

Pure escape
*Evasiments
a edat pur*

A multi-faceted
country
Un país amb tantas caras

An exceptional
heritage
Un eiretatge excepcional del passat

Pure Nature *Natura prigonda*
Activities for all!
D'activitats per totes!

A palette
of colourful flavours
Una paleta de sabors acolorida

Born from the voluntary association of four communities of municipalities from the east of the Tarn-et-Garonne, the Pays Midi-Quercy offers strong diversity with complementary characteristics: soft green hills of Quercy Vert, alluvial plains of "les Terrasses et Vallée de l'Aveyron", gorges sculpted in the limestone versus agricultural plateaus of "Quercy Rouergue et Gorges de l'Aveyron", landscapes of bocage on the hills of the Bas-Quercy, dry and stony fields of the causse lotois versus humid valleys in the Quercy Caussadais.

The various landscapes reveal sub-soils that explain the variety of architectural material and the extensive palette of expertise: raw earth or clay bricks and tiles, stone, pebbles, etc. The Pays Midi-Quercy, territory of confluences and encounters, has been favourable since Prehistoric times to men who continue to forge its identity. The historic events that this territory has known have marked the landscape and allow us, even today, to enjoy the turbulent times. Just as medieval walled villages, hamlets or castle ruins provide a reminder of human settlements, so the countless examples of our rural heritage, such as barns, dovecotes, wells and wash houses stand as witness to life in the country.

This diversity, this natural and cultural heritage make today's Pays Midi-Quercy a land of inspiration for contemporary creators, a source of discovery for everyone.

The last of the French departments to be created (1808), Tarn-et-Garonne is made of land from neighbouring departments. This administrative reconstruction of the Department is the origin of the mosaic of landscapes and the natural regions that make up the Pays Midi-Quercy. This diversity is expressed in the very names of the Communities of municipalities that make it: Quercy and Causse for 'Quercy Caussadais', Quercy and Rouergue for 'Quercy Rouergue', the Aveyron plain and the terrasses for 'Terrasses et Vallée de l'Aveyron' and the woodland of Quercy for 'Quercy Vert'. This diversity provides the basis for the Pays Midi-Quercy's exceptional biodiversity, which derives from its numerous climatic influences and sub-soil varieties (schist, sandstone, limestone, alluvial deposits, sandy marls). The landscape of the Midi-Quercy region is deeply rooted in its soil and sub-soil, which impact



on the development of agricultural practices, and provide the region's traditional building materials. They also help explain the ecological diversity of its environment. At the East of La Bonnette, the former province of Rouergue is a country made of stones and bocage where slate and tile roofs show the transition towards the Massif Central. Causse, between La Bonnette and La Lère valleys, is characterised by open spaces, a landscape whitened by limestone outcrops and dry stone low walls along with particular vegetation such as juniper trees and pubescent oaks.



The coteaux of Monclar and Quercy are spread in successive hills and small valleys on which alternate vineyards, orchards, woodland, ploughed fields and plains often bordered with hedges. The Gorges of the Aveyron, lush and varied, provide pasture, crops and steep cliffs which surprise visitors who wander the wooded slopes that hide the cliff tops, before finishing in a large and quiet valley sheltering fruit trees.

The Pays Midi-Quercy displays great architectural and historical wealth. Many vestiges prove that men have occupied this site since Paleolithic times. From the year 1000, numerous abbeys, churches and castles have dotted the landscape. The medieval urban revolution left numerous very well preserved fortified villages. In all, there are 80 registered sites and monuments and 23 listed sites and monuments that were bequeathed by History to the territory of Midi-Quercy.



'From castles to fortified towns' *« Dels castèls a las bastidas »*

The first parishes appeared around the year 1000, providing the basis for more permanent settlements, which grew in number during the 12th and 13th centuries. This development was closely linked to the establishment of religious orders, which were keen to promote land clearance; the Cistercian abbey of Notre Dame de Beaulieu offers a fine example of monastic architecture. At the same time, the castra, a group of houses at the foot of a castle, under the protection of a lord or protected by a wall, were developed. These former castra



are still visible today. The development of the village of Bruniquel at the foot of its castles is a fine illustration, although the fortifications are long gone. The birth of fortified towns during the 13th century represents the peak of the period of land clearance and foreshadows the settlement of the land as we know it. The fortified towns are the product of a contract between a religious authority that provides land and a secular power that organises the construction. The Pays Midi-Quercy has 11 fortified towns of which Molières, Réalville and Verfeil-sur-Seye still show the major characteristics.

'Caves and dolmens' *« Caunas e pèiras levadas »*

The first human settlement goes back 350,000 years BCE. This previous human occupation is almost invisible in today's landscape. Midi-Quercy does, however, boast numerous dolmens dating mainly from the Copper Age. Almost one hundred of these mortuary monuments were discovered in 17 villages, including Saint-Antonin-Noble-Val which displays rare examples of restored and complete dolmens (dolmens of Pech) and Septfonds (dolmen of Finelle).

