

# GRAND MONTAUBAN *Tourism*

DISCOVERY

NOTEBOOK

montauban-tourisme.com



Office de  
**Tourisme**  
Grand Montauban



**Grand  
Montauban**  
Communauté d'Agglomération



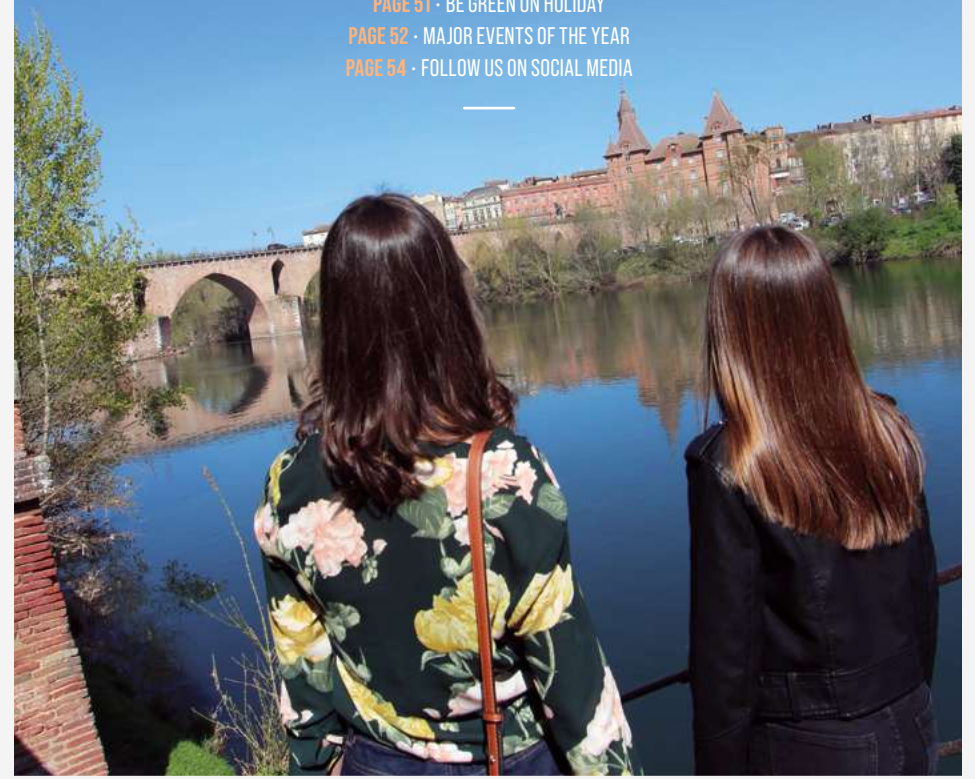
GRANDS  
SITES  
**Occitanie**  
SUD DE FRANCE



**MIB**  
Musée  
Ingres Bourdelle

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# Grand Montauban *Tourist* Office looks forward to helping you

Located in Montauban's historic old town, at 1 Place Pénélope, the Grand Montauban Tourist Office is open Monday to Saturday all through the year in addition to Sunday mornings and public holidays in July and August. It doesn't matter if you are a tourist or local resident - our friendly team is always on hand to help in any way they can. At the Tourist Office, you will find well-informed advice on classic or more original places to visit, help to point you in the right direction, and publications on specific themes to guide you around the city and environs. You can also book tickets for live events, guided tours or all sorts of activities, as well as find a place to stay that matches your criteria or pick up a little souvenir of your trip from the gift shop. Looking to get online? The centre offers free WiFi.

The team is ready to help you in 



The Grand Montauban Tourist Office has earned the French national **QUALITÉ TOURISME** label thanks to its quality-focused hospitality, information, promotion and communication activities.

FOLLOW THE LATEST TOURIST OFFICE NEWS ON:



Montaubantourisme



Your opinion on Trip Advisor matters

Share your reviews and favourite places using #montaubantourisme



Grand Montauban Tourist Office

Tél : +33 (0)5 63 63 60 60 - info@montauban-tourisme.com - www.montauban-tourisme.com



## Visiting *Montauban* in group

Clubs and associations, coach drivers, travel agents... plan your tour of the region with the Tourist Office. The team is here to help and recommend excursions and stays personalised and orientated to your specific needs, from the stunning architecture and the Ingres Bourdelle Museum to local produce and crafts and an exciting mix of things to see and do.

The Tourist Office is also on hand to organise your company seminars and conferences.

For more information, download and browse our "Groups brochure" from [www.montauban-tourisme.com](http://www.montauban-tourisme.com) or email us at [servicegroupe@ville-montauban.fr](mailto:servicegroupe@ville-montauban.fr) or call us on + 33 (0)5 63 63 60 60.





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# Local highlights

You simply cannot leave Grand Montauban [\*] until you...



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## 1 / DISCOVER THE LANDMARKS OF THE "PINK TOWN"

The buildings in "autumnal colours" cherished by the French sculptor Antoine Bourdelle line the town's streets. Visiting Montauban is like travelling through time, from when it was founded in 1144 to the present day. From the Pont Vieux bridge to the many private villas and Place Nationale, Montauban is awash with all kinds of architectural treasures.

