

# TRAVEL GUIDE

Monts & Lacs

in Haut-Languedoc

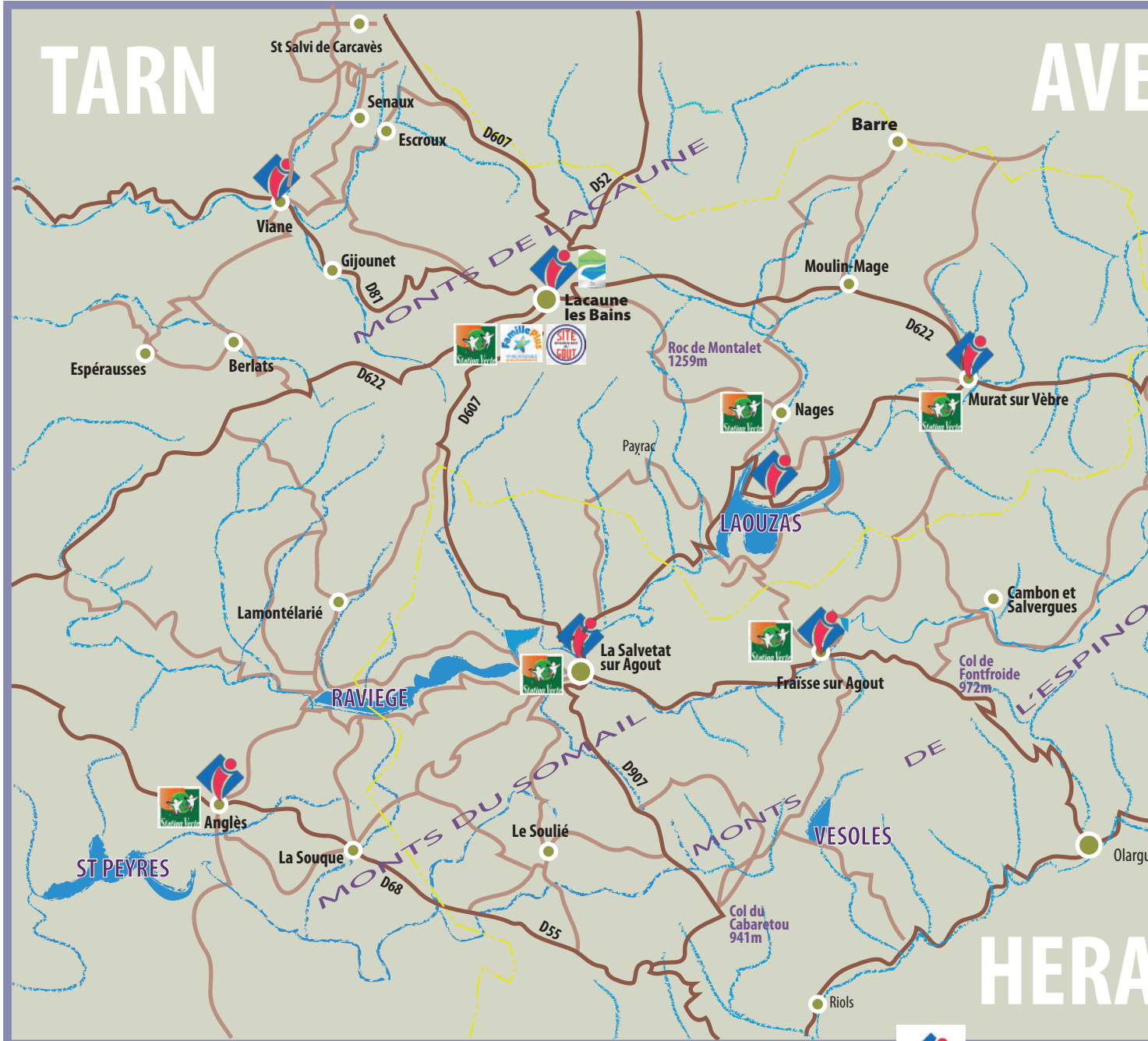


Cœur d'Occitanie



# TARN

# AVE



**Tourist Inform**

## ACCES



### By road

From Paris : A6 - A10 - A71 - A75  
 From Toulouse through Castres or Albi : A68 - D999  
 From Bordeaux through Montauban : A62 - A68 - D999  
 From Millau : D999 - D32  
 From Montpellier : A750 - D908 - D922 - D622  
 From Béziers : D909 - D922 - D622



