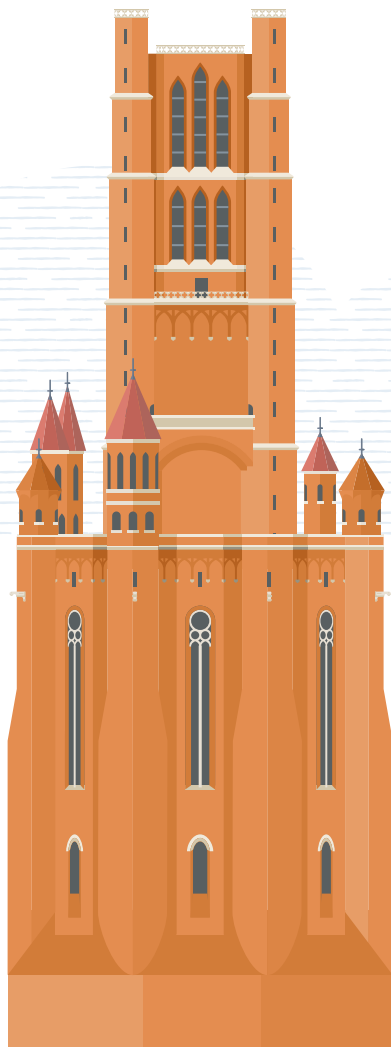


DISCOVERY GUIDE

ALBI VALLÉE DU TARN





ALBI

PLUS QU'UNE DESTINATION

UNE EXPÉRIENCE

mairie-albi.fr



albi
• MA VILLE

OVERVIEW



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KEY :



Major sites of Occitanie



Characterful small towns



Welcome to the farm



The most beautiful villages of France



Blue flag



Nature & progress



Green resort



Dogs welcome



DIARY

A selection of events
year-round for everyone!

SPRING

« Albi Flamenca »



• **Mid-March**
For lovers of flamenco and the guitar!

“A week-end with the girls” Festival



• **Early April**
Four week-ends during which "lady musicians", each as talented as the other, perform at the Maison de la musique at Cap Découverte.

The Marathon of Albi



• **April**
The motto of the Marathon of Albi is "A distance for everyone" with three itineraries between Albi and the Tarn Valley: marathon, semi-marathon and 10 km.

SUMMER

Pastel Night



• **1st Saturday in June**
The arts and culture invade the city for an evening. The visitor will discover a varied programme whilst strolling round the city.

Blues Festival at Ambialet

• **June**

Albi Grand Prix

• **Last week-end of June**
One of the most important national automobile competitions.

Pause Guitare Sud de France

• **1st week of July**
The second biggest event in Occitanie with a varied musical programme including references such as Iggy Pop, Sting, Santana, Suprême NTM, Jean-Louis Aubert...

Gourmet evenings



• **Mid-July/August**
Gourmet markets right by the cathedral from 18:00 to 23:00

enable you to either have a takeaway or create your own dish and eat it on the spot. The evening finishes with music.

Albi, the place for artists

• **Early July to mid-August**
Concerts, shows for children, street arts – altogether 35 free events.

Urban Festival



• **Last week-end in August**
Demonstrations of BMX, skateboarding, urban dancing, graff...

Artetango Festival



• **Last week of August**
Orchestras, demonstrations, courses... 100% TANGO.

Wild swimming Festival

• **Last week-end in August**
Music and roaming along the Tarn Valley, secret and unspoiled, between Saint-Juéry and Ambialet.

AUTUMN

Jazz ô Palais



- *1^{re} week in September*

Three evenings with a range of artistes resonating to the music of New Orleans, crooners and the blues.

Festival of Albi...

- *Mid-October*

A week dedicated to a national cultural commemoration with concerts, workshops, exhibitions and lectures...

Festival les Œillades



- *Last week of November*

Albi's Festival of francophone film.

WINTER

Albi Carnaval



- *Late February/early March*

A parade of fun floats in cardboard, dancers from all over the world and the funfair...

Albi celebrates Christmas

- *December*

Illuminations, mapping, gastronomic and artisan market, family shows, panoramic merry-go-round, concerts, sales promotions.

Albi jazz festival



- *3^e week of January*

Winter is THE season for Jazz in Albi!
Double programme with a festival IN and a festival OFF.

GET ALL THE INFORMATION HERE



www.albi-tourisme.fr



www.valleedutarn-tourisme.com

*Events subject to
sanitary conditions
and modification*

UNMISSABLE

—
1
—

Prepare to be amazed

Wherever you're coming from the [Sainte-Cécile cathedral](#) gives the impression of a stronghold and offers to whoever steps inside an astonishing vision of Renaissance wall paintings, sculptures and statuary.





2



Get your cameras ready!

The Episcopal City is a unique urban ensemble built of brick.

Brick is the architectural signature of the Episcopal City.

It creates this especial ambiance and singularity as a result of colours that vary depending on the light, variations of red, pink, ochre.

Instagram - Share your best photos with #albitourisme



3

An exceptional site for a unique collection!

One of the oldest episcopal palaces in France, the Berbie Palace dates from the Middle

Ages and is home today to the most important public

collection of works by Henri de Toulouse-Lautrec, a major artist from the end of the 19th century and born in Albi.





4

Drop anchor in the Tarn Valley

Canoeing is the favourite activity for the Tarn Valley.

It's ideal for appreciating the picturesque landscape and for discovering a preserved natural environment and is just a few kilometres from the Episcopal City of Albi, Millau and the famous Tarn Gorges.

A BONUS

Take a picnic.



5



Photo session on the Ambialet peninsula

An amazing site entwined in a meander of the Tarn some 3km long and dominated by an 11th century priory! [Ambialet](#) is a jewel, shaped by time, nature and man that offers a palette of different tones at each season.

Instagram – Share your best photos with [#ambialet](#) et [#valleedutarn](#)



THAT LITTLE EXTRA

Climb up towards Saint-Raphaël and the ruins of the château for a superb panorama and an exceptional photo session.

6

An explosion of colours

Nicolai Greschny is an artist from Estonia who settled in France at the beginning of the 20th century, at Marsal in the Tarn Valley. He painted several churches in the South-West and the [church at Alban](#) is one of his most remarkable works: it is completely covered by neo-byzantine frescoes.

AN ADDED BONUS

[Guided visits](#) with AGIT during the summer!



DID YOU KNOW?

18 500 m² of frescoes and decorations



make Saint-Cécile the largest painted cathedral in Europe. Built in a meridional gothic style, it's also the biggest brick religious building in the world! Its austere and defensive appearance is confirmed by its amazing dimensions and can be read like an illustrated Bible. Take time to notice the colours, the geometric motifs and trompe-l'œil that sometimes adds a touch of humour.

1282-1493

It took two centuries to build the **cathedral of Sainte-Cécile**.

1741

Birth in Albi of the famous navigator Jean-François Galaup de [Lapérouse](#).

He led the biggest-ever round the world maritime expedition.

He disappeared on the isle of Vanikoro in 1788. Albi is home to a museum dedicated to him.

1864

Saw the birth in Albi of **Henri de Toulouse-Lautrec**, a major artist from the end of the 19th century. The museum, a Museum of France, has an exceptional collection: canvases from his youth, major portraits, lithographs, prints from the world of entertainment, adverts amongst which are the 31 posters known worldwide and his late works.

1270

saw the construction of the [Saint-Salvi](#) cloister, named after the first bishop of Albi in the fifth century. The church is part of the huge number of Romanesque churches in the Albi area. Hidden in the heart of the old city, this little harbour of peace offers peace of mind.

2010

The **Episcopal City** of Albi was recognised by UNESCO as being a world heritage site. The former bishop's palace and the powerful, imposing cathedral dating from the 13th century are the two main monuments, being some of the largest brick buildings in the world. Brick has created this singular urban ambience and is the architectural signature of the Episcopal City.

Four historic medieval districts surround the two brick giants.

Mappa Mundi

Precious testimony of Humanity, this is one of the two most ancient representations of the world as it was seen in the eighth century. **This unique medieval map is listed in the UNESCO Memory of the World Register.**



2014

Inauguration of the **Grand Théâtre**. Conceived by Dominique Perrault, the site is open to all and dedicated to live performances of all kinds, encounters, exchanges and discoveries.



151 m

The length of the **Pont-Vieux** that is one of the oldest medieval bridges still in use. Stunning panorama of the Berbie Palace and the Saint-Cécile cathedral from the bridge.

The **Tarn Valley** runs through thirty or so kilometres between Trébas-les-Bains, and the gateways to the Aveyron and Albi. The Ambialet peninsula is an amazing surprise in the heart of the valley, a real gem of nature. A shale ridge runs the length of the 3km meander of the river.



20 m

separate the two banks of the Tarn at **Ambialet**, creating the narrowest and least typical European isthmus!

1087

Date of construction of the Romanesque chapel **Notre-Dame de l'Auder** attached to the Prieuré d'Ambialet, a masterpiece of early Romanesque art in Occitanie!

24

The church at Alban is a work of art painted by **Nicolai Greschny** in the 20th century.

24 paintings compose the neo-byzantine frescoes that are read from left to right, arch after arch like a comic strip.

200 hectares

The **Sérénac forest** of 200 ha lies 20km east of Albi. In the past, it was exploited by the Saint-Louis- du-Désert convent then for the coal mines and glassworks at Carmaux.



WHAT TO DO...

...ON MONDAYS IN ALBI

EVERYTHING'S SHUT? CERTAINLY NOT!

- Visit the **Sainte-Cécile cathedral**, THE unmissable monument, the great lady of brick, unique in the world!
- Discover the city on foot by following **the three tours that take in its heritage** including the cloister of **Saint-Salvi** and the **Gardens of the Berbie Palace**.
A town centre plan is available from the Tourism Office or may be downloaded.
- Take a plunge into the industrial history of the 19th and 20th centuries at the **Saut du Tarn Museum** near Albi.
- Enjoy a guided visit of the **Episcopal City** at 14:30
(tickets from the Albi Tourism Office).



Heritage discovery tours



*List of restaurants open
Mondays in Albi*



WHAT TO DO...

... IF IT RAINS IN THE TARN VALLEY



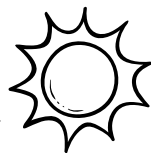
HERE'S A SELECTION OF ACTIVITIES TO KEEP YOU DRY!

