in France' status, Belcastel invites tourists to take their time and admire the rich heritage. Perched high up, the castle is a unique and breathtaking monument. The building can be visited and there are also remarkable exhibitions on offer throughout the year.



The crafts: a sector of excellence

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

More information

Tourist office - OUEST AVEYRON
12200 Villefranche-de-Rouergue
12270 Najac

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

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

Tourist office of PAYS SÉGALI
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12160 Baraqueville
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12800 Sauveterre-de-Rouergue
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Tourist office - AVEYRON SÉGALA
12240 Rieupeyroux
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12200 Le Bas Ségala (Summer only)
Tel. +33(0)5.65.81.13.94
12440 La Salvetat Peyralès (Summer only)
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www.tourisme-aveyron-segala.fr

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



The Viaduc du Viaur, aerial lace

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

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

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

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

- ① Belcastel
- ② Peyrusse-le-Roc
- ③ Villefranche-de-Rouergue
- ④ Château de Bournazel
- ⑤ Crafts in Sauveterre-de-Rouergue
- ⑥ Valley and viaduct of the Viaur
- ⑦ Val de Lenne Lake – Baraqueville

Scan me



Visit a
Loire Valley
castle...
in Aveyron!

Rodez and the Aveyron valley

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!

Scan me



Explore the
town of
Rodez



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



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



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.



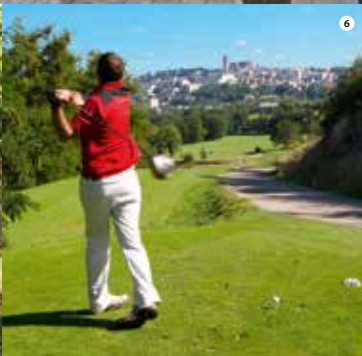
Sévérac-le-Château

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

A sound and light show not to be missed

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

www.spectacle-son-lumiere-aveyron.fr



More information

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

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

Laissac: a village of traditions

Located 25km east of Rodez, between the Aveyron valley and the Causse de Sévérac-le-Château is Laissac-Sévérac-L'Eglise. The village is famous for its cattle market, the second largest in France, which you can visit with a guide during some school holiday periods.

Not far from there, the Bourines domain, a former outbuilding of the Aubrac domerie, groups a 13th century castle and impressive farm buildings that are still in use (pigsties, coach house, drinking troughs, threshing floor and fortified attic-dungeon). Two marvels to be discovered on guided tours.

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

Pareloup Lake and 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 Aquapark - Pont-de-Salars lake
- ❺ Camping



The sea in the countryside

Pareloup: the fifth largest water reservoir in France, second of the South, 1290 hectares, 130 km of shores... The picture makes you want to jump in the water. A favourite with sailing, jet ski, rowing or kite surf fans, the wild coves of this interior sea are also a privileged spot for carnivore fishing enthusiasts that catch record pike perches and pikes here.



+ about fishing p. 48-49



Trail around Lake Villefranche de Panat - Alrance

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

More information

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



micropolis
LA CITÉ DES INSECTES

More than 20 years of
raising awareness about
nature and biodiversity

Micropolis is the only place where both parents and children can marvel, play and have a unique experience among very small animals, who have huge surprises in store for us! For a successful family day of exploration and sharing!

When you arrive, take the time to reconnect to nature, by enjoying this magnificent green setting in the heart of Aveyron.

Throughout your visit, many live insects from all over the world will invite you to discover their mysteries. Some resemble twigs, others work as a team... Various activities and meetings with their caretakers allow you to explore and better understand the world of these little creatures and of biodiversity.

In the footsteps of Jean-Henri Fabre, walk along the "Chemin de la Biodiversité" and the "Carnaval des Insectes". You will find unusual places with an unobstructed view over the surrounding nature, where giant coloured insects lead you into a musical world with their songs and games...

Enjoy a moment of relaxation in the bar-restaurant with its panoramic view, or at our picnic tables and play areas.

Since there are so many events that you could be a very busy bee, consult our news pages on: www.micropolis-aveyron.com

Find out more

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.

