



1 | ALBI, A UNESCO WORLD HERITAGE SITE

Albi «la rouge»

Why is the town nicknamed "the Red"? There's no revolution on the horizon, it is actually the red bricks and roof tiles which give Albi all its many shades of red. And we also advise you to take a look at Toulouse-Lautrec's all-consuming passion for the women of Pigalle in the Palais de la Berbie. But don't drag your feet... you don't want to keep the star attraction waiting! The majestic Cathédrale Sainte Cécile is 113 metres long, 35 wide and 78 high; visitors are always stunned by the dimensions of the queen of Albi.



2 | CASTRES

Essence of the Tarn

You asked for the spirit of the South West, you got it! Both sporty and artistic, Castres embodies the essence of the Tarn: a sharing attitude, a welcoming atmosphere and plenty of colour. Yellows, blues, pinks and greens... even the houses overlooking the River Agout set a colourful tone. History, art and rugby, from Jaurès to Goya and Velázquez, impossible to be bored in the town of the oval ball.



3 | CORDES SUR CIEL

Village in the Sky

Put on your most comfortable shoes and your sunglasses, this capricious village will really blow your mind. Cordes certainly deserves the accolades. This blasted town is perched up high and the only way up is on foot. Kids dragging their feet? Not for long! Once you are at the top, with your head in the clouds and an ice cream in your hand, you'll never want to come down again. The view is an absolute treat.



4 | THE GAILLAC VINEYARDS

Gaga for Gaillac

Is it possible to talk about the Tarn without mentioning the Gaillac vineyards? Of course not! Here, wine is an adventure, a story which must be enjoyed over and over again. Whether you are curious or enthusiastic, an amateur or a connoisseur, be prepared to awaken your taste buds. Tours, tastings and concerts are on the agenda for spring and summer. Winegrowers welcome you to their estates to enjoy good wine accompanied by live music. "À la vôstra" as we say here.

5 | FORTIFIED TOWNS AND VILLAGES OF THE TARN

Once upon a time there was the Tarn

Anyone would think that the most beautiful villages in France had all convened in the Tarn! Nestled in a valley, perched on a hill or proudly fortified, the towns and villages of the Tarn tell their own story. Open your eyes wide, there's something for everyone. In a contemplative mood? In Monestiés, the 20 life-size statues of the chapel of Saint-Jacques will leave it open-mouthed. More of a food lover? The charcuterie of Lacagne and the market of Réalmont are famous throughout the region. And what about those young knights, off on a jaunt to the Middle Ages? Don your coat of mail and discover the secrets of the imposing medieval fortress at Penne.



6 | JARDINS DES MARTELS

Magnificent Gardens

Although the ducks don't speak English, the Jardins des Martels is worth a detour. This is where you can cultivate your passion for botany, whether you are an experienced gardener or merely an observer. Three hectares, six water bodies, an exotic greenhouse and 2500 plant species from around the world. Les Martels certainly knows how to welcome visitors. There are even farm animals and an authentic steam train for younger gardeners.



TARN | TOP 12

What is the perfect recipe for a great holiday in the Tarn? Child's play with these 12 basic ingredients. We have prepared a list of our top 12 attractions, beautiful places it would be a shame to miss.

And for those who want more, there are many other ideas on the website www.tourisme-tarn.com!

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9 | AMBIALET AND THE TARN VALLEY

Ambiance in Ambialet

Hello, hello, can you hear me? Seen from the sky, the stony peninsula of Ambialet is the shape of a speech bubble, as if it were trying to tell you something. What? To come and admire it of course! No better way than in a hot-air balloon. And if you suffer from vertigo, follow the steep paths up to the priory that overlooks the village, the meandering river and the wooded cliffs. Whether you are up in the sky or on solid ground, Ambialet keeps its promises. Do you know many valleys which would move heaven and earth for your delight?



10 | LACAUNE MOUNTAINS

On the summits of the Languedoc

If you love high plains and wide open spaces, you will be simply enchanted. The Lacagne Mountains are the perfect place to don your favourite cowboy hat. Blown away? Not surprising... the wind can be mischievous at 1259 metres above sea level on the Pic de Montalet. Perhaps the Lacagne sheep have seen it flying above the broom? Ask them the question and thank them for their milk. After all, they are the reason why you can enjoy the famous cheese of Roquefort. Prefer ham? Head to the east, in the land of salt-cured meat, where artisan producers have won many awards.



11 | MONTAGNE NOIRE AND MAZAMET

Carte Blanche !

In this case, the name is not a true reflection of the mountain. There is nothing sombre here. In spring, the Montagne Noire gives the green light to hikers and off we go! Steep slopes, stunning valleys, forests tickling the summits and rivers splattering the paths. But if you're not such a keen hiker don't worry! Montagne Noire is not just sporty, it's also very talkative. The villages of Mazamet, Hautpoul and Durfort take some time to recount the histories of textiles, wood and copper.



12 | THE CANAL DU MIDI AT ITS SOURCE

Once upon a time there was the Canal du Midi

Boat on the Canal du Midi? Been there, done that. What about on foot, by bike or on horseback? Sixty kilometres of trails await. No better way to stretch the legs than by re-examining the history of the Canal du Midi. The canal begins at the inlet of Alzeau, in Arfons. This is also the starting point of the Rigole de la Montagne, which follows a course from the south to the north side of the Montagne Noire. Are you following? Continue as far as the "Percée des Cammazes", a superb 3-metre vaulted tunnel designed by Vauban. At last, the Canal du Midi holds no more secrets from you... you've even started to adopt the local accent.



HIKING, CYCLING, MOUNTAIN-BIKING AND HORSE-RIDING

Miles and Miles of Wonderful Trails. The Tarn is the perfect place for you to get outside and roam. The natural environment stretches as far as the eye can see and offers infinite possibilities. Mountain bike trails, hiking routes, marked paths and forest tracks... all the routes of the Tarn are there for you to enjoy. Put on your shoes and prepare your snacks. There are 5000 km of trails on which to explore the essence of the Tarn. Families in search of adventure, sporty types in need of adrenalin, Sunday strollers and everyone else. No need to be jealous, there's plenty of fresh air for everyone.

- 5000 km of marked hiking routes
- 28 cycling trails: 21 circuits, 5 cycle routes, 2 greenways
- 2000 km of marked mountain bike trails
- 500 km of bridleways

WWW.TOURISME-TARN.COM

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- UNESCO World Heritage Site
- Major site of the Midi-Pyrénées
- Beautiful village of France
- Beautiful detour
- Green village
- Museum of France
- Remarkable garden
- Tasteful Place
- Castles and fortifications
- Fortified town or characterful village
- Museum or interpretation centre
- Leisure centre
- Golf
- Theme park
- Zoo
- Curiosity
- Planetarium
- Tourist train
- Summer swimming pool
- Bathing area / covered swimming pool
- Well-being centre
- Nautical activity
- Wild swimming
- Boat trip
- Tourist office
- Tourist information office
- Motorway
- Main road
- Secondary road
- Vaour Administrative centre of the canton
- Penne Other town or village
- Haut-Languedoc Regional Nature Park
- Greenways