### By rail

Rail stations (SNCF)  
 Castres / Mazamet / Albi / Béziers /  
 Bédarieux / Montpellier  
 Informations : 36 35



### By bus

Tarn  
 Lio - Tarn Bus :  
 Albi - Lacagne les Bains / n°708  
 Castres - Lacagne les Bains - Murat sur Vèbre / n°763  
 Castres - Vabre - Lacagne les Bains / n°766  
 information and booking : 08 06 99 00 81  
<http://tarnbus.tarn.fr>

### Hérault

Hérault Transports :  
 Béziers - La Salvetat sur Agout / n°645  
 Information and booking : 04 34 88 89 99  
<http://herault-transport.fr>



### By plane

Toulouse - Blagnac  
 Tel. : 0 825 380 0  
 Castres - Mazamet Air  
 Tel. : 05 63 70 34 77  
 Béziers - Cap Agde Air  
 Tél. : 04 67 80 99 09  
 Montpellier - Méditerranée  
 Tel. : 08 25 83 00 03

# YRON



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nac Airport  
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irport

rrannée Airport

## The tourist office is at your disposal.

Our team pays attention to your needs to make your stay one to remember in Monts & Lacs in Haut-Languedoc

05.32.11.09.45

[contact@tourismemhl.fr](mailto:contact@tourismemhl.fr)

[www.tourisme-montsetlacsenhautlanguedoc.fr](http://www.tourisme-montsetlacsenhautlanguedoc.fr)



### Anglès Tourist Information Office

Route de Saint Pons  
81260 Anglès  
Ouvert toute l'année

### Fraïsse sur Agoût Tourist Information Office

Route de La Salvetat sur Agoût  
34330 Fraïsse sur Agoût  
Ouvert d'avril à octobre

### Lacaune les Bains Tourist Information Office

Place du Général de Gaulle  
81230 Lacaune les Bains  
Ouvert toute l'année

### Salvetat sur Agout Tourist Information Office

Place des Archers  
34330 La Salvetat sur Agoût  
Ouvert toute l'année

### Murat sur Vèbre Tourist Information Office

10, rue de la salle des fêtes  
81320 Murat sur Vèbre  
Ouvert toute l'année

### Lac du laouzas Tourist Information Office

Rieumontagné  
81320 Nages  
Ouvert d'avril à octobre

### Viane Tourist Information Office

5, avenue Elysée Gaches  
81530 Viane  
Ouvert toute l'année



The tourist office of Monts & Lacs in Haut-Languedoc is classified in Catégorie I and bears the national brand « Qualité Tourisme ». We are at your disposal and we commit to give you a warm welcome, a comfortable space, our knowledge of the region and a free wifi access.



Lacaune-les-Bains Tourist Information Office has been given the « Tourisme & Handicap » award for physical and mental disabilities. The staff ensure a quality welcome for the disabled. An accessible and adequate offering for the disabled is proposed throughout the Monts & Lacs en Haut-Languedoc.



"Monts & Lacs en Haut-Languedoc" is an ideal destination for a family trip ! The label "Pitchouns", granted to many sites to be visited or restaurants, ensures an adequate welcome to children and their family !



The town of Lacaune has been given the "Famille Plus" award. Animations et activities suitable for all ages, smart fees, practical information, aware professional... Everything to make your family trip a true success !



## Welcome in Monts & Lacs in Haut-Languedoc

In the heart of the Haut-Languedoc Regional Natural Park, lying in both Tarn and Hérault, our destination immerses yourself in the green of its forest, the blue of its four lakes and the purple of its heather blooms.

We are only two hours away from the metropolitan areas of Toulouse and Montpellier, and yet the change of scenery is guaranteed !

A variety of sceneries for open air activities lovers, a land preserved by mysterious standing stones for curious visitors, a multitude of local taste for gourmets, a low mountain range to get fresh air on summer and enjoy snowy landscapes on winter, but also and moreover, a place to be to relax and forget the daily life !





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## Follow us on social networks !