Historic town and glove capital

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



Major landscapes

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

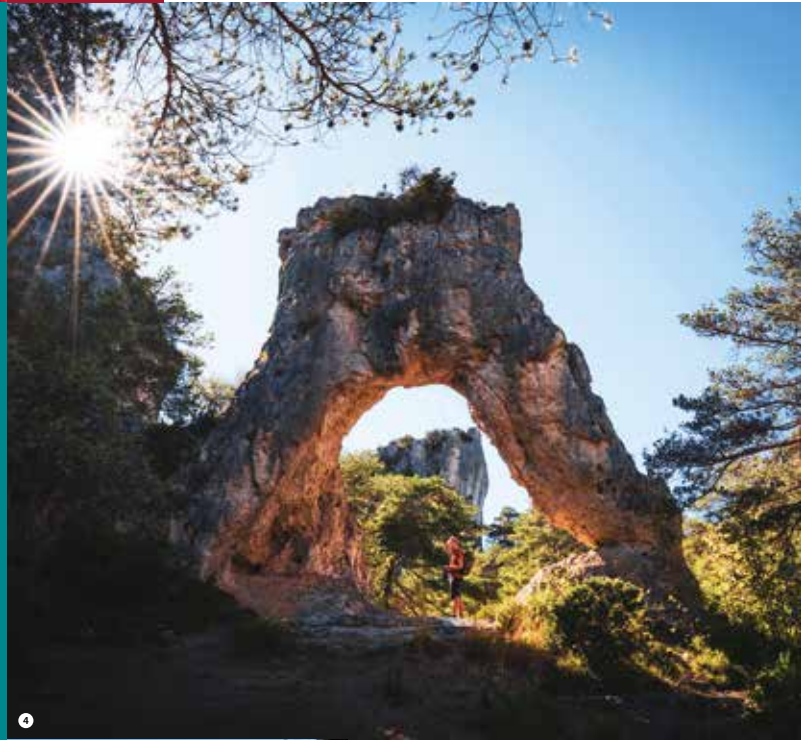


- ① Peyre and Millau viaduct
- ② Cirque de Tournemire
- ③ Beffroi of Millau
- ④ La cité de Pierres
- ⑤ Gorges de la Dourbie
- ⑥ Canyoning in Haute Dourbie
- ⑦ La Graufesenque

The City of Stones

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

www.lacitedepierres.com



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

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

The nature park of the grands causses

[Parc naturel régional des Grands Causses]

It stretches over 327 000 hectares, covers 97 municipalities and unites 66 000 inhabitants. Created in 1995, its aim is to protect and promote that wide inhabited rural space, its traditions, its culture and its vitality. From the causses to the prairies of the Lévézou, from the rougiers to the foothills of the Cévennes and the Aubrac, the heart of the Grands Causses beats to the rhythm of the dairy 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 (Summer only)
48150 Le Rozier (Summer only)
www.millau-viaduc-tourisme.fr