- Discover the region in your car by following the **Tarn Valley and Ségala circuit**. The upper Tarn valley has splendid bird's eye views from the ridges before the treasures to visit on the tour.
- Relax in the sauna and jacuzzi in the well-being area of the **Hôtel du Pont** at Saint-Cirgue.
- Listen to the **bells of Saint-Julien-Gaulène**: 20 bells that turn in a circle, on the first Sunday of each month from 14:00 to 15:00 and Christmas week. One of the stars of the Tarn campanology heritage.
- Be amazed by the magnificent **chapel of Notre-Dame de l'Auder**, attached to the priory of Ambialet, an iconic site of early Romanesque art in Occitanie; open year-round.
- Roam the hills of Alban and discover "**Envols**", at Rayssac, **a marquetry workshop**.
Open from May to September by appointment



The Tarn Valley and
Ségala circuit

WHAT TO DO...



...WHEN IT'S VERY HOT

**WE'RE IN THE SOUTH AND WHEN IT GETS HOT IN ALBI,
IT GETS REALLY HOT!
HERE ARE SOME IDEAS:**

- Take the [Little Train](#) for a trip around the city.
- Enjoy the natural freshness of **Sainte-Cécile cathedral**.
- Hide yourself away in a **museum** (Toulouse-Lautrec, de la Mode, Lapérouse, Raphaël Cordoba, Saut du Tarn).
- Paddle your **canoe between Trébas and Ambialet** as far as **Avalats** or sail on the Tarn in a **gabarre** (sailing barge).
- Cool down along the banks of the **Tarn Valley** where it's usually 4° to 5° cooler than in Albi.




...FOR FREE

- Sainte-Cécile cathedral.
- The gardens of the Berbie Palace.
- Heritage discovery circuits.
- The covered market and its local produce.
 - The Échappée Verte tour.
 - The cloisters of Saint-Salvi.

WHAT TO DO...

... WITH TEENAGERS

THINGS THEY CAN ENJOY, SANDWICHED BETWEEN VISITS!

- The **Skate Park** at the Pratgraussals leisure centre, close to the city centre.
- Enjoy a frame or two at the **Albi-Le Séquestre bowling**.
 - Have fun at the **Aqua-Parc d'Aiguelèze** with inflatable water games.
- Go swimming at the **Atlantis Water Sports Centre in Albi**, at the **Taranis pool in Saint-Juéry** or even in the river at [Trébas-les-Bains](#). 
- Go to the **cinema**.
- Challenge yourself on the indoor **karting circuits**.
- [Paddle your canoe](#) or find your balance on a **SUP** in Albi or along the Tarn Valley.
 - Try **mountain-biking** in the Sérénac forest.
- Slow down actively! Hire **electric bikes** to discover the scenery between Albi and the Tarn Valley.





WHAT TO DO...

... WITH THE KIDS?

WE'VE GOT JUST WHAT YOU NEED!



- A sure thing: le **Little Train d'Albi**.
Reservation at the Albi Tourism Office
- On board! [The Lapérouse museum](#) offers a children's tour book so they'll have all the answers sailing!
Closed Mondays except July & August - 41 rue Porta - Albi - 05 63 49 15 53
- Be amazed by the ducks and fish, try the swings or just sit on a bench surrounded by flowers in [Rochegude Park](#).
28 rue Rochegude - Albi
- Have family fun through the "**Chasseurs de Trésor box**"
(on sale at the Albi Tourism Office) or with the app
["les Légendes du Tarn"](#) to lead the investigation in the Albi region.
- Try the **Carrousel du Vigan** merry-go-round.
Place du Vigan - Albi
- How about a chocolate experience? **The Art of Chocolate Museum** !
Lisle-sur-Tarn - 05 63 33 69 79



Download the free app "[Les Légendes du Tarn](#)" from the [App Store](#) and [Google Play](#)





- Have fun with inflatable water games at the **Aqua-Parc** in Aiguelèze or at the **Oasis** in Trébas for young children.
Open 1st July to 31st August - 05 63 55 84 07
- Lose yourselves in the de **Crok'nature** maze in Padiès.
12th July to 31st August - www.croknature.com
- Go for a tractor and trailer ride et the **Ferme de Peyrouse** in Padiès. 
*Tuesdays and Thursdays in July and August by appointment.
07 68 30 09 60*
- The **Association d'Arche**, is an educational farm at Garric (15 km from Albi) discover the animals and life on the farm.
*Week-ends, Mondays and Wednesdays from 14:00 to 17:00
or by appointment during the week.
06 84 76 19 11 - www.lesecuriesdarche.com*
- Visit the sheep farm **From d'Aqui** at Assac. 
Wednesdays in July & August - 06 89 35 94 56
- Be a groom for a day and explore the **Exoticamis** animal park à Terre-de-Bançalie.
06 74 46 77 36 - www.exoticamis.com
- **Les Abeilles en famille** at Lisle-sur-Tarn. Educational and discovery park (bees).
www.abeille-famille-tarn.jimdofree.com
- Become a knight or a princess at the **Château de Coupjac**.
05 65 99 79 45 - www.chateaudecoupjac.com
Or at **Brousse le Château**.
05 65 99 45 40 - www.tourisme-aveyron.com





- Go swimming at the espace nautique **Atlantis** in Albi, at the **Taranis** pool in Saint-Juéry or even in the **river** at Trébas-les-Bains. 
1st July to 31st August; supervised swimming.
- Have fun at the **leisure centre** in Trébas-les-Bains 
canoeing from 6 years of age, SUP, games area, beach and swimming.
- Try horse-riding with the **Baladins de la Vallée** at Sérénac who offer rides on a pony or in a sulky!
05 63 55 36 96 - www.balade-caleche.jimdofree.com
- Be amazed, begin to understand the world of insects and biodiversity: **Micropolis** à Saint-Léons.
*05 65 58 50 50 - www.micropolis-aveyron.com
(Aveyron -106 km from Albi)*
- Meet the animals who are also stars in the cinema: wolves, eagles, bears at the **Animal Park** at Pradinas
*(Aveyron - 54 km from Albi).
06 08 52 37 11 - www.parcanimalierdepradinas.com*



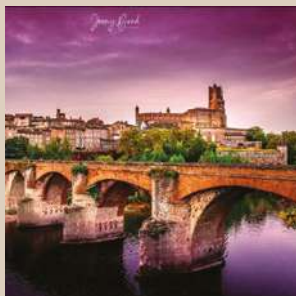
CAMP



- Educational farm
Au Fer à Cheval at Paulinet.
*www.auferacheval.com
05 63 55 84 57*
- Base départementale de **Razisse**
at Teillet/Mont-Roc.
*www.bases-departementales.tarn.fr
05 67 89 62 22*
- Base départementale in
the Forêt de Sérénac.
*www.bases-departementales.tarn.fr
05 67 89 62 22*

THOSE TOP SPOTS FOR...

INSTAGRAM IN ALBI AND THE TARN VALLEY



View of Albi
[@jeremybiondi_photography](#)



[Playmobil@albitourisme](#)



Place Savène [@zdenekze](#)

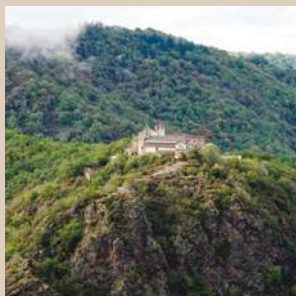


Place de la Trébaïlle [@angelique_ltr](#)

Instagram Share your best photos with
#albitourisme
#valleedutarn
et taguez-nous
[@albitourisme](#)
[@valleedutarn tourism](#)



View of the isthmus at Ambialet
[@sydney_des_terres-d_occitanie](#)



Ambialet priory [@culturezvous](#)



Grandval château at Teillet
[@guikur](#)



Ambialet hydroelectric station
[@patprp](#)

ZOOM ON ALBI

THE MADELEINE NEIGHBOURHOOD

Cross the Pont-Vieux to explore the right bank of the town and benefit from exceptional panoramas on the Episcopal City. It's THE spot for the best photos!



AN IDEA



Take the river bus from Pratgraussals to get to the Berbie Palace. Service from 10:30; 15 June to 15 September. Buy your tickets on board.

TO SEE

1- LAPÉROUSE MUSEUM

Situated in the former Mills of Albi, a museum for everyone interested in history and exploration.

Closed Mondays except July & August.

📍 41 rue Porta
Square Botany Bay

☎ 05 63 49 15 55

🌐 www.bit.ly/musee_laperouse

2- THE MADELEINE CHURCH

19th century church built in the style of the 1st Empire.

Free visits and organ concerts in summer only.

📍 46 rue de la Madeleine

TO DO

3- ADMIRE THE PANORAMA

It's exceptional from both bridges.

4- A TRIP ON A SAILING BARGE

Board at Quai Choiseul on the banks of the Tarn for a panoramic 30 minute cruise with "Albi Croisières". Buy your tickets on the spot.

5- STROLL ALONG THE BANKS OF THE TARN

Departure point for the Échappée verte circuit.

6- PHOTOGRAPH THE EPISCOPAL CITY

As you go up rue Porta, there's a panoramic terrace on the right.