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Tourisme Monts & Lacs en Haut-Languedoc



montsetlacsenhautlanguedoc



Monts & Lacs en Haut-Languedoc



Share the best holidays snaps with  
the hashtag

**#fantasticmontsetlacs**



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# Zoom on... The CAROUX !



The Caroux is the eastern end of the Espinouse Mountains, in the heart of the Haut-Languedoc Regional Natural Park. It consists of a plateau that culminates at an altitude of 1091 meters and is limited to the west by the gorges of Héric, to the east by the gorges of Colombières and to the south by the Orb valley. This mountain of mystery remains a treasure in our landscape where the gold of the broom, the fushia of the heather and the green of the forests mingle: an incomparable and unique spectacle for visitors !

Privileged land of adventures, it is the favourite place for climbing enthusiasts, hikers and also for the Royal Eagle and the Mediterranean «Mouflon» ! This emblematic animal is now the master of the place ! Introduced

between 1956 and 1960, in one of the wildest valleys of the Caroux massif, the Mediterranean mouflon population is today one of the largest in France!

*The Caroux is locally called the "lying woman" because of its shape that recalls a woman's body. According to legend, Cebenna, the Titans' daughter, was damned by Zeus to hope for love without ever reaching it. Filled with sorrow, she came to the top of the mountain to die. Nature, moved by her fate, made her a jewel case for eternity. Thus the body of Cebenna lends forever its shape to the Caroux massif and hers tears form the stream of Héric that still flows today.*







# Holidays 100% NATURE





Take a breath of fresh air in Monts & Lacs in Haut-Languedoc! Dream destination for hiking: explore our territory on foot, on two wheels or on horseback. Amateurs of strong sensations, you will be delighted to climb our mid-mountain massifs. As for those who are hooked, there is no shortage of lakes and rivers!



# Hiking

Located in the heart of the Haut-Languedoc Regional Natural Park, our destination is a privileged place for hiking. Between Caroux, Espinouse and Monts de Lacaune, qualified trails from 1h to 8h30 walk take you in the woods, on the edge of lakes and streams or on the summits of the departments of Hérault and Tarn . Whether you are a fan of walking or a Sunday hiker, you will surely find your happiness among more than 30 hiking tours (400 km) that criss-cross our territory.

Hiking for several days is also possible! The «En suivant l'Enfant Sauvage» circuit (52 km) reserves 3 days of roaming between Lacaune, La Salvetat and Laouzas. The GR de Pays «Hautes Terres d'Oc» (10 days hiking) and «Montagne du Haut-Languedoc» (20 days hiking) will delight the most experienced walkers!

**Hiking sheets and topoguides are available at the tourist information offices.**





# *The way of Saint Jacques de Compostelle*

The Way of Arles (or Via Tolosana) is one of the oldest paths of Saint James listed as a UNESCO World Heritage Site. Since several centuries, pilgrims and hikers have been making this pilgrimage to repair their faults or sins ... but also out of a taste for trial, challenge or achievement !

The Via Tolosana crosses a part of our territory. From Saint-Gervais-sur-Mare, the road stops at Murat-sur-Vèbre, La Salvetat-sur-Agoût and finally at Anglès. This 42 km stretch hides exceptional natural landscapes as well as a rich cultural heritage: the chapel of Sainte Eutrope in Castanet-le-Haut, the apse of the church of Saint-Etienne de Murat, the Black Virgin «Notre Dame d'Entraigues» in La Salvetat-sur-Agoût...

Each stop offers accommodation (gîtes d'étape, hotels, chambres d'hôtes ... ) to enjoy a well deserved rest and regain strength !







# Cycle tourism

You like to take your time? Admire the landscapes? Discover the cultural heritage? Put on your helmet and go for a cyclo ride! Lakes, viewpoints, a wash house, a standing stone ... Our tours (from 24 to 73 km) hold a lot of surprises for you! Keep your eyes open !

## VTT

Straddling the departments of Tarn and Hérault, our destination is lucky enough to have not one but two areas with the VTT-FFC label: "Hautes Terres d'Oc" (n°8) and "La Salvetat Haut-Languedoc" (n°55). Mountain biking in the Monts & Lacs in Haut-Languedoc means hurtling down more than 50 marked trails (1300 km) in the middle of hilly landscapes or on downhill tracks!