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





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



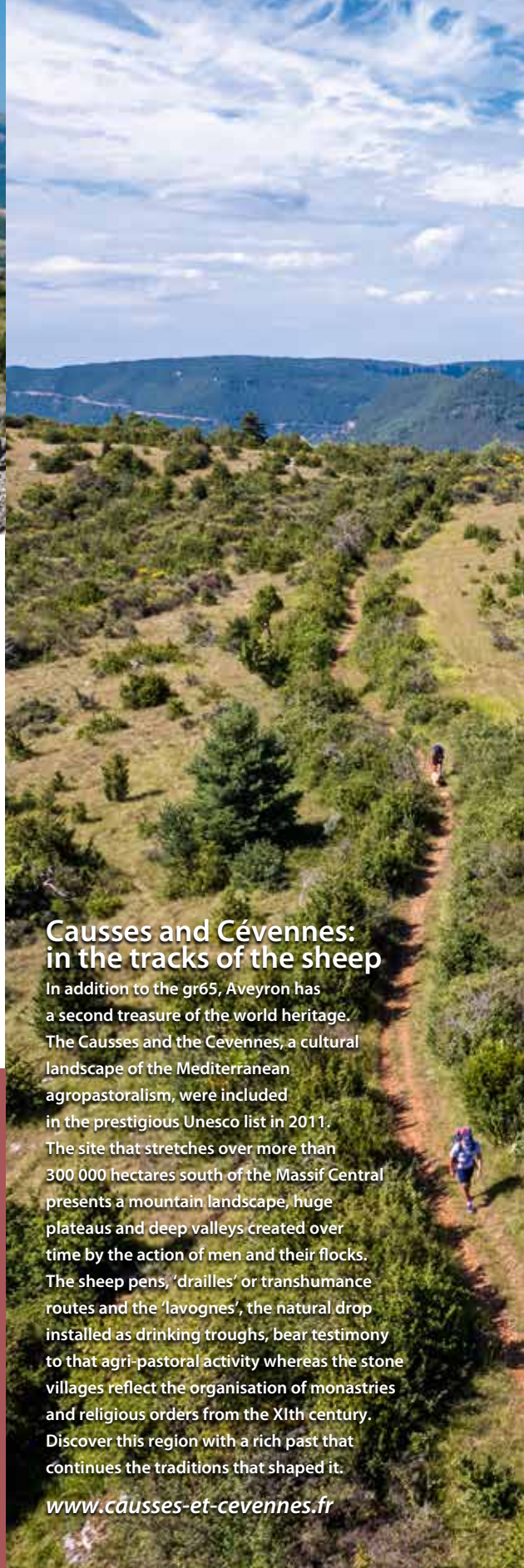
Between Raspes and rougier

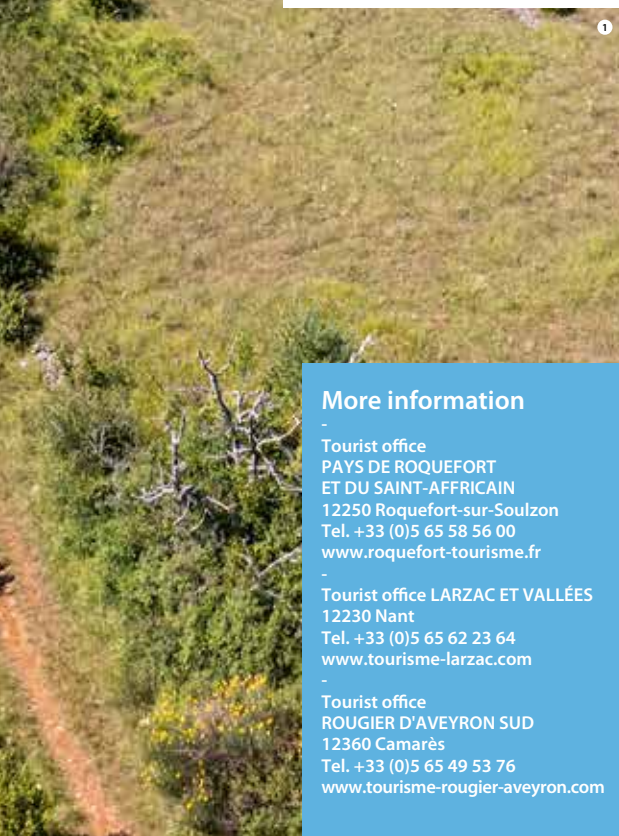
To the south of the mountains and lakes of the Lévézou, a succession of climate phenomena (high floods, long periods of draught and biting cold) have shaped the Raspes that are named after the Occitan raspar which means embedded, unspoilt narrows, grated by erosion. Along the waters of the Tarn and the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

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





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.