7- TAKE THE NARROW RUE DU TENDAT

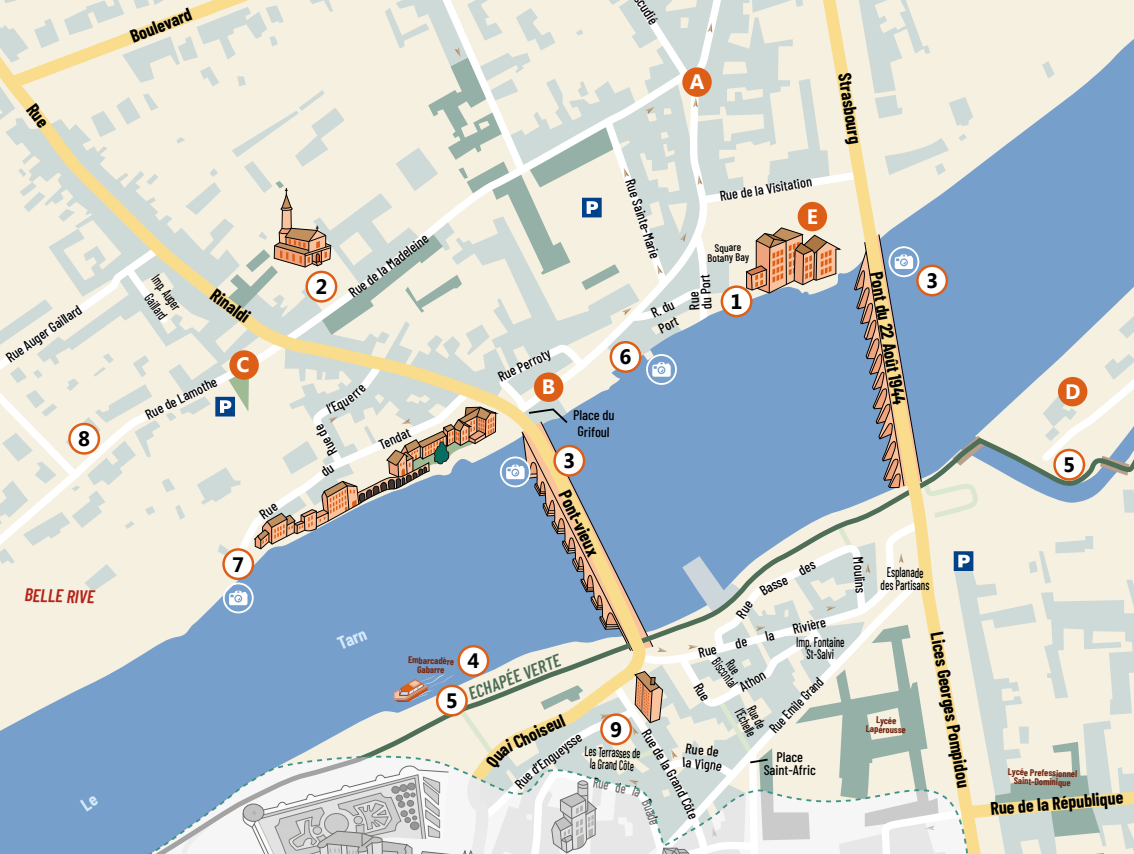
Almost a secret passage and then, at the end you're suddenly confronted with the Episcopal City.

8- FOLLOW RUE LAMOTHE

Arrive at the Pratgraussals leisure centre, perfect for strolling or having fun in the skateboard park.

9- TAKE RUE ENGUESSÉ

as a side street to reach the Pont-Vieux and admire the half-timbered houses



WHERE TO EAT



A- LA TABLE DU SOMMELIER

One of the best wine lists and a very refined cuisine.

☎ 20 rue Porta
☎ 05 63 46 20 10

B- AMAPOLA KITCHEN AND COFFEE

Le Fooding guide lists it as an inventive, pleasure-seeking restaurant.

☎ 100 rue Porta
☎ 05 63 77 63 04

C- LA PLANQUE DE L'EVÊQUE

An unforgettable view of Sainte-Cécile cathedral from the terrace.

☎ 1 rue Lamothe
☎ 05 63 56 89 49

D- LE ROBINSON

A vegetarian buffet on the banks of the Tarn, in an exotic garden.

Open from mid-June to mid-September.

☎ 142 rue Edouard Branly
☎ 05 63 46 15 69

E- LA VERMICELLERIE

An exceptional view of the Episcopal City from the terrace.

☎ 41 bis rue Porta
☎ 05 63 47 66 66



UNUSUAL



The Pont-Vieux is an excellent place from which to observe [the antics of the catfish](#) in the Tarn below.

The biggest fish caught in 2017 measured 2.74m, a world record!

ZOOM ON ALBI

CASTELVIEL AND THE EPISCOPAL ENSEMBLE

The Castelviel neighbourhood is where the town began.

The little squares surrounded by medieval houses make it postcard-pretty.



TO SEE

1- SAINTE-CÉCILE CATHEDRAL

The biggest painted cathedral in Europe. See the breath-taking rood screen in white stone that separates the nave from the choir.

2- THE TOULOUSE-LAUTREC MUSEUM

Museum dedicated to the works of Henri de Toulouse-Lautrec. Paintings, posters, drawings. Closed Mondays from October to May.

3- THE BISHOP'S PALACE GARDENS

Or Berbie* Palace
(*Occitan for bishop).
Free access, year-round.

4- CASTELVIEL NEIGHBOURHOOD

Don't miss Place Savène that looks like a little medieval village; opposite the cathedral.

TO DO

5- GO ANTIQUES HUNTING

Saturdays from 7 to 1

 Place du foirail du Castelviel

6- WALK DOWN TO THE BANKS OF THE TARN

By taking the steps behind the water mirror.

7- WALK ALONG THE PETITE RUE DU CASTELVIEL

Stop and discover artists in the "Castel'art" gallery in a house typical of Albi.



8 - MEET LOCAL PAINTERS
in Nadine Granier's Gallery
🚶 13 rue Puech Bérenguier

9 - HAVE A BREAK ON A BENCH WITH YOUR BACK TO THE VIADUCT

Opposite the cathedral bell-tower under the 27 water-jets, Place du Château. In summer enjoy outdoor concerts or watch a show.

10 - GO FOR A RIDE ON THE LITTLE TRAIN

45 minutes to discover the town. Tickets from the Albi Tourism Office.

🚶 Place Sainte-Cécile

11 - OLD ALBY HOUSE

THE souvenir photo of Albi, a

typical medieval house with its "soleillou" (an open-air barn where pastel was dried). History-info point open to the public.

🚶 1 rue de la Croix Blanche

WHERE TO EAT



A - PIZZERIA DEL DUOMO

A taste of Italy by the cathedral.

🚶 11 place Sainte-Cécile

☎ 05 63 38 06 60

B - L'ESPRIT DU MOULIN

Market-based cuisine in a 19th century Montmartre style ambiance.

🚶 7 rue de la Piale

☎ 05 63 80 61 62

C - LE CLOS SAINTE-CÉCILE

Market-based cuisine in a 19th century Montmartre style ambiance.

🚶 3 rue du Castelviel

☎ 05 63 38 19 74

D - L'AU-DEDANS

Specialists in fish and seafood. Close to the Musée Toulouse-Lautrec with a nautical decor.

🚶 23 rue d'Engueysse

☎ 05 63 78 84 26



ZOOM ON ALBI

THE ANCIENT CENTRE

The townhouses are the secret charm of the city and bear witness to the golden age of Albi. A neighbourhood that blends history with local life.




TO SEE


1- THE COLLEGIATE CHURCH OF SAINT-SALVI AND CLOISTER


The cloister is a haven of peace in the heart of the town, an invitation to meditate.

2- FASHION MUSEUM

Dominique Miraille is a passionate collector of costumes and historic fashion accessories. Closed Mondays.


 17 rue de la Souque


 05 63 43 15 90

 www.musee-mode.fr


3- THE MUSEUM FOR ALL

The local painter Raphaël Cordoba has given 25 years of his life by rendering homage to the greatest painters of all. Visits by appointment.

 38 rue de l'Hôtel de Ville

 07 81 07 67 53

4- THE COVERED MARKET

 11 rue Saint-Julien

The perfect spot to find all those local products with an accent of the south – for tasting on the spot or for taking away. Closed Mondays.

5- L'HÔTEL REYNÈS


Home of a rich pastel merchant now home to the départemental hiking

committee. Free access to the interior courtyard during the day. Closed Sundays.

 14 rue Timbal

6- THE ENJALBERT HOUSE

The most accomplished half-timbered house in old Albi.

 On the corner of rue des Pénitents and rue Timbal

UNUSUAL

Seek him out: Albi's own Manneken-Pis is on the façade of the Enjalbert house.

 on the corner of rue des Pénitents and rue Timbal.



TO DO



SHOPPING IN THE PEDESTRIANISED STREETS

The town is full of lovely shops: fashion, accessories, decoration...

7- THE OPEN-AIR MARKET

Le Saturday mornings by the [covered market](#) and the Places de la Pile and Saint-Julien.

GETTING ROUND THE TOWN

With family or friends try the "Chasseurs de Trésor" box from the Albi Tourism Office or download the "Légendes du Tarn" app.

8- GO FOR A COFFEE

Be a local and enjoy a coffee at the unmissable Brasserie du Pontié, place du Vigan.

WHERE TO EAT



A- BRASSERIE L'ALCHIMY

Chic, refined and convivial. Perfect for a house cocktail or to enjoy seasonal produce.

☎ 12 place du Palais
☎ 05 63 76 18 18

B- LE LAUTREC

Quality cuisine from a restaurant situated in the former stables of Toulouse-Lautrec's birthplace.

☎ 13/15 rue Toulouse-Lautrec
☎ 05 63 54 86 55

C- LE TOURNESOL

An excellent address for vegetarians seeking home-made food.

☎ 11 rue de l'Ort en Salvy
☎ 05 63 38 38 14

D- AU HIBOU

Coffees from 7:30, taste the chef's creative cuisine at lunchtime or with a plancha and a glass in the evening.

☎ 21 rue Saint-Julien
☎ 05 63 76 38 99

E- LOU SIRET

Cassoulet, « purée du pauvre », veal kidneys... Real grand-mother's cooking ! Say no more!

☎ 1 rue Timbal
☎ 05 63 38 26 40

F- LE CASCARBAR

Fusion cuisine with the perfume of distant journeys. Booking for lunch highly recommended.

☎ 29 rue Saint-Julien
☎ 05 63 54 03 52

ZOOM ON ALBI

THE CORDELIERS NEIGHBOURHOOD


The Grand Théâtre, with its roof-top belvedere is the cultural symbol of Albi. Make your way up to the top for a breath-taking panoramic view of the historic centre of Albi.



TO SEE

1- LE GRAND THÉÂTRE

The work of architect Dominique Perrault, the Grand Théâtre, enveloped in a mesh, changes colour depending on the sun's rays. There are two auditoria each with an exceptional annual programme



 *Place de l'Amitié entre les peuples*

2- THE LAPÉROUSE STATUE

Ah...if only it could talk! Located at Place Lapérouse more than 150 years ago as homage to the great explorer/navigator.

3- THE PIERRE AMALRIC MEDIATHEQUE


A rich cultural programme. Free Wi-Fi. Loan of books and DVDs. Help yourself to newspapers and magazines.

 30 avenue Général De Gaulle
 www.bit.ly/mediatheque_albi

ON THE WAY


4- THE LICES THEATRE

17th century theatre with an admirable façade.

 *Lices Jean Moulin*

TO DO

5- SEE A FILM

CGR Les Cordeliers.
 *Behind the Grand Théâtre*

SEE A SHOW

At the Grand Théâtre or the Théâtre des Lices.
 www.sn-albi.fr
 www.albi-tourisme.fr/fr/agenda

6- GO TO PARK ROCHEGUDE

The perfect fresh air spot in the area for playing hide and seek, going on the slides, watching the birds or fish or just simply taking the time to appreciate a nature break on



a bench (picnicking not allowed).