**Topoguides available at tourist information offices**







## *Riding*

Trot, gallop, step ... let yourself be carried through the landscapes of the Monts & Lacs in Haut-Languedoc! Perched on your horse, at your own pace, walk our trails away from traffic. On the edge of lakes, in the woods, on top of the mountain ... let free up ! Professionals also offer their services and mane companions to combine holidays and passion. Donkey rides, horse rides, initiations, carriage rides ... Saddle up!







# Fishing

A must to do sport in the Monts & Lacs of Haut-Languedoc, fishing takes its place throughout the destination. Six lakes and streams are classified in the 1st category (Vésoles, Agoût, Dadou, Vèbre, Gijou and Arn), two of them allow this practice all year round (The Laouzas and Saints-Peyres) and one is classified as «large inland lake and mountain lake» (La Raviège). Here you will engage in all types of fishing: night carp, lake, river, fly, no-kill ... whether you are beginners, specialists or with reduced mobility (pontoons)! Teasing fish, it is also for children! In ponds, on fishing paths made for the youngest, in fish farms ... , ask for your fishing gear and enjoy a «fishing» moment with your family!





# Climbing

Wild landscapes, an altitude of medium mountains ... climb peaks in Monts & Lacs in Haut-Languedoc ! Our destination, especially the Caroux massif, is of unique interest for climbing and mountaineering. Famous climbers made their ascent there : Fraissinet, Azéma, Desmaison, Flematti ... Not to be missed : the climbing school site of «La Fage», its paths accessible to beginners and its stream to cool off after the effort !



# Canyoning

Canyoning is a combination of swift water walking, swimming, abseiling and crossing of slides... It's great fun to follow the bed of a river encased in beautiful and amazing places, almost inaccessible otherwise. Some professionals can also design a tour to your specifications : with your family, sports lovers, those looking for thrills...



# Triathlons & Trails!

Are you sporty? Do you like challenges? Choose our destination to push back your limits! This year, three major sporting events:

the Fitdays mgen (July),  
the Trail de la Ravière (August)  
and the Charcu' trails (September).



## Races in the wilderness

Long ascents and descents, varied and rugged terrain, sometimes snowy peaks, and nature as far as the eye can see . . . You are in the middle of the mountains : the ideal playground for trail riding!



# The FITdays mgen 2020

For the third consecutive year, the Fitdays mgen stop in Monts & Lacs in Haut-Languedoc. This major event highlights the benefits of a sport and triathlon in particular. This discipline has three steps : swimming in open water, a cycling course and finally, a running race. From 10 to 14 July, the champions of the discipline, as well as the insiders or beginners, will push back their limits around the lake of the Raviège in La Salvetat-sur-Agoût and the lake of Laouzas in Nages. The mgen Fitdays is also an opportunity to practise sports with your family ! The youngest athletes will be able to team up with their parents, grandparents, brothers and sisters, or even learn to eat better and move better, separate waste and even become a firefighter in the Village «sport-santé» !