The abbey of sylvanès

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

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

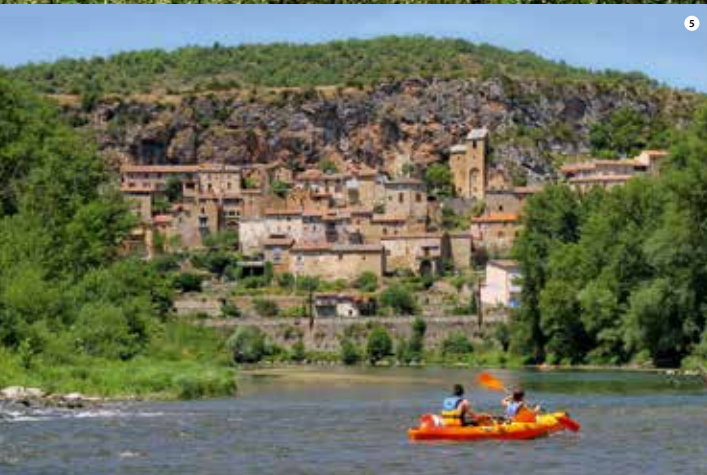
- ❶ Causse du Larzac
- ❷ Rougier de Camarès
- ❸ Herd of Lacaune sheep
- ❹ Roquefort cellars
- ❺ Abbaye de Sylvanès

Scan me



Find out more about the Larzac





- ❶ Conques
- ❷ Brousse-le-Château
- ❸ Estaing
- ❹ Saint-Côme d'Olt
- ❺ Peyre
- ❻ Belcastel
- ❼ Sauveterre-de-Rouergue
- ❽ Najac
- ❾ Sainte-Eulalie d'Olt
- ❿ La Couvertouirade





The “Most beautiful villages in France” of Aveyron



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

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





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





1



1

- ❶ La Couvertoirade
- ❷ La Cavalerie
- ❸ Viala-du-Pas-de-Jaux
- ❹ Sainte-Eulalie-de-Cernon
- ❺ Saint-Jean-d'Alcas



2



The Templar and Hospitaller sites

In the late 12th century the Order of the Temple

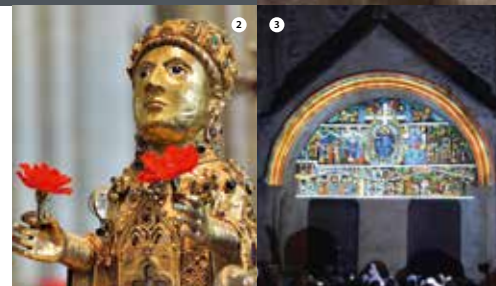
is allocated land on the Larzac where is organised a network of commandries which could contribute to the war effort of the knights who left for the Orient and participate in the maintenance of the fortresses built in the Holy Land to protect the tomb of Christ. The Templars helped **La Cavalerie, La Couvertoirade, Sainte-Eulalie-de-Cernon, Saint-Jean-d'Alcas and Viala-du-Pas-de-Jaux** to prosper for two hundred years, before their order was abolished by the pope and their property was transferred to the Hospitallers who fortify the towns during the war of Hundred Years. The landscapes created by those religious and military orders are untouched. At the foot of the thousand years old walls, time seems never to have stopped, the land exudes eternity. Close your eyes and listen. Do you not hear the sound of the swords and the shields, the short breaths of the soldiers in armour, ready to engage combat?





Conques, Romanesque treasure and light

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



The treasure

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

The tympanum

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

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

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. 10-11

Experience a
timeless journey
in Conques

Scan me



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



Sylvanès, the enchanted abbey



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

Classical history mecca

« 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

Find out more
about
Sylvanès



Scan me



1 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 Périé.

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.



+ on *Soulages museum* pages 10-11

Get your fill of culture!



Scan me



- ❶ Musée des 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



1



2

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.