📍 28 rue Rochegude

7- DISCOVER A FREE TEMPORARY EXHIBITION BY LOCAL ARTISTS

in the Marquis albigeois manor in the heart of Parc Rochegude. Free entrance.

WHERE TO EAT



A- MICHEL BELIN

Sandwiches and hot dishes; large choice of patisseries and delicious chocolates to finish things off!

📍 8 place Lapérouse

☎ 05 63 54 15 59

B- LE LIT BLEU

A cosy ambiance in a carefully chosen décor to try gourmet dishes, some of them local (radishes à l'Albigeoise) or simply enjoy a cocktail.

📍 26 rue Camboulives

☎ 05 63 36 73 99

C- LA PART DES ANGES

An elegant restaurant with a large panoramic terrace on the roof of the Grand Théâtre.

📍 Place de l'Amitié entre les peuples

☎ 05 63 49 77 81

D- L'ÉPICURIEN

THE gastronomic restaurant of Albi – fine dishes and a selection of natural wines.

📍 42 place Jean Jaurès

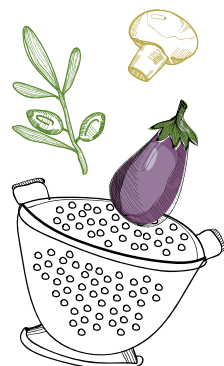
☎ 05 63 53 10 70

E- LE TOIT DU THÉÂTRO

On fine days, enjoy the panoramic view from the rooftop of the convivial Hôtel Ibis Styles. Restaurant service until late; bar.

📍 48 place Jean Jaurès

☎ 05 63 43 20 20



ZOOM ON...

AMBIALET

The matchless beauty of this picturesque village warrants being a “Petite Cité de Caractère”!



À VOIR

1- THE PRIORY

A former Benedictine monastery that became Franciscan and today privately owned. The 11th century Notre- Dame de l'Auder church is an Historic Monument.

2- THE SAINT-GILLES CHURCH

An 11th century church transformed into a summer exhibition centre.

3- THE HYDROELECTRIC CENTRE

This little pink château is in reality an EDF dam built at the beginning of the 20th century to replace a former watermill.

4- THE CHURCH OF OUR LADY OF LA CAPELLE

Its heart is the former viscount's chapel built on the narrowest part of the shaly ridge connecting the

peninsula to the piece of "land". Exhibition on the history of Ambialet in summer.

5- THE RUINS OF THE CHÂTEAU OF TRENCAVEL

dominate the hillside facing the peninsula.

TO DO

6- AMBIALADE, THE HERITAGE TRAIL

Just 3.5km to discover the peninsula. Part of the trail follows the shaly path known as "the way of the cross" with 14 stations, which lead to the priory's esplanade. "Notched boxes", dwellings carved in the rock can still be seen. Keep your eyes peeled. Slippery when wet. Not suitable for pushchairs or people with reduced mobility. Guided visits in summer.

7- THE PANORAMA FROM THE RUINS OF THE CHATEAU

Accessible by a little path behind the Relais de la Vallée; fine viewpoint over the meander and priory. Significant altitude difference.

8- THE VIEW FROM PIERRE PLANTÉE

Remarkable viewpoint on the rocky ridge from the ruins to the priory.

At the junction of D74 and D77, above the Mairie.

9- VISITING THE HYDROELECTRIC CENTRE

The power station was built for the steelworks at Saint-Juéry in the early 1920s. Its atypical architecture makes it one of the most attractive power stations of the region. Visits two days a week in summer.



10- THE "ART DE RIEN" ART GALLERY

Manufacture of « objets d'art », raku, decoration, jewels and sculpture in summer.

Nice and cool in summer!

📍 **Ville haute**
☎ 06 78 65 20 79

11- ELECTRIC BIKE HIRE

Hôtel-restaurant du Pont in the summer.

📍 **La Moulinquié**
81340 Saint-Cirgue
☎ 05 63 55 32 07

12- CANOEING OR SUP

Enjoy the exceptional beauty of Ambialet on an SUP for 9 or 13 km, with the rhythm of a tranquil river.

📍 **CDCK 81 canoe base la Moulinquié**
81340 Saint-Cirgue
☎ 06 38 80 57 05

13- INTERACTIVE SON ET LUMIÈRE PANEL

Activate on summer evenings to understand the exceptional history of the site.

📍 **Rue les reflets du Tarn**
below the Mairie

WHERE TO EAT



A- THE HÔTEL DU PONT RESTAURANT

Cuisine gourmet = promise of local dishes and flavours.

A cuisine that varies between tradition and modernity; wonderful view of Ambialet and the river. A favourite summer terrace under the wisteria

📍 **La Moulinquié**
81340 Saint-Cirgue
☎ 05 63 55 32 07

B- LE RELAIS DE LA VALLÉE

A cuisine that's rich in discoveries in a retro, dandy atmosphere. The shady terrace is much appreciated.

☎ 05 63 42 63 44

C- LE CAFÉ DE LA PRESQU'ÎLE

Snack-bar with colourful tables in the heart of the peninsula.

☎ 05 63 55 32 20

D- PIZZA VALLÉE

A flavour of Italy as you walk back towards the Mairie. Varied menu. Eat by the Tarn!

☎ 06 71 99 58 90



List of restaurants

ZOOM ON...

THE TARN VALLEY

BETWEEN THE SÉGALA PLATEAU AND THE HILLS OF ALBAN

Valleys, hills and plateaux make up a mosaic of scenery and colours that differ each season.

This area features some delightful surprises: sporty excursions, discovery of local heritage and **contemplation of nature!** The valley is recognised as being a sensitive natural area.



TO SEE

1-SAUT DE SABO

In this site, unique in Europe, the Tarn leaves the Massif Central to join the Aquitaine basin, a drop of some 20m that exerts a considerable hydraulic force exploited by the hydroelectric station at Arthès.

81160 Saint-Juéry

2-GAYCRE HAMLET

A promontory overlooking the Tarn Valley. The "Gaycre par les rivages" trail from Trébas takes you there. It's a stage in the app game "Les Légendes du Tarn".

Gaycre 81340 Cadix

3- TRÉBAS-LES-BAINS VILLAGE

The name comes from its past as a spa, the waters being cuprous. It retains two fortified doors from its past role as a medieval stronghold. Much appreciated **summer leisure base** with supervised white water pool. Starting point for the "Sentier des Sources", 7km, 2 hours.

81340 Trébas

4- VILLENEUVE-SUR-TARN VILLAGE

25 figurines that display the before and after history of this little Tarn-side village. Reconstitution of a shoemaker's workshop to see (ask at the Hostellerie des Lauriers opposite).

Villeneuve-sur-Tarn 81250 Curvalle

5-CHURCH AT LACALM

Admire Laclau's woodworking listed in the Historic Monuments schedule in 1959. The sculptures are as fine as lace. Open from May to October.

Lacalm 81250 Le Fraysse

TO DO

6- SAUT DU TARN MUSEUM

The museum is situated in an exceptional natural site where the Tarn rushes into a rocky pass for twenty or so metres. A former hydroelectric station then a metallurgy factory, the "Saut du Tarn".

2 impasse des Acières 81160 Saint-Juéry

www.musee-saut-du-tarn.com



7-BIKE RIDE

How about a bike ride along the Tarn Valley and access to the surrounding hills without much effort?

An electric bike makes it all child's play!

🌐 www.valleedutarn-tourisme.com/fr/voir-faire/faire/velo-vtt

8- CANOEING

Descend the Tarn over 13km between Trébas and Ambialet. Allow a whole day and a picnic.

From the water admire the landscape and the hamlet of Gaycre, ("petit Mont Saint-Michel") perched on its promontory. Farther on, the shale cliffs before the priory and the peninsula dominate the landscape.

🌐 www.canoe-trebas.com

9- LES CAUSERIES CULINAIRES

Sylvie, a trained archaeologist, proposes a variety of activities, cookery lessons, workshops to

discover the history of cooking from Antiquity to our time and French cuisine.

📞 **Au Moulin de Villeneuve-sur-Tarn 81250 Curvalle**

🌐 lescauseriesculinaires.com

WHERE TO EAT

A/ L'OUSTAL

Known as "La Maison de Pascal", this is a partly gastronomic restaurant set in the village.

📞 **81340 Trébas**

📞 **05 63 47 29 25**

B/ LA SOURCE

A bar and a restaurant with a pleasant terrace perfect for enjoying yourselves.

📞 **81340 Trébas**

📞 **05 81 40 78 35**

C/LA GUINGUETTE

Snacks beside the Tarn. Open from April to Septembre.

📞 **Chemin des Berges**

81340 Trébas

📞 **05 63 55 84 07**

D/ LA BASTIDE D'ALBIGNAC

Restaurant in the heart of a tourist domain and a 42ha park; family-style cooking. Open in summer and weekends the rest of the year.

📞 **Albignac 81340 Le Dourn**

📞 **05 63 53 48 44**

E/ PEYROUSE FARM INN

Direct from the farm to your plate; eat in a renovated stable. Open in summer and by request the rest of the year. Visits to the farm p.17.

📞 **Peyrouse 81340 Padiès**

📞 **07 68 30 09 60**



List of restaurants



WHY GO FOR A GUIDED VISIT?

1 To be surprised by places or historical facts that were new to you.



2 To discover history differently, with games and humour.



3 To meet guides who are enthusiastic and fascinating.



The Tourism Offices of Albi and the Tarn Valley and the Albigeois Hills together with AGIT, the Association of Guides-Interpreters of the Tarn have created a programme of widely varying themes for you to discover the history of the Albigeois. A programme that can be consumed immoderately where everyone will find a date and a theme that will inspire you to discover our history in a different manner.



Albi Curio'cité Brochure



Book on line

ALBI



The Episcopal City

ALBI

An unforgettable 2 hour visit to discover the historic centre of Albi and the Saint-Cécile cathedral, both listed in UNESCO's World Heritage programme.

Full tariff 13€ (entrance to the cathedral's choir included).

Tariff Albi City Pass 8€

Les Curio'cités ludiques

ALBI

A challenge for young and old!

A fun interactive visit, a moment to share with the family during which you become a real explorer!