# Holidays 100% refreshing





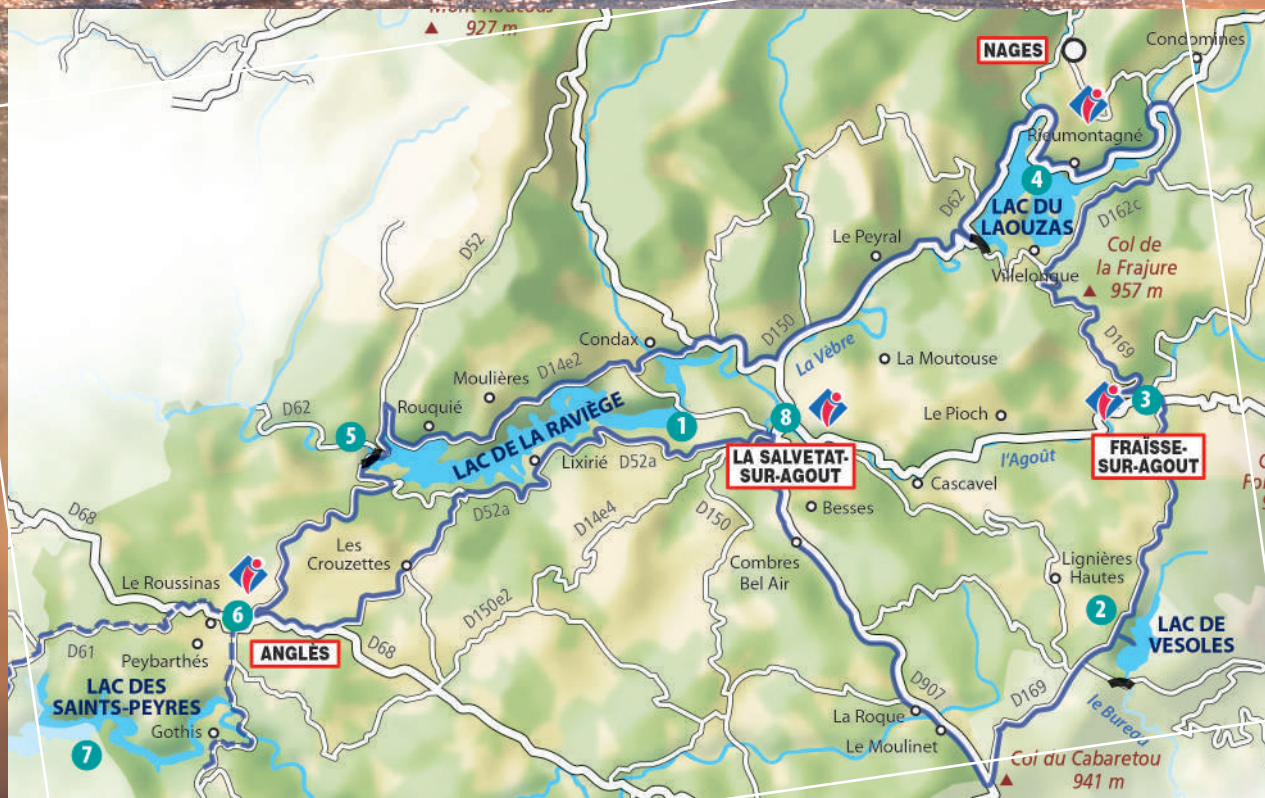


Start your morning with a splash ? Lakes, swimming pools, water activities... you will take to it like a duck to water in Monts & Lacs in Haut-Languedoc !!



# Drive along the lakes road...

Forests, mountains, lakes... Are you in Canada ?  
No !! You are in Monts & Lacs in Haut-Languedoc. Here,  
four lakes make a blue splash among a wide range of sce-  
neries. By motorbike, vintage cars, motorhome... follow  
the Route des Lacs for an excursion along the water!





## Fun and thrill on Lac de La Ravière



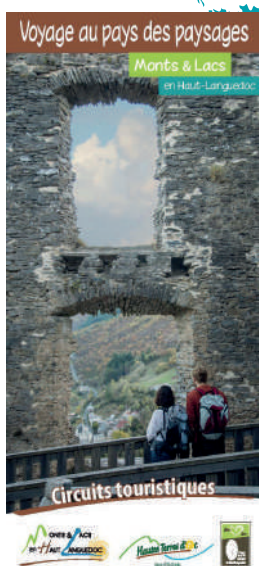
## Bathe or laze away the day at the lake of Laouzas



## Walk around the Lake of the St Peyres



## Dive into the légend of the Saut de Vesoles



***The right plan not to miss anything!!***

***To appreciate the beauty of our lands and the hidden heritage of our villages, let yourself be guided by our 4 tourist circuits from 63 to 160 km.***





**Boat**  
**Pedal boats**  
**Canoe**  
**Stand-up paddle**  
**Kayak**  
**Windsurfing**  
**Caravel Optimist**  
**Catamaran**

## Leisure parks

The Monts & Lacs in Haut-Languedoc register four leisure parks. You want to let off steam and practice water activities ? Head off the leisure park of the lake of Laouzas (Nages) or of the Bouldouïres (La Salvetat-sur-Agoût). You would rather be far from the crowd and just want to cool off ? Spread your bath towel at the leisure park of the Gua des Brasses (La Salvetat-sur-Agoût). You come with your family and look for outdoors games to keep busy your little darlings ? Go to the leisure park of the Rabaudié (Viane).