3





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



Château du Bosc. The private life of Toulouse-Lautrec

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

www.chateaudubosc.com



The Châteaux on the "Route des Seigneurs"

"La Route des Seigneurs du Rouergue"

is made up of 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

For ideas for excursions with children go to pages 46-47

Experience life in a château

Scan me



The heritage of savoir-faire and art



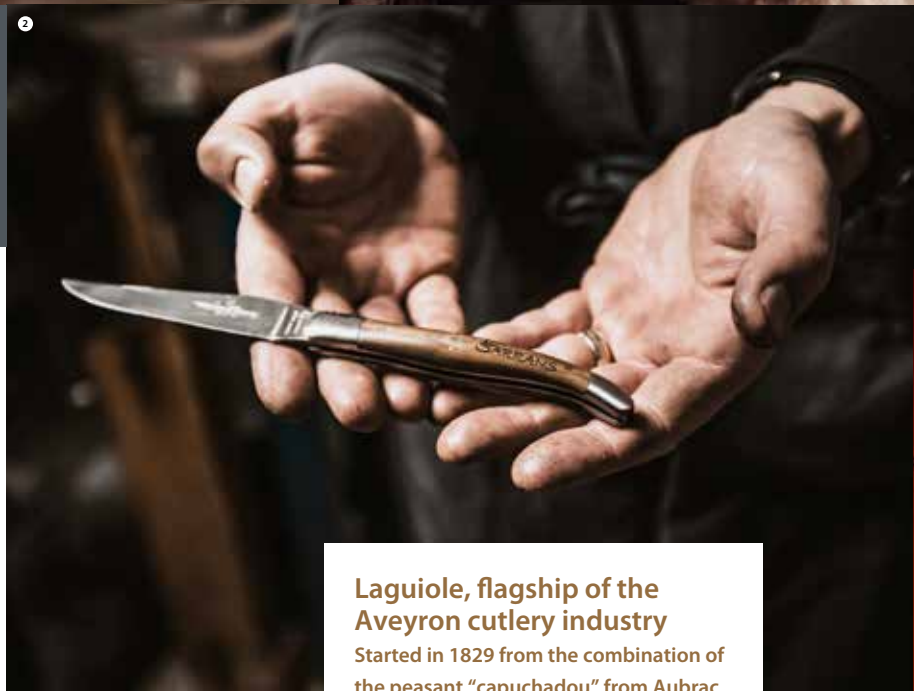
Driven by their passion for a job well done, the artisans and entrepreneurs of Aveyron combine, every day, the tradition of their region and the modernity of their techniques.

The EPV, witnesses of the rich manufacture heritage

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

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

Visit their workshops!

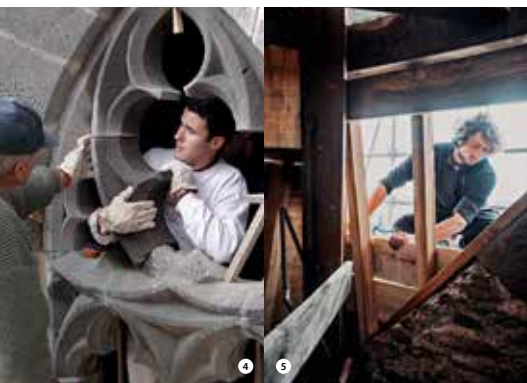


Laguiole, flagship of the Aveyron cutlery industry

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.

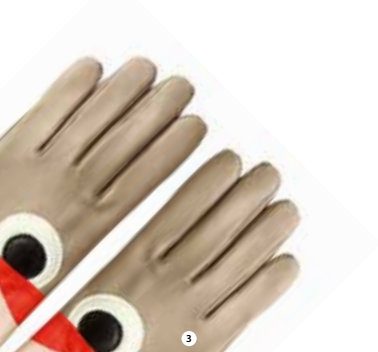




Leather

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.



- 1 Leather work
- 2 Knife making
- 3 Leather work
- 4 Worked stone
- 5 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
craftspeople and
companies of
Aveyron

Le Don du Fel: Pottery and ceramics

Le Don du Fel is a production workshop, gallery, introductory and training centre and a permanent showcase for contemporary ceramic artwork. In the hills of the eponymous village, near Entraygues-sur-Truyère, in a building with starkly contemporary architecture, the founder Suzy Atkins displays her works enamelled with salt vapours. The European hub also currently hosts seven top-ranking temporary exhibitions every year.



Thousand and one ways of going hiking

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 Lévézou".