Full tariff 9€

PRIVATE VISITS

Would you like to share your appetite for discovery with friends, colleagues or the family? For an estimate for a private visit, contact us:

05 63 49 16 45 /46

groupes@albitourisme.com

GUIDED VISITS

Our "best-sellers"



Zoom on the cathedral of Sainte-Cécile

ALBI

An undeniable landmark for centuries bursting with treasures, the occasionally astonishing details of which you have yet to fully grasp... A catalogue to explore: the chapels of the cathedral, the fabulous bestiary of Sainte-Cécile!

Full tariff 10€ including entrance to the choir.

Tariff Albi City Pass 6€



Les Curio'cités décalées

ALBI

Visits with unexpected themes to awaken your curiosity: "The night monsters", "Crimes and local news", "Petticoats, frills and houses of ill-repute", "The incredible Miss Grumpy", "A stroll with Madame de Lapérouse"...

From 9€

Reservation essential at the Tourism Office or on: www.albi-tourisme.fr

VALLÉE DU TARN



City of rock and water

AMBIALET

Summer guided visits to discover the history of this medieval "Castelas", a unique and strange site squashed in a meander of the Tarn: the dam, rock-dwellings, the priory, the Romanesque chapel and the 11th century Saint-Gilles church.

From 5€ to 7€



Treasure hunt

AMBIALET

A magic tree, a giant's rock, a protective Virgin, Drac or Tartaran...

Can you flush them out and be guided in your quest of the peninsula's treasure?

Explore the legends and history of Ambialet while having fun, thanks to this treasure that will reveal all the secrets...

Prizes to be won!

From 6 years of age.

From 5€ to 7€



Notre-Dame d'Alban, a church decorated by Nicolai Greschny

ALBAN

Despite a relative simplicity due to its modern architecture, the church of Alban is home to some of the most remarkable décor by the celebrated icon painter Nicolai Greschny and rich liturgical furniture. Realised by the artist in the 1950s, these colourful frescoes decorate the whole of the edifice and are the result of ten years' work; they show, in effect, an illustrated Bible.

In partnership with the Friends of Nicolai Greschny.

From 5€ to 7€

Booking essential at the Tourism Office or on

www.valleedutarn-tourisme.com



HAVE A COCKTAIL IN ALBI

L'ALCHIMY

📍 10-12 place du palais

☎ 05 63 76 18 18

LE TOIT DU THÉÂTRO

📍 48 place Jean Jaurès

☎ 05 63 43 20 20

LE LIT BLEU

📍 26 rue du Docteur Camboulives

☎ 05 63 36 73 99

LE PONTIÉ

📍 Place du Vigan

☎ 05 63 54 16 34



FEEL LIKE...

a swim

WITH THE CHILDREN

ATLANTIS WATER SPORTS CENTRE IN ALBI

From the end of June until the beginning of September, Atlantis makes the summer fun with access to all the indoor and outdoor pools, diving pool, fun pools, teaching pools and slides... Outdoors, the pentagloss is a special delight for thrill-seekers with its 35m of madness. On the beaches and grass, the youngest can enjoy a range of activities.

📍 *Route de Cordes 81000 Albi*

🌐 *www.atlantis.grand-albigeois.fr*

TARANIS WATER SPORTS CENTRE IN SAINT-JUÉRY

In summer the outdoor 25m pool is heated, there's a shady paddling pool for children and a picnic spot;

the Taranis pool welcomes everyone except on Sundays.

📍 *Côte des Brus 81160 Saint-Juéry*

THE LEISURE CENTRE AT AIGUÈLÈZE

A range of equipment with supervised swimming in the form of fitted-out floating pools in the Tarn. Armbands and rubber rings are available on loan. The beach is a mixture of grass and sand and encourages just doing nothing! Free access.

Aqua Parc :

2,000 m² of inflatable aquatic structures placed in the river.

📍 *The leisure centre at Aiguelèze 81600 Rivière*



TRÉBAS PLAGE



Situated 38km from Albi in the Tarn Valley, Trébas-les-Bains became a green station in 2006, thanks to its natural setting rich in flora and fauna. It became a Blue Flag beach in 2010, sign of quality for [swimming in white water](#).

Leisure base:

walks, tennis, handball, basketball, pétanque, football, fishing, nature trail, book-box. Payable activities: canoe-kayak, SUP, games... Supervised swimming from 14:30 to 19:00 every day in July & August.

📍 *Chemin des berges 81340 Trébas-les-Bains*

USEFUL HINT

Swimming is not permitted everywhere along the river.

Dams frequently release large volumes of water that cause variations in the level of the river; be careful with your children.



FEEL LIKE...

getting some air in town

THE GARDENS OF THE BERBIE PALACE AND ROCHEGUE PARK

Both are listed as Noteworthy Gardens. The walk in the gardens of the Berbie Palace has a wonderful view of the banks of the Tarn and the Madeleine neighbourhood.

L'ÉCHAPPÉE VERTE

Starting point for the walk just by the cathedral. What can be more agreeable than some time given over to nature after visiting the town? The walk is 4km long in a natural, protected environment.

THE GREEN PATH FOR PEDESTRIANS OR CYCLISTS

• **The Rights of Man path:** a former railway line connecting Albi and Castres transformed into a green trail (sandy track 3 m wide). From Albi start at the Gamm vert roundabout on the D71 in Puygouzon. Distance: 44 km
Difficulty: easy
A safe walk, perfect for families.

• The miners' path:

links Albi to Carmaux passing by Cap'Découverte. For most of the walk it's a round-trip. In the past, this trail was used to bring coal from the mines at Cagnac to the power station at Pélissier. Distance: 12,5 km.
Difficulty: average
Starting point: park your car close to the recycling point (déchetterie) at Gaillaguès.

HIKERS' TRAILS IN THE ALBI REGIONS

These round-trip trails are accessible for walkers and ATBs. Explore the local built heritage of the area: watermills, wayside crosses, pigeon-lofts, old wash-houses. Factsheets from the Tourism Office in Albi or by download from: www.albi-tourisme.fr

BIKE HIRE

ELECTRIC BIKES IN THE TARN VALLEY

📍 **Locanoë**
81340 Trébas
☎ 06 75 89 27 81

LES VÉLOS DE FREDO

📍 **Place Saint-Julien**
81000 Albi
☎ 05 63 54 16 17

L'OCC BIKE

📍 **rue des Catherinettes**
81000 Albi
☎ 05 63 76 55 20

GP CYCLES

📍 **132 av de Lattre de Tassigny - 81000 Albi**
☎ 05 63 54 13 49



Bike hire



picnicking

Fill your basket and sit down!

ON THE BANKS OF THE TARN

Beside the river with a wonderful panorama and backdrop of Albi or Trébas-les-Bains.

AT THE LEISURE CENTRE OF PRATGRAUSSALS

A green belt of 13ha, ideal for picnicking with tables, barbecues and planchas.

PARC DU CASTELNAU IN ALBI

Picnic on the grass!
📍 **Avenue Maréchal Joffre**



Picnic spots in the Tarn Valley

FEEL LIKE...

getting some air in the countryside

WITH THE CHILDREN



HORSE-RIDING AU GALOP

On the heights of the Tarn Valley and close to the Sérénac forest.

📞 **Perayrols**
81340 Saint-Cirgue
☎ 06 24 79 80 85

TOUR THE TARN ON HORSEBACK

A 500km itinerary largely on the GR® network and which passes through the Tarn Valley and the forest of Sérénac.

More information from:
🌐 www.tourisme-tarn.com

TRAVELS WITH A DONKEY

On the trails of the upper Tarn Valley with the donkeys of Raffinenc

📞 **81340 Trébas**
☎ 06 78 25 20 46

PÉCOTTE

A lovely ride between Arthès and Ambialet on the D700; cross the Tarn at Pécotte. Beside the river you can learn about the ferry that crossed the river before the construction of the road and bridges.

Information on local fauna and flora.

📞 **81350 Sérénac**

BIKE ROUTE

LESCURE-TRÉBAS

[44km bike ride](#) taking quiet picturesque roads via Albi, Saint-Juéry or Ambialet to arrive at Trébas. Starting point at Lesclure. Topoguide "Tarn à vélo" on sale in the Tourism Office.

FISHING IN THE TARN VALLEY, RIVER, LAKE OR STREAM:

- Alban, lac de la Franquèze

- Andouque, Saint-Géraud reservoir
- Rayssac, Brougairouse lake
- Teillet, Razisse reservoir
- Valence d'Albigeois, Ginestous lake
- The river Tarn

Find out everything you need for fishing from licences to the best spots from:

🌐 www.pechetarn.fr
or brochure « Pêcher dans le sud Aveyron » from:
🌐 www.valleedutarn-tourisme.com

WALKS IN THE SÉRÉNAC FOREST

Trails for walkers and ATBs close to Albi and the Tarn Valley. Picnic area.

FEEL LIKE...

sensations

ON THE WATER

Canoeing is perfect for peaceful discoveries: pastoral beaches, landscapes. Even for enjoying some novel sensations in the "rapidounets".

Several itineraries are suggested between Trébas-Ambialet-Les Avalats to the gates of Albi. SUP only at Trébas, Ambialet and Albi in summer. *Minimum age 7, able to swim and closed shoes essential.*



CDCK 81

Three possibilities: lake, or descent for 9 or 13km. June to September.

📍 **La Moulinquie**
81340 Saint-Cirgue
🌐 www.cdck81.com

ON LAND

ALTISSIMO

1,000 m2 of climbing walls with a height of 15m.

Terrific sensations!

Open 7/7

📍 **Za de Ranteil - 2 chemin Claude Bourgelat 81000 Albi**
05 63 38 09 38

🌐 www.altissimo.fr

ALBI CIRCUIT

One of the oldest circuits in France still in activity with different competitions that count towards the Championship of France FFSA GT, Trucks and Historic vehicles.

🌐 www.circuit-albi.fr

LOCANOË

April to October.

📍 **Chemin des berges**
81340 Trébas

🌐 www.canoe-trebas.com

LO CAPIAL

Half or whole day descents. June to August; weekends in June or September on request.

📍 **Les Avalats - Chemin de la plage 81160 Saint-Juéry**
🌐 www.locapial.org/canoe-kayak

THE CALVARY CLIMBING SITE

Two climbing sectors consisting of 59 pistes from beginner to expert levels, from 5m to 18m. Helmet essential; wear appropriate clothing and footwear.

📍 **81120 Mont-Roc**
🌐 www.montrroc.ccmav.fr



Sports and leisure in the Tarn Valley



Sports and leisure Albi

A FAVOURITE



SUP on the trail of otters and beavers in summer! 7 km itinerary at nightfall; departure from Trébas, it's magic! Minimum age 12.