# *L'Espace des Sources Chaudes*

Open all year round, this leisure and sports swimming pool is fed by naturally hot spring water formerly used for the thermal baths of Lacaune-les-bains. Inside, paddling pool, water mushroom . . . for the «pitchouns». For older ones, swimming lines and fitness and balneo areas.

In summer, the outdoor pool with its spring water leaves your skin feeling soft! Bubble benches, a river with a current, without forgetting the slide and the pentagliss, . . . will please everyone ! Finally, the beautiful lawns and deckchairs are just waiting for you for a lazy break!



## *Outdoor swimming pools*

A swimming pool in the middle of the trees or on the edge of a lake, it is possible! From mid-June to mid-September, take advantage of the heated paddling pool or swimming pool while enjoying the sublime view of the Lac du Laouzas and its peninsula. In the summer, at the Bouldouires beach, refresh yourself in the outdoor pool and its multiple pools (paddling pool, medium and large) or sunbathe on its sunny terrace. Are you spending your vacation with small children? The small heated pool of the Rabaudié, open in July and August, is made for you!





# Holidays 100% RELAX



## Bubbles, modelling, care, ... only happiness!

Holidays are also about taking care of yourself. Nestled in a beech forest or on the edge of the Laouzas Lake, choose your moment of relaxation !

### **THE «SOURCES CHAUDES» WELLNESS CENTRE**

Located in Lacaune-les-Bains, this complex promises you moments of pure relaxation in the heart of nature. Hydromassage jet pool, hammam, sauna, herbal tea room ...

Warm in the outdoor jacuzzi, admire the scenery, the sunset and sometimes even the snowy landscape ! You want some more? Modelling, foot reflexology, shiatsu, watsu ... Professionals are here to pamper you.

### **THE RELAXATION AND WELL-BEING AREA OF THE LAKE OF LAOUZAS**

For an hour or more, you are at home in the Laouzas Relaxation and Well-being area ! Comfortably installed in the spa, look out the window : the Lac du Laouzas stretches out before your eyes! Once relaxed, go to the sauna for a few minutes : bye, bye fatigue, muscle aches and pains and everyday stress!

*Spa, massages, beauty treatments ... accommodation providers and institutes also promise you real relaxing holidays!*





# Find the time again to take the time...

Need to recharge your batteries, take a break? Take a deep breath of oxygen! Listen to the silence that speaks to you, look at the water that quivers, immerse yourself in this authentic environment that is relaxing for the eyes and for the mind. After all... the simplest things are often the best!





# Holidays 100% AUTHENTIC







Small bridges, fountains, old ovens, mills, old doors, temples, churches, chapels, . . . the Monts & Lakes in Haut-Languedoc are rich with their past.





La Salvetat-sur-Agoût



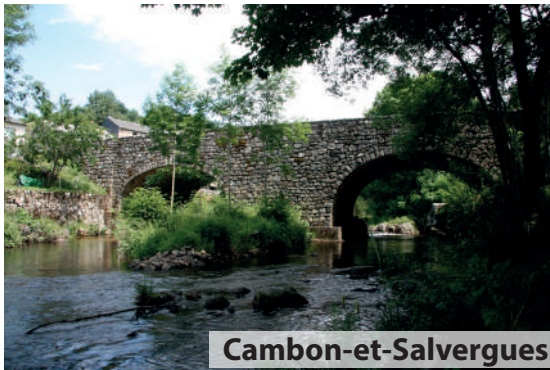
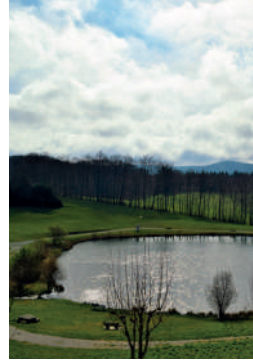
Lamontélarié



Viane



Fraisse-sur-Agoût



Cambon-et-Salvergues

# Our villages



Gijounet



Escroux



Anglès







**Espérausses**



**Senaux**



**St Salvi de Carcaves**



**Le Soulié**



**Douch - Rosis**



**Nages**



**Lacaune les Bains**



**Barre**



**Castanet-le-Haut**



**Berlats**



**Murat-sur-Vèbre**



**Moulin-Mage**





**Maison de Payrac**  
**Open from May to September.**

Observation of the rural mountain habitat in an exceptional natural site that mixes flavours, meetings, workshops, games and demonstrations.