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





TRAIL RUNNING

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

BY BIKE

With more than 15,000 kilometres of departmental roads and local roads, and 52 listed passes, the Aveyron is a paradise for cyclists. A 700-kilometre route linking 10 Aveyron villages with 'most beautiful villages in France' status even allows you to combine cycling with exceptional heritage.

BY MOUNTAIN BIKE

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

GRAVEL BIKING

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

ON HORSEBACK

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



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

Outdoor sports, in the elements



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.

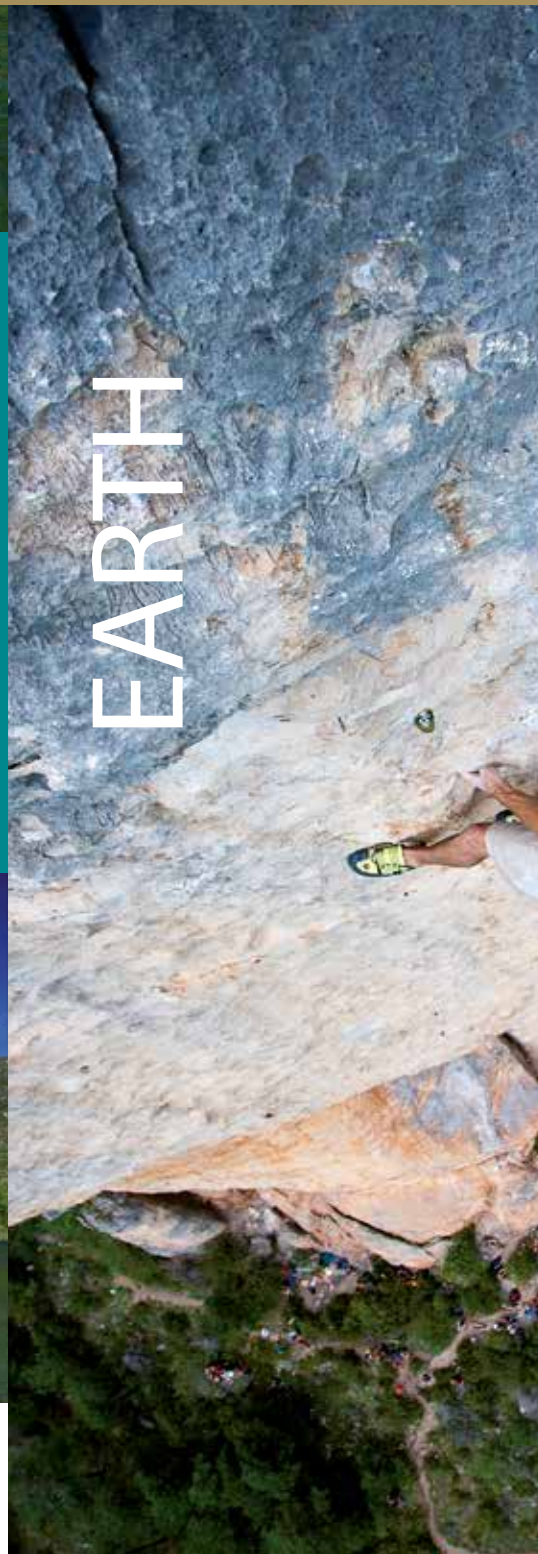


2



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



3



4

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

+ on unusual activities p. 51

Scan me



Outdoor activities
for all tastes



AIR

With the cliffs that surround the causse 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.



5



5

Children's corner

In Aveyron, like anywhere else, all the generations, from granddad to the latest addition via the nephew twice-removed, like to meet up and share.

Nature discoveries, sports activities, cultural visits... here, you can experience nice adventures with the family. Space and freedom, fun and joy, appropriate and secure equipment, everything is done to ensure children learn while having fun.



The Parc 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

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.

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



*Micropolis,
the city of insects
(page 23)*

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



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.



Events at the Château

And why not go on a treasure hunt in Montaigut 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.