'In the footsteps of the Templars' *« Sus las pesadas dels Templiers »*

During the 12th and 13th centuries, the Knights Templar played an important role in the development of the region, before the order was suppressed in 1307. They created a flourishing commandery in Montricoux of which the keep, city walls and the church of St Pierre still bear the symbols on their walls. For the aficionado, other magnificent Templars' commanderies can be seen such as the one in Lacapelle-Livron and some can be visited such as the castle of Cas at Espinas.

Traditional architecture *Una bastenda tradicionala tipica*



The vernacular architecture is another element of the identity of Midi-Quercy, directly linked to local resources, to the material immediately available (earth, stone, pebbles), and inspiring a 'style' to each part of the region.



On foot, on mountain bike or on horseback, find yourself in harmony with the natural world. Whatever your level of fitness, your age or your taste, there will always be, in Midi-Quercy, an activity for you.

Explore, via country lanes, a lively rural territory, full of architecture and history. Hundreds of hiking tracks surfaced and marked according to the standards laid down by the French Hiking Federation allow you to cross the Pays Midi-Quercy (Topographic guides on sale in Tourist Offices).

Hanging from a rock face, the head in the clouds or discovering the secrets buried in the depths of the earth; for the excitement, for the love of sport or just for pleasure, professionals will help you to discover climbing, hang gliding or caving.



Water permeates the landscape: canoeing, fishing, bathing. Water activities occupy pride of place here (contact your nearest Tourist Information Office for more information).



Fauna and Flora *Fauna e flòra*

Environmental diversity has fostered the development of a large and varied range of fauna and flora. If you take time to look around you during your walk, you'll discover a natural environment that's both fragile and bursting with life.

We want you to enjoy the countryside for years to come, so please avoid picking flowers and remember to take your litter home with you. Try to leave the area exactly as you found it!



Reflecting the landscapes of Midi-Quercy, the gastronomy displays its generous diversity.

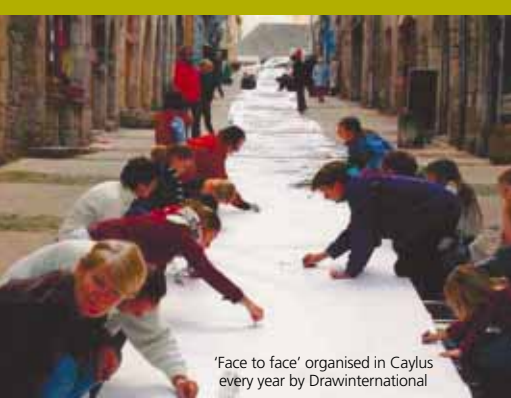
You will be surprised by the immense variety of products: from the hills where the vineyards are bathed by the sun and the melons and greengages develop their flavours - to the nourishing cause where graze cows and sheep. On this land where quality remains the greatest wealth, expertise is part of the legacy. Indulge your tastebuds with truffles, saffron and chestnuts courtesy of the region's producers, purveyors of fine foods, and restaurant owners who offer a range of specialities, lovingly prepared in a "Midi-Quercinol" just according to local recipes.

From village to village, markets display thousands of flavours: do not resist the pleasure of creating your own meals. – Apple crustade or Marzipan – Wine from the slopes of the Coteaux du Quercy or from the terraces of Montauban, as you wish.



'Ancient expertise and contemporary creativity' *Saupre-far ancian e creacion contemporanèa*

At the crossroads of the Quercy, Rouergue, Albigeois and Agenais regions, Midi-Quercy is a region of confluences and encounters. With its diverse geology and landscapes, its many climatic influences, its changing light - varying from soft to vivid - and its bold colours, Midi-Quercy is a welcoming land in which the memory of past deeds is transmitted, shared and enhanced by new experiences. Inspired by the festivals of the Midi-Pyrénées region, Midi-Quercy offers a wealth of events and festivals throughout the year, from the Offenbach opera season in the castles of Bruniquel, and the "Estivales du Chapeau" summer celebrations at Causade and Septfonds, to the Occitan festival of Laguèpie Lengua Viva, the "Croches et la Lune" at Verfeil-sur-Seye, and the "Hivernales" winter documentary film festival.



Instrument makers, craftsmen, potters and ceramists, glass-blowers, sculptors and painters, artists and craftsmen of the Pays Midi-Quercy open their workshops, exhibit in galleries and share with you their love for art during unusual and spectacular events, when creativity works its magic and places you 'face to face'.