🌐 www.canoe-trebas.com

SPECIAL FOR CHILDREN AND TEENAGERS

Pass Kayak with CDCK81: Tuesdays in summer; learn how to canoe with an instructor. (7 to 18 years of age).

🌐 www.cdck81.com

IN THE AIR

Bring to life that childhood dream in the basket of a balloon.

ATMOSPH'AIR

🌐 www.atmosphair-montgolfieres.fr

LUKKAS MONTGOLFIÈRE

🌐 www.lukkasmontgolfiere.com

FUN PARACHUTISME

Jump in tandem with Manu Enou, world parachute vice-champion. Discover freefall at more than 200km/h!

🌐 www.fun-parachutisme.fr

FEEL LIKE... shopping

A selection of gift ideas to pop in the suitcase for you or for someone special. On sale at the Tourism Office's boutique and at our partners.



LA BRIQUE DE MON PAIS

A brick from Albi, 100% artisanal, stamped in Occitanie and customisable!

The basic ingredient is clay and it is also a good diffuser for essential oils.

📍 www.monpais.fr



LES ALBIGEOISES

Frames, t-shirts and leather bags created by two Albigeoises and friends. A zest of humour and lots of self-mockery, all sprinkled with glitter!

📍 www.jardindurudel.com



LES CUBES DE COCAGNE

Pastel oil soap for a skin that's really soft. Full range of beauty products.

📍 *Graine de Pastel*
38 rue Mariès 81000 Albi
📍 www.grainedepastel.com



SACS HABC TARN SAC

A tote bag 100% made in France. Albi will always be with you!

Exclusive to the Tourism Office.

📍 www.tarnsacs.fr



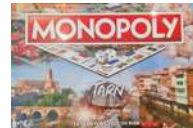
T.SHIRT KAPITALES

Clothes and accessories designed and printed in the heart of Albi.

Collectors' items!

Choose your own town for exclusive printing at the Tourism Office.

📍 www.kapitales.fr



MONOPOLY

The most famous board game of all with the flavours, know-how and history of the Tarn.

Limited edition!



List of craftspeople and shopkeepers

FEEL LIKE... artisans

Local craftspeople with real know-how!



POTERIE D'ALBI

The last French manufacturer of pottery turned and enamelled by hand; pots for the home and garden since 1891. A Living Heritage Enterprise. Creative art. Prices ex-factory.

📍 112 avenue Albert Thomas 81000 Albi
🌐 www.lespoteriesdalbi.fr

TOILES DE LA MONTAGNE NOIRE

Tablecloths, towels, bags, canvas all traditionally made with 100% natural materials. Gift ideas "Made in Tarn".

📍 21 rue de Verdusse 81000 Albi
🌐 www.lestoilesdelamontagne noire.com



DRIED FLOWERS

Dina Vermeiren, an artisan florist, makes bouquets of dried flowers, crowns and decorative objects – with passion and finesse.

📍 Rue de l'ancienne Poste 81340 Trébas
@dinafleursechees

LA GALERIE L'ART DE RIEN

Simply crossing the threshold of Kelly and Eric's gallery is to travel and dream! Enthusiasts for recycling, creations in pottery, raku, wire and many others. Come in summer – it's lovely and cool inside!

📍 Ville haute 81430 Ambialet
🌐 www.kellyberetta.com



L'ARTISAN PASTELLIER

At the Artisan Pastellier, we offer a range of authentic products using natural colours, mineral and vegetal, available in ranges for the arts or decor.

📍 5 rue Puech Berenguier 81000 Albi
🌐 www.artisanpastellier.com



FEEL LIKE...

waking up your tastebuds

A selection of addresses for producers and local artisans who sell direct. From the farm to your plate.



FRUITS AND APPLE JUICE

LES VERGERS DE TRÉBAS

Opening hours: Monday, Wednesday, Thursday and Friday from 9:00 to 12:00 and from 14:00 to 19:00; Saturdays we close at 18:00.

📍 **Les Pommiers 81340 Trébas**

☎ **05 63 55 96 05**

🌐 **www.vergerdetrebas.com**

LES VERGERS DE L'OUSTALOU

Opening hours: Monday to Friday from 14:00 to 19:00; Saturdays from 09:00 to 19:00 and Sundays from 14:30 to 18:00.

📍 **4 rue du musée 81250 Miolles**

☎ **06 08 11 45 33**

🌐 **www.lesvergersdeloustalou.fr**

VIEUX FRUITS DE MONTAGNE

Opening hours: June–August, Monday to Saturday from 09:00 to 12:00 and 14:30 to 19:30, closed Wednesday morning. September– April, Tuesday to Saturday from 09:00 to 12:00 and 15:00 to 19:00.

📍 **Le Sol 81250 Miolles**

☎ **05 63 55 97 44**

🌐 **www.lesfruitsdemiolles.fr**

SNAILS AND PREPARED DISHES

L'ESCARGOT DU CHÂTEAU



Visits to the farm from June to September by appointment.

📍 **Le Bousquet**

81340 Saint-Julien-Gaulène

☎ **06 84 22 55 26**

🌐 **escargot.duchateau@orange.fr**



HONEY, HONEY VINEGAR, PROPOLIS, VINEGAR MUSTARD

MIELLERIE ET VINAIGRERIE TARNAISE



Visits to the farm in summer every day in July & August. By appointment the rest of the year.

📍 **La Borde 81340 Trébas**

☎ **05 63 55 91 42**

🌐 **www.apis-vinaegria.com**

SHEEP'S CHEESE, FARM-MADE YOGHURTS, ICE CREAMS

FROM D'AQUI



Opening hours: year-round by appointment. Wednesdays and Saturdays from 10:00 to 12:00 in July & August; Visits to the farm in summer.

📍 La Lauzière 81340 Assac

☎ 06 89 35 94 56

🌐 www.fromdaqui.fr

THAT LITTLE EXTRA

Appellation AOP Roquefort.

L'ATELIER DE COURBIÈRE

Opening hours: Wednesdays and Thursdays from 10:00 to 12:00 year-round.

📍 Courbière 81340 Assac

☎ 06 82 48 79 08

🌐 latelierdecourbiere@gmail.com

THAT LITTLE EXTRA

Milk in a bottle.



USEFUL ADVICE

It's best to ring producers to check their opening hours before making the journey!



Direct sales at the farm



FOIE GRAS

As in every self-respecting kitchen in the South-West, foie gras is an essential part of our cuisine.

ALBY FOIE GRAS CONSERVERIE LASCROUX

More than a century's know-how!

📍 Conserverie

252 Avenue Albert Thomas 81000 Albi

☎ 05 63 60 74 82

29 rue Mariès 81000 Albi

☎ 05 63 38 21 33

🌐 www.albyfoiegras.com

FERME DE RAYSSAGUEL

A family history!

Direct sales from the farm.

📍 47 Chemin de Rayssaguel

81990 Cambon

☎ 05 63 53 00 34

📍 Marché couvert

🌐 www.rayssaguel.com



Local produce



Alcohol abuse is dangerous for your health; consume with moderation

GAILLAC WINE AND LOCAL BEERS

Gaillac vineyards are amongst the oldest in France. Benedictine monks laboured here from the 10th century and over time, the wines of Gaillac have become justifiably known all over the world.

BRASSERIE MARGOT

The brewery produces artisanal beers in Albi that are characterful and original – and easy to drink! Visits Friday evenings from 17:00 to 19:00; Wednesday and Friday afternoons in July & August.

📍 5 rue de la Besse 81000 Albi
 🌐 www.facebook.com/brasseriemargot

BRASSERIE LES BELLES DE TRÉBAS

A range of 10 artisanal beers, each with its own character, colour and personality.

Open Fridays from 16:00 to 19:00.

📍 Village 81340 Trébas
 🌐 www.belles-de-trebas.com



Gaillac winemakers

CHOCOLATES

Lucky Albi has three talented chocolate-makers!

MICHEL BELIN

📍 8 place Lapérouse 81000 Albi
 🌐 www.michelbelin.com

JULIEN GAYRAUD

📍 2 rue de l'Oulmet 81000 Albi
 🌐 www.facebook.com/JG-Chocolatier-Confiseur-46541970022504/

YVES THURIÈS

📍 37 rue Mariès 81000 Albi
 🌐 www.yvesthuries.com

LOCAL DELICACIES

Jeannots, gimblettes, échaudés, croquants... these are unmissable local biscuits to try or to give as presents. They're at the covered market but also at:

LA FABRIQUE GOURMANDE

A biscuit-maker (products on sale at the Tourism Office) established for more than 30 years near Albi.

📍 2 rue Curie ZA Le Garric 81450 Le Garric
 🌐 www.la-fabrique-gourmande.com

MAISON BRUYÈRE

A family-run biscuit-maker who maintains the techniques of the past: croquant de Cordes, chalumeau...

📍 ZA La Bouissouade 81150 Lagrave
 🌐 www.maisonbruyere.fr



FEEL LIKE...

brunch

The best addresses in Albi if you like brunch on Sunday mornings and share gourmet dishes!



AMAPOLA KITCHEN

Amapola offers a cuisine that is open to the world, gourmet and revisited. A culture of slow food that encourages people to enjoy tasting delicious, tasty dishes.

📍 100 rue Porta 81000 Albi
☎ 05 63 77 63 04

LA BONNE MAISON

Just beside the covered market, a cosy and relaxed place with giant pictures of farm animals in the two magnificent dining rooms, toupee chairs and mohair plaids. Large terrace for the good weather.

📍 52 rue Émile Grand 81000 Albi
☎ 05 63 38 74 90

LE TOIT DU THÉÂTRO

The only spot from which you can enjoy a 360° panorama over the town! Just the place to meet friends or family on the eighth floor.

📍 48 place Jean Jaurès 81000 Albi
(on the roof of the hôtel Ibis Styles)
☎ 05 63 43 20 20

BRASSERIE AU JARDIN

LA concept that reminds people of the cosmopolitan life of the great cities of the world. On Sundays, brunch is from 11:30 to 14:00.

📍 Zi Fonlabour - 2021 route de Toulouse 81000 Albi
☎ 05 63 78 22 83



The list of restaurants in Albi

FEEL LIKE...

markets



MARKET DAYS

ALBI

The covered market

Tuesday to Sunday, 07 :00 to 13 :00. Around 20 stalls offering quality and authentic produce.