**Tours du château de Nages**  
**Open in July and August.**

Climb up the majestic staircase of the Count of Thézan's castle to reach two beautiful rooms and a round tower.



**Conservatoire du presbytère de Tastavy**  
**Open in July and August.**

Discovery of the Catholic religious heritage of yesterday and today, in the Monts de Lacagne and Haut-Languedoc area.

# Our museums



**Filature Ramond**  
**Open from June 15 to September 15.**

Immerse yourself in the atmosphere of an 1841 spinning mill. Your guide will operate, in front of you, machines from the 19th century, always in working order.



**Maison du Mouflon et du Caroux**  
**Open from mid-April to mid-September.**

The ecosystems, the environment, the flora, the fauna (including the majestic mouflon)... The Caroux massif will no longer hold any secrets for you !



**Musée des battages à l'ancienne**  
**Open from June to September, by appointment.**

In addition to the small agricultural equipment of the period, this museum area displays 110 tractors dating from 1921 to the 1960s.







**Musée du Vieux Lacaune**  
**Open from mid-May to September .**  
 Discover the daily life of Lacaune inhabitants from 1700 to 1945 (reconstructions of life scenes) through 15 exhibition rooms.



**Maison de la Charcuterie**  
**Open from June 15 to September 15.**  
 Lacaune's charcuterie has been made and enjoyed for several centuries. Discover its fascinating history!



**Musée des voitures anciennes**  
**Open all year round, by appointment.**  
 Visit of a private collection of about twenty cars dating from the 20s to the 70s.



**Musée de la vie paysanne**  
**Open from May to September.**  
 Site dedicated to the conservation and transmission of rural heritage. Geology, ancient know-how... go back in time!



**Salaisons Oberti**  
**Open from mid-February to mid-November.**  
 Museum of the manufacture of Lacaune ham and exhibition of old machines, equipment and period objects.

**Lacaune Miniatures**  
**Open all year round by appointment**  
 Exhibition of more than 6000 miniature vehicles, to be discovered in the village.





# *From statue-menhirs to mute goddesses*

Land of legends and mysteries, the Monts & Lacs in Haut-Languedoc are adorned with one of the oldest megalithic statues in Europe. Sculpted and erected more than 5000 years ago, our statue-menhirs have been the silent witnesses of the life of the first inhabitants of our region, the first sedentary farmers, farmers and breeders of whom our current farmers are the worthy descendants. Sometimes feminine, sometimes masculine, eroded by thousands of years, they remain the guardians of their secrets . . .







## For more information ...

In Murat-sur-Vèbre, the Centre for the Interpretation of Megaliths unveils all their mysteries to you! Come and discover the life of Neolithic men and women, the first farmers and stockbreeders at the end of Prehistory and admire about fifteen of their stone works. A discovery circuit (to be done by car) will also allow you to go in search of these «mute goddesses» who mark out the Mounts & Lakes in Haut-Languedoc.

**The Megalith Interpretation Centre is open all year round.**



# Holidays 100% FAMILY



*Keeping the kids busy, not always easy...  
Really?! Here, we promise you a holiday full of  
adventure and discovery for the whole family.*



# Our friends, the animals... We investigate !

Câliner les agneaux, nourrir les poules, rencontrer les agriculteurs et goûter des produits frais... La visite d'une ferme est une activité incontournable pour toute la famille ! Besoin de prendre l'air ? Montez sur le dos d'un cheval, d'un âne ou d'un poney et laissez-vous guider !



Notre destination cache de nombreux trésors : églises, fontaines, anecdotes, ... Eveillez la curiosité de vos chères têtes blondes grâce aux jeux de piste! Un bon moyen de découvrir le patrimoine et l'histoire de nos villages... tout en s'amusant !



## « A mile on foot wears out your shoes... »

Hiking is also for the little ones! Here, we follow in the footsteps of a Wild Child, we look for the mysterious Drac, we discover nature and its fauna, ... All this over short distances and easily accessible trails. Choose your tour and go for a family outing!