Tourist offices www.midi-quercy.fr

- Bruniquel / Borniquèl (82800)**
Promenade du Ravelin
Tel./Fax: 05 63 67 29 84
tourisme-bruniquel@wanadoo.fr
www.bruniquel.org
- Causade / Cauçada (82300)**
9, rue de République
Tel./Fax: 05 63 26 04 04
caussade.tourisme@wanadoo.fr
- Caylus / Cailutz (82160)**
Rue droite
Tel./ Fax: 05 63 67 00 28
ot.caylus@wanadoo.fr / www.caylus.com
- Laguèpie / La Guepia (82250)**
Place du Foirail
Tel./Fax: 05 63 30 20 34
tourisme.laguepie@free.fr
www.laguepie-en-rouergue.fr
- Monclar-de-Quercy / Montclar (82230)**
Place des Capitouls
Tel.: 05 63 30 31 72 - Fax: 05 63 30 33 19
monclardequercy@wanadoo.fr
www.monclardequercy.com
- Montpezat-de-Quercy / Montpesat (82270)**
Bd des Fossés
Tel./Fax: 05 63 02 05 55
ot.montpezat-de-quercy@wanadoo.fr
- Saint-Antonin-Noble-Val / Sant Antoni (82140)**
Place de la Mairie
Tel.: 05 63 30 63 47 - Fax: 05 63 30 66 33
tourisme@saint-antonin-noble-val.com
www.saint-antonin-noble-val.com

Tourist offices open during holiday season

- Espinas/Espinas (82440)**
Town hall : Tel.: 05 63 30 64 72
Fax: 05 63 30 67 03
mairie-espinas@info82.com
- Réalville-Mirabel-Cayrac/ Realvila-Mirabel-Cairac (82440)**
Esplanade Raymond Laurent
Tel. Town hall : 05 63 31 01 41
Fax: 05 63 31 15 59
- Septfonds/septfonds (82240)**
Place du Général de Gaulle
Tel.: 05 63 64 99 72
Archivist Tel : 05 63 31 26 36
tourisme@septfonds.com
www.septfonds.com
- Varen/Varen (82440)**
Place de l'Eglise
Tel.: 05 63 65 45 09 - Fax : 05 63 65 49 40
animatrice.rurale.varen@wanadoo.fr

Tourist Information Points (July/August)

- Albias/Albiàs (82350)**
Tel.: 05 63 28 00 29
- Montricoux/Montricos (82800)**
Tel.: 05 63 67 29 84
- Pariset/Parisòt (82160)**
Porte Genebrières
Tel.: 06 70 20 89 11
- Verfeil-sur-Seye/Vurfèlh (82330)**
Tel.: 05 63 65 46 81 (Library)





1 Collegiate Church of Montpezat-de-Quercy - © CDT82



2 Notre-Dame de Saux Church, Montpezat de Quercy - © Verlhac



3 Arlet Tower, Caussade © OT de Caussade



4 Finelle dolmen, Septfonds - © J.M. Labarta



5 Hat workshops and exhibition, Caussade © Association Chapeau Caussade



6 Castle ruins, Nègrepelisse - © SMPMQ



7 Mural paintings at Bioule Castle - © SMPMQ



8 Marcel Lenoir Museum, Montricoux - © SMPMQ



23 St-Martin Castle, Laguëpie - © B. Dezes



22 Mountain bike trail approved by the French Cycling Federation, Laguëpie © CDT 82



21 Church and castle, Varen - © 3D2D



20 Saint-Projet Castle - © SMPMQ

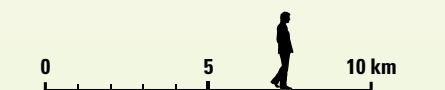


19 Parisot outdoor leisure area © Christian Palis



18 Cistercian Abbey at Beaulieu, Ginals © Ass. cult. de Beaulieu

- Tourist Information Office
- Museums
- Outdoor leisure area
- Religious heritage
- Nature activities
- Castle
- Station verte de vacances
- Prehistory, dolmen or grotto
- Plus beaux villages de France
- Numbered and illustrated sites



Guide published by the Syndicat Mixte (Public Private Partnership) of the Pays Midi-Quercy in association with the Municipal Communities of Quercy Caussadais, Quercy Rouergue and Gorges de l'Aveyron, Quercy Vert and the Terrasses et Vallée de l'Aveyron and the Tourist Information Offices of the Pays Midi-Quercy.

Photos: Departmental Tourism Committee of Tarn-et-Garonne (CDT 82), Regional Tourist Board - D. Viet, Architecture, Town Planning and Environment Council of Tarn-et-Garonne (CAUE 82), Association Chapeau Caussade, SMPMQ, Les Boisières, Combalbert, John Macnorton (DrawInternational), 3D2D, Mondar de Quercy Tourist Information Office, Caylus Tourist Information Office, Marie-Samuelle Orman, Verlhac, OT de Caussade, J.M. Labarta, Terrasses et Vallée de l'Aveyron Tourist Information Office, St-Antonin Tourist Information Office, Association Culturelle de l'Abbaye de Beaulieu, B. Dezes, Y. Remezy, Société Spéleo Archéologique de Caussade, Urbanisme et Acoustique - Parcourir, F. Baradoux - Parcourir, APICQ G. Pessotto, L. Vignaud, M.S. Orman.

Design: www.nuances-du-sud.fr
Printing: Marketing Toolkit - Boulogne-Billancourt 2006