Open-air market

Saturday mornings. Local producers set up around the covered market, rue Saint-Julien and Place de la Pile.

Organic Food Market

Tuesdays from 16:00 to 20:00. For organic food; a dozen or so producers set up in Place Fernand Pelloutier.

Farmers' Market in the Castelvieil neighbourhood

Thursdays from 16:00 to 19:00. A market that believes in short local supply chains. Don't wait! Eat local!

SAINT-JUÉRY

Market

Thursdays from 07:00 to 13:00. A traditional market on the station esplanade. Place du Marché.

Noctambio

Mondays from 16:00 to 19:00. A small market of Tarnais producers: "Nature et Progrès" or "AB" (Agriculture Biologique). Regular events and animation.

VILLENEUVE-SUR-TARN

Market

Sunday mornings with a dozen or so stalls.

VILLEFRANCHE D'ALBIGEOIS

Market

Sunday mornings with a dozen or so stalls.

AMBIALET

Summer market

Wednesday mornings in July & August.

ALBAN

Summer market

Fridays in July & August from 17:30 to 20:30. Possibility to eat on the spot.

TRÉBAS-LES-BAINS

Summer market

Sunday mornings from late June to early September.



Markets in Albi



Markets in the Tarn Valley



GOURMET EVENING MARKETS I IN JULY & AUGUST

VILLEFRANCHE
D'ALBIGEOIS
Tuesdays at 19:00

•
VILLENEUVE SUR TARN
Wednesdays at 18:00

•
COUPIAC
Mondays at 18:00



ALBI

Gourmet evenings and evening markets

Place Sainte-Cécile
Super evenings to share
dishes created with
local produce and enjoy
musical animation.
Eat on the spot!

A TIP

Other places to add to
your diary on page 5!

CHRISTMAS MARKET

Thirty or so chalets set up every year
in the Jardin National in Albi.

Here you'll find ideas for gifts with
the various craftspeople and enjoy the mulled wine,
gingerbread and other delicacies.
It'll put you in the mood for Christmas!



EATING AT THE MARKET

*Eat in the heart of Albi's
covered market!*

LA LOGE AU GRAIN
*produces fish or meat dishes,
fresh from the market.*



FOR BARGAIN HUNTERS

FLEA MARKET

Every Saturday morning
from 07:00 to 13:00 in the
Halle du Castelvieux.

📍 *Place du Foirail
just a few steps from
the cathedral*



*List of antique dealers,
"brocanteurs" and calendar*

FEEL LIKE... — hiking



1

URBAN WALK

The **Échappée Verte** trail is on the GR® 36, and the path is 4km long in four stages. In part, it follows the banks of the Tarn below the Berbie Palace and the Pont-Vieux. It's a place for relaxation, for sport but also a departure point for cruises on sailing barges (gabarres). Of course you can jog, have a picnic or just a gentle stroll – a good way to disconnect from the town!

DIFFICULTY:

STARTING POINT: "Le sentier des berges": by the cathedral carpark - "le sentier sauvage": between the Pont Neuf and the avenue du Loirat and "le sentier de la Mouline": from the avenue du Loirat to the Planques carpark.

OVERALL DISTANCE: 8 km round-trip

DURATION: 2 hours return

(NB stepping stones can be difficult.)


THAT LITTLE EXTRA

Informative panels on flora and fauna for children can be seen on the trail from la Mouline. Information documents from the Albi Tourism Office.



Audio Échappée Verte

WALKS

 easy  average  difficult

Twenty-one varied routes for walkers ranging from 1.6km to 19km across the region. A riverside hike and two GR® also cross the region.



2

GR® 36

This GR® (hiking trail) covers around 232km in the Tarn and is a remarkable escapade that visits all the splendours of the département. This trail will take you from medieval walled villages to the plains of the Tarn, the isthmus of Ambialet, the granite plateau of Sidobre and the Montagne Noire in the south.

DIFFICULTY:  

STARTING POINT: Tarn - Vallée du Tarn: Albi > Saint-Juéry > Marsal > [Ambialet](#)

> [Villeneuve-sur-Tarn](#) > Alban >

Paulinet > Rayssac > Mont-Roc
DISTANCE COVERED: Tarn Valley section:

88,5 km out of 232 km
DURATION: Tarn Valley section: 4 days out of 12

MARKING: red and white






3

GR® 736, GORGES AND TARN VALLEY

This new itinerary starts from the source of the Tarn in the Lozère, crosses the Causses, Gorges du Tarn, Raspes, the Tarn Valley and ends in Albi.

It takes you through Lozère, Aveyron and the Tarn. **15 stages** and 300 km that reveal the nature of this watercourse across the Massif Central. The trail can be covered on foot, by ATB, sometimes by canoe or on horseback. Topoguide published in 2023.

DIFFICULTY:   

STARTING POINT: Le Mas de la Barque (Lozère)

ARRIVAL POINT: Albi (Tarn)




HEIGHT DIFFERENCE: 1,231 m

DISTANCE COVERED: 300 km

DURATION: 15 stages

MARKING: red and white

WALKS

 easy  average  difficult



4

PATH FROM CABANNES TO AMBIALET

Start beside the Tarn then climb up into the forest, across lanes and fields.

Once on the plateau there are panoramic views of the landscape. On the way down, through broom and heather there are wonderful views of the meandering Tarn that describes a long loop of 3km around a shale peak.

DIFFICULTY: 

STARTING POINT: Place du village 81430 Ambialet

DISTANCE: 9 km

DURATION: 2h45

HEIGHT DIFFERENCE: 330 m



5

THE CORNICHES AT FRAISSINES

The corniches of the Tarn wind round the steep sides of the river, in spring covered with young heather, to create a loop of 10.5km starting from Fraissines. Wonderful scenery on offer – the valley and the plateaux. In summer, the Callune heather sets of the violet of the Puech slopes. Partly shaded

DIFFICULTY: 

STARTING POINT: Fraissines church 81340 Fraissines

DISTANCE: 10,5 km

DURATION: 3h

HEIGHT DIFFERENCE: 480 m



21 HIKERS' TRAILS IN THE TARN VALLEY

are available across the region, a delight for lovers of walks! Information leaflets on sale in the Tourism Offices, at the Walkers Centre in Albi and on the Balade Rando Tarn app that lists 148 circuits across the département.



Balade Rando Tarn

AROUND AND ABOUT



AROUND AND ABOUT

The “Bastides albigeoises”

**If you love nature and history, take the little country lanes and seek out the hilltop villages of the Tarn.
A total change of scenery!**



ONE DAY CAR TOUR FROM ALBI

1

CORDES-SUR-CIEL

25 KM FROM ALBI



Just 30 minutes from Albi, this village must be visited! Chosen as the French people's favourite village in 2014, its medieval streets are full of 800 years of history and the valley that surrounds it. For foodies: try the village speciality: le croquant de Cordes!



2

PENNE

24 KM FROM CORDES-SUR-CIEL

Your route continues towards another exceptional site hidden in the Grésigne forest. Penne has an amazing panorama on the Gorges of the Aveyron and the forest. Perched on its rocky spur, it is dominated by the ruins of a château (open to visitors) that seems to defy the laws of gravity.

3

BRUNIQUÉL

10 KM FROM PENNE

At the mouth of the Gorges of the Aveyron, another medieval village awaits. The climb up to the château via narrow, flowery street with lovely houses from the 14th, 15th and 16th centuries is really worth the effort. Don't miss the châteaux made famous in the film "Le Vieux fusil".

4

PUYCELSI

13 KM FROM BRUNIQUÉL



Classified as being amongst "les plus beaux villages de France", Puycelsi is a fortress that seems to shoot out of the forest as if by magic.

5

CASTELNAU DE MONTMIRAL

13 KM FROM PUYCELSI



Castelnau-de-Montmiral, "Le mont d'où l'on voit", is true to its name as it has an unforgettable view over the Grésigne forest. You'll love the muddle of little streets and lanes.

AROUND AND ABOUT

The wine of Gaillac

The vineyards of Gaillac, some 2,000 years of age, are some of the oldest in France!
Reds, whites and rosés: a broad palette is on offer!
This circuit blends history, tradition and savoir-faire.



Alcohol abuse is dangerous for your health; consume with moderation



ONE DAY CAR TOUR FROM ALBI

1

GAILLAC

22 KM FROM ALBI

Start with a visit to the Abbaye Saint- Michel, its museum and the Maison des vins for a tasting-initiation and thus discover the different grape varieties.

2

MONTANS

4,8 KM FROM GAILLAC

Continue via Archéosite, an invitation to travel in time, an original way to experience archaeology! Archéosite offers visitors of all ages fun yet educational activities year-round.

3

LISLE-SUR-TARN

31,4 KM FROM MONTANS

The charm of this village is due to the Place aux Couverts, decorated with Griffoul's fountain, the biggest in the South-West and its old, corbelled houses in stone. An essential stop at the Musée du chocolat: the art of sculpture meets the chocolate-maker!

The salon de thé awaits after the visit.



RECOMMANDATION

Enjoy a visit to the winemakers and meet these enthusiasts in the heart of their surroundings.

A list of winemakers is available at the Albi Tourist Office

UNMISSABLE

Aperitif-concerts in summer at a winemakers or in the garden of the Maison des vins.



List of winemakers

AROUND AND ABOUT

Between the Tarn and the Aveyron

A short drive through the centre of the Tarn before meeting the Upper Tarn Valley in the Aveyron département. Shared between them are two waterfalls and two châteaux, a wonderful blend of nature and history around the Tarn Valley!



Coupiac château

1

COUPIAC CHÂTEAU

25 MINUTES FROM AMBIALET

Built in the mid-15th century, this medieval château overlooks the village of Coupiac. Wander through the numerous rooms seeking its history and the carefully preserved Gothic architecture, guided by the illustrated panels and permanent exhibitions.



3

ARIFAT FALLS

40 MINUTES FROM AMBIALET

Nature at its finest: the water from these falls hurtling down a narrow, chaotic gorge is a real spectacle. Starting from the château, a 3km pedestrian path leads to a magnificent viewpoint walking alongside the falls.

A TIP



We talk about journey time rather than distance in this area, as the roads are definitely not straight!



Baumes falls

2

THE VILLAGE OF BROUSSE-LE-CHÂTEAU

30 MINUTES FROM AMBIALET



In the south of the Aveyron, not far from Albi, Rodez and Millau, this little village is listed as one of the "plus beaux villages de France" and was built around the château, a real fortress with its defensive architecture clearly visible: a keep, a succession of towers and the ramparts crowned with battlements and many arrow slits.