## Let's blow off steam!

In Monts & Lacs in Haut-Languedoc, children are kings! They are allowed to dive into the water, climb trees, jump in the air and even ride a scooter at full speed! On holiday, and no matter how old you are, you're always on the move!



### **Focus on... Piéro, the children's mascot**

This little megalith knows our destination like the back of his hand. To make your stay with a family a success, follow the instructions in the guide «Adventures of Pitchouns».



# Holidays 100% BEST TREAT



A terroir, a know-how : an ideal combination to offer quality and seasonal products, some of which are recognised by labels. In Monts & Lacs in Haut-Languedoc, as we say in France "every parts is good in in the pig" !





## Delicatessen and cured meats

Situated on the historic "Salt Route" and subject to three climatic influences, our destination is the land of charcuterie. Here, we make everything: fresh products, cooked (bougnettes, melsats, fritons. . . ) but especially dried (salted meats). Lacaune Ham, with its melt-in-the-mouth texture and nutty taste, is the noblest expression of this and shares its success with sausage and salami. All three have moreover obtained, in 2015, an official sign of European quality: the Protected Geographical Indication. Two years later, the town of Lacaune-les-Bains was awarded the "Site remarquable du goût" label. Here, we "make charcuterie" as a family! The Millas and Oberti Houses welcome you to discover and taste their specialities during a visit.

## Drinks

A little thirsty? Our destination offers you several waters: Mont Roucous, low mineral content and particularly recommended for mothers and babies, and La Salvetat, finely sparkling, to be consumed during meals as well as throughout the day. For tea-time, a sweet touch: apple juice. Happy hour already? Treat yourself to a homemade beer (La "Saint Victor" produced in Nages or "La Montéliote" in Lamontelarié), unless you prefer a "Black Mountain" whisky. Consume in moderation !

## Cheese

Roquefort cheese, you have certainly already eaten some, but did you know that it is made exclusively from the milk of the Lacaune ewe? Bred on our land, this hardy breed is recognizable by its wool that covers only the upper parts of its body.

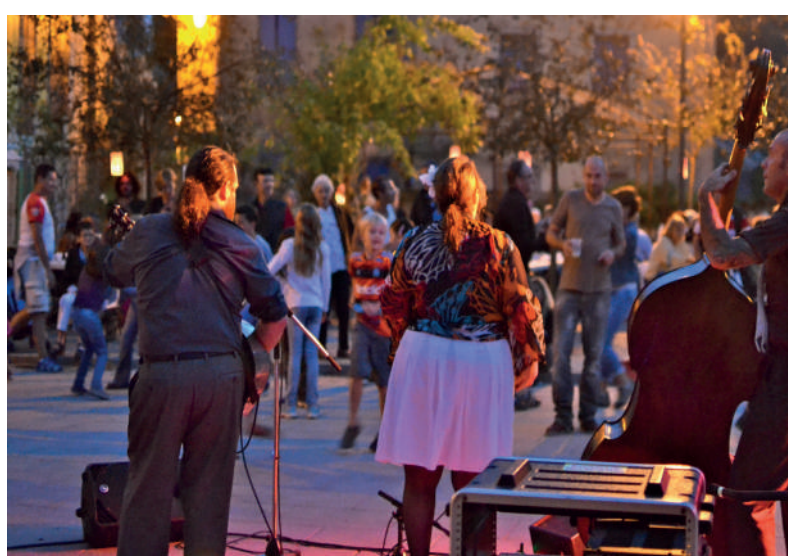
Goats and cows also go across our green meadows to offer us typical cheeses, to be enjoyed at the end of the meal, with jam for breakfast or in winter as raclette cheese !





# Holidays 100% ANIMATIONS

Animations for kids - Occitan Festival - Outdoor concerts  
- Races - Traditional and folkloric festival - Local produce  
markets and fairs - Casino...









# Monts & Lacs in Haut-Languedoc

Your destination in all seasons @tourismemontsetlacsenhautlanguedoc



#fantasticmontsetlacs



[www.tourisme-montsetlacsenhautlanguedoc.fr](http://www.tourisme-montsetlacsenhautlanguedoc.fr)



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