Find all the children's entertainment on our calendar



Scan me



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

- ❶ Carp fishing
- ❷ fishing school educator
- ❸ Pareloup, exceptional location
- ❹ Family fishing
- ❺ Couple fishing
- ❻ Renovated site in Saint Rome de Tarn
- ❼ Crayfish fishing
- ❽ Family fishing on the Tarn river
- ❾ The trout of the Lot
- ❿ Discover fishing

Where to fish
in Aveyron

Scan me



Exceptional sites



Discover fishing in Aveyron

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

Recreational fishing: crayfish

Fishing license required



Go fishing in Aveyron

Find out more through videos on
vimeo.com/tourismeaveyron

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





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. 12-13

Original activities

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





- 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.

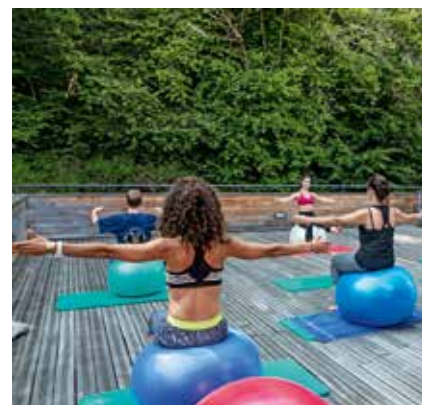


Natura Bien-être at Carladez

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

More information

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-paysdecazevillois.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.



All wellness and aquatic facilities



Scan me



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.



Scan me



Find inspiration
with our top 10
of the Aveyron
specialties





LAND of gastronomy

Breakfasts

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

The fraternities

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

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

Appetisers

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





1

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



4



2



3

Unique land, exceptional products

Cooked meats

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

Meat

The meat from Aveyron, renowned for its quality, is present on the best tables. Farm beef of Aubrac, veal of Aveyron and Ségala, farm lamb of the Pays d'Oc, suckling lamb of Aveyron, 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 Théronnells 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.



5

Wines

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

THE TOP 10

of Aveyron 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.

A constellation of great chefs

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



Guillaume Viala Le Belvédère ☼ / Hôtel**

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

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

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

Michel Truchon Le Sénéchal ☼ / Hôtel****

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

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



Nicole 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. »



The great
tables of
Aveyron

Scan me





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. »*



Tables du monde: Bras Laguiole
Michel et Sébastien Bras
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 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. »*



The Aveyron farm in your plate

The market is a sacred place!

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

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



From the fork to the mouth

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

Scan me



Upcoming
markets





The local producers' markets

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

www.marches-producteurs.com/aveyron





Welcome to Aveyron!

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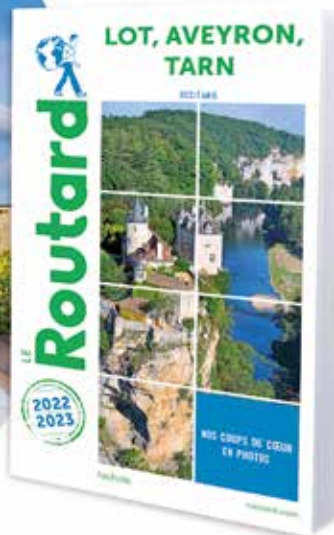
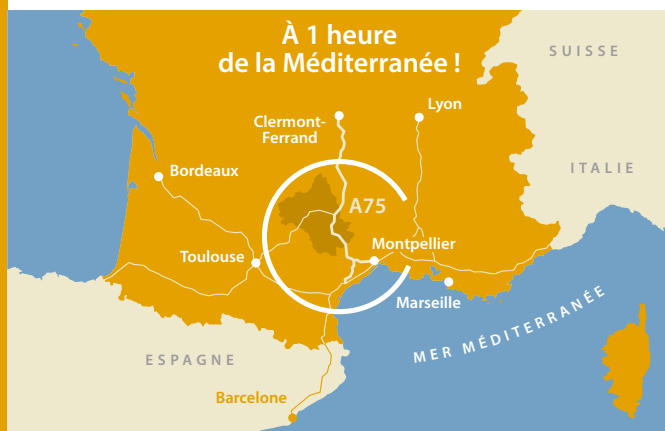
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