4

BAUMES FALLS AT SAINT-ROME DE TARN

1H05 FROM AMBIALET

The melody of the little Lévêjac stream sings out in the village of Saint-Rome-de-Tarn, with its wonderful waterfalls. The best known and the most spectacular is the Cascade des Baumes, emblem of the village. An 18m fall into the emerald waters of the Tarn is the end for this peaceful stream!



AROUND AND ABOUT

Between the Valley and Gorges of the Tarn

There are many sites to visit close to Albi and the Tarn Valley. Heading towards the gorges, roam the Aveyron by going upriver and making a detour via the famous “caves de Roquefort”!



Micropolis

1

PARELOUP LAKE

1H FROM AMBIALET

A virtual interior sea, this lake has a circumference of 130km and is surrounded by fields and campsites. Three beaches (supervised in July & August), are equipped with sanitary facilities, showers, picnic tables and play areas.



3

MICROPOLIS, INSECT CITY

1H20 FROM AMBIALET

In the magnificent natural setting of Saint-Léons, the Micropolis City of Insects is unique in Europe. Throughout the visit, live insects from the four corners of the world invite you to understand them. Some disguise themselves as twigs, others work as a team... Various equipment, animations and meeting the keepers enables a better understanding of these tiny creatures' world and biodiversity.



The Tarn Gorges

2

ROQUEFORT CAVES

1H10 FROM AMBIALET

Famous for its cheese, Roquefort-sur-Soulzon is set in an exceptional geological site, constructed in a zone of fallen rock from the "cause calcaire" of the Larzac at the foot of the Combalou plateau. Over 2km long and 300m wide, these are natural cavities riddled with a vast network of faults, known as fleurines, today given over to the maturing of the most famous blue cheese. Several caves are open to visitors and for tastin!

4

THE TARN GORGES

1H50 FROM AMBIALET

Don't look for the Gorges du Tarn here, they're 120km upstream in Lozère! The impressive Tarn Gorges are above Millau, at the start of the valley. Whether you visit as a walker, canoeist or as a climber, these landscapes, villages and picturesque châteaux will take your breath away.



THAT LITTLE EXTRA

Be blown away by the grandiose scenery; take [the roads beside the river](#).

GOOD IDEAS



ALBI CITY PASS

A MUST FOR YOUR VISITS WITH
LOADS OF GOOD IDEAS!

**DISCOVER, VISIT, GET AROUND,
SAVOUR, ENJOY PRIVILEGED
ACCESS.**

• **Two no-queueing tickets included:**

> entrance to the Musée Toulouse-Lautrec to see the permanent exhibitions.

> entrance to the choir and treasure of the cathedral with audio-guide (reopens end of August 2022).

• **reductions for other visits,** activities and discoveries.

• **Advantages** with our shopping and restaurant partners.

**ALBI WITHOUT RUSHING, AT YOUR
SPEED. ENJOY YOUR VISIT.**



Discover all the offers of the Pass



15€ On sale at the Tourism
Office or on line at
www.albi-tourisme.fr

We welcome dogs in Albi!

Ask for the "Toutourisme" brochure!



INFO



ALBI TOURISM OFFICE



42 rue Mariès 81000 ALBI
05 63 36 36 00
accueil@albitourisme.com
www.albi-tourisme.fr
Follow us on @albitourisme

A PROFESSIONAL TEAM HERE TO HELP YOU

- Experts on the destination to give you the best advice.
- A boutique that is an emblem of the destination with a selection of local products "made in Tarn".
- Ticket office for show and events.
- Wi-Fi.
- Coworking area.



OPENING TIMES



TARN VALLEY AND MONTS DE L'ALBIGOIS TOURISM OFFICE

RECEPTION POINTS

• Tourist information office at Ambialet

Le Bourg 81430 Ambialet
Open from June to September

• Tourist information office at Trébas-les-Bains

Le Bourg 81430 Trébas-les-Bains
Open in July & August

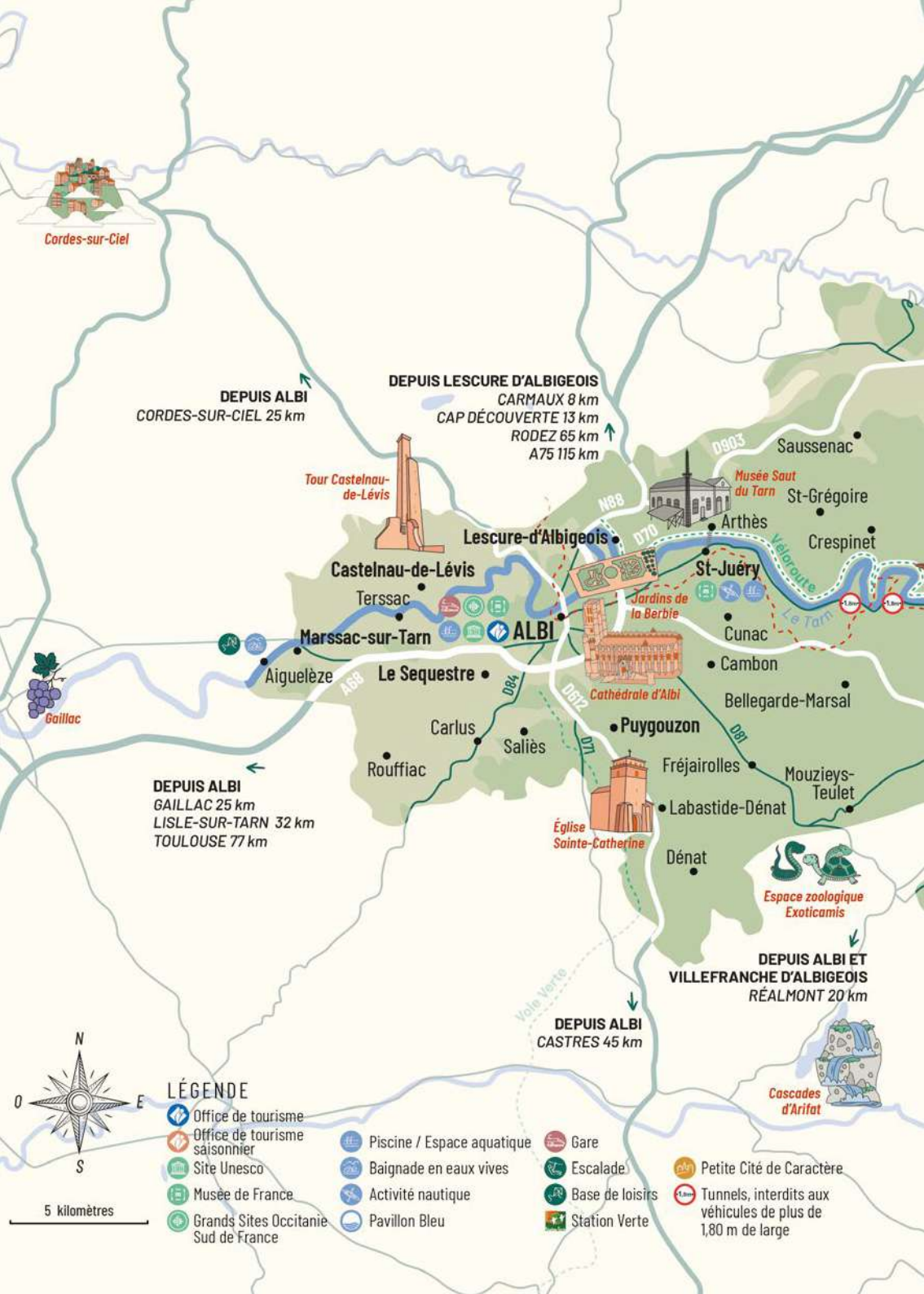
CONTACT (year-round)

05 63 55 39 14 / 07 88 40 23 08
accueil.tourisme@valleedutarn.fr
www.valleedutarn-tourisme.com
Follow us on @valleedutarn



OPENING TIMES





Cordes-sur-Ciel

DEPUIS ALBI
CORDES-SUR-CIEL 25 km

DEPUIS LESCUR D'ALBIGOIS
CARMAUX 8 km
CAP DÉCOUVERTE 13 km
RODEZ 65 km
A75 115 km

Tour Castelnaud-de-Lévis

Lescure d'Albigeois

Castelnaud-de-Lévis

Terressac

Marssac-sur-Tarn

ALBI

Le Sequestre

Aïguelèze

Carlus

Rouffiac

Salies

Le Sequestre

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Sausсенac

Musée Saut du Tarn

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Espace zoologique Exoticamis

DEPUIS ALBI ET
VILLEFRANCHE D'ALBIGOIS
RÉALMONT 20 km

DEPUIS ALBI

CASTRES 45 km



Cascades d'Arifat

LÉGENDE

- Office de tourisme
- Office de tourisme saisonnier
- Site Unesco
- Musée de France
- Grands Sites Occitanie Sud de France

- Piscine / Espace aquatique
- Baignade en eaux vives
- Activité nautique
- Pavillon Bleu

- Gare
- Escalade
- Base de loisirs
- Station Verte

- Petite Cité de Caractère
- Tunnels, interdits aux véhicules de plus de 1,80 m de large





Lédas-et-Penthiès

Le Cérrou

Lacapelle-Pinet

Padiès

Faussergues

DEPUIS VALENCE D'ALBIGOIS
RÉQUISTA 13 km

Andouque

Valence-d'Albigeois

Le Dourn



Brousse le Château

St-Julien-Gaulène

St-Michel-Labadié

Forêt de Sérénac

Courris

Assac

Cadix

GR 736

Fraissines

Sérénac

St-Cirque

Presqu'île d'Ambialet

Ambialet

Trébas-les-Bains



Château de Coupiac

Bac de Pécotte

St-André

Lac de la Franquèze

Curvalle

Fresques de Greschny

Villefranche-d'Albigeois

Le Fraysse



Alban

Miolles

AVEYRON

D74

D999

GR 36

Massals

DEPUIS ALBAN
ST-AFFRIQUE 50 km
ROQUEFORT 61 km
A75 76 km
MILLAU 78 km



Viaduc de Millau

Château de Grandval

Teillet

Paulinet

Le Darou

Lac de Razisse

Rayssac

Mont-Roc

DISCOVERY GUIDE

albi
OFFICE DE
TOURISME



VALLÉE DU TARN
& MONTS DE L'ALBIGEOIS



TOURISME | OCCITANIE