## 2 / VISIT THE INGRES BOURDELLE MUSEUM

If we had to mention one must-visit site during your stay in Montauban, it is the recently renovated Ingres Bourdelle Museum. This museum houses some of the finest treasures in the history of art including a stunning collection of drawings and paintings by Neo-classical painter Jean-Auguste-Dominique Ingres and numerous works by sculptor Antoine Bourdelle.

## 3 / FILL UP ON THE LOCAL FLAVOURS AT OUR MARKETS

Whatever the season, the markets around Grand Montauban are brimming with local produce that are a feast for both the eyes and the palate. Take a tour of the market stalls and your taste buds will thank you.

## 4 / EXPLORE THE CANAL BY BIKE

The Vélo Voie Verte is an 11-km green cycle path along the banks of the canal all the way to Montech marina with plenty to see on the way. One interesting feature is the various 19th-century lock cottages, vestiges from the past given a new lease of life by passionate people like Gabriel whose canalside restaurant in Lacourt-Saint-Pierre makes a perfect pit stop.

## 5 / ENJOY A COFFEE ON PLACE NATIONALE

Classed as one of the most beautiful public squares in France, Place Nationale, with its tiles and double row of arcades, is the place to relax with a glass of wine or coffee and watch the world go by.



## 6 / SAMPLE OUR "MADE IN MONTAUBAN" CONFECTIONERY

Have you heard of Pécou dragées, Montauban boulets, Montauriol or bonbons flingueurs? Don't leave Montauban without satisfying your sweet tooth. These delicious treats also make the perfect souvenir gift for friends and family.

## 7 / RELAX IN THE JARDIN DES PLANTES

In addition to its remarkable trees, this three-hectare botanical garden is a cool oasis of peace and calm in the heart of the town. The ideal spot to sit with a good book, take a nap or simply enjoy a stroll.

## 8 / ADMIRE THE DOVECOTES ON THE TRAIL STARTING IN ESCATALENS

Put on your walking shoes and make your way to the Allée des Platanes in Escatalens for a 3-km hike to discover the 16 dovecotes dotted around the municipality, testament to its strong agricultural heritage.

## 9 / SHOUT AT THE REFEREE AT THE STADE SAPIAC

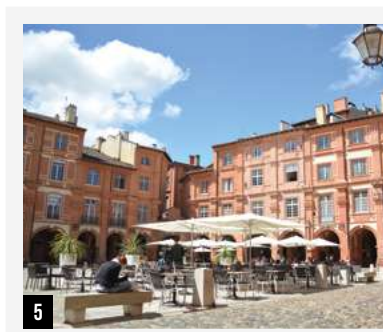
Rugby fans, welcome to Sapiac stadium! In a sea of green and black, soak up the boisterous and joyful atmosphere of a rugby match in Montauban. Here a rugby match is an experience you feel, see and sing at the top of your lungs!

## 10 / HIT THE SHOPS IN MONTAUBAN TOWN CENTRE

One big open-air shopping mall, Montauban town centre is packed with independent stores that we have no qualms in calling retail gems. Fashion, toys, food and drink, soap or old-style hardware stores... you will be pleasantly surprised by the diversity on offer.



\* Georges Lautner's 1963 film *Les Tontons Flingueurs* ("Crooks in Clover" in English) featuring the infamous "idiot from Montauban" played by Lino Ventura has become a cult classic among the locals. Fernand Naudin's famous line "One should never leave Montauban" will never go out of fashion! The brasserie "Lulu la Nantaise" takes its name from one of the cult characters in the movie despite him only having two lines in the entire film. A recommendation for food and drink whether you've seen the film or not.



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# AN INCREDIBLE LEGACY

*Classified as an “art and history” town and one of the capitals of the Occitanie region, Montauban has inherited a rich architectural and cultural legacy from a past going back almost a thousand years. You’ll soon understand why when you walk around the town. Potter around the streets to visit the many private villas, Place Nationale, the Ingres Bourdelles Museum and the Saint-Jacques church and cathedral. Don’t forget to wander up and down the newly regenerated Allée de l’Empereur and Allée Mortarieu and cross the Tarn River over the Pont Vieux bridge.*



## Montauban town centre



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### 1 / PONT VIEUX (early 14th century)

This bridge is now one of the last medieval remnants in the town. Although included in the town's founding charter in 1144, the bridge was not completed until 1335 due to building complications. Some 205 metres in length, it was once protected by two towers and housed a chapel at its centre. .

### 2 / PLACE NATIONALE (17th century and early 18th century)

Rebuilt in the 17th century, the façades around Place Nationale belie its age. The public square, actually built in the town centre shortly after the town's foundation (1144), is one of the oldest in France. Its twin rows of covered walkways were practical for traders and pedestrians to move about in all weathers, perhaps one of the earliest indoor shopping centres! A thriving part of the town, the gentle buzz of the café and restaurant terraces spilling onto the tiles brings the square alive every morning.

### 3 / SAINT-JACQUES CHURCH (13th, 17th and 18th century)

/ 62, rue de la République

An iconic monument of Montauban, Saint-Jacques Church has witnessed the town's proudest moments and most dramatic episodes of its history. Its façade still displays the marks made by cannonballs shot during the town siege of 1621. The church, built in the southern Gothic style of the 13th century, was raised to the rank of cathedral from 1629 to 1739.

### 4 / NOTRE-DAME-DE-L'ASSOMPTION CATHEDRAL (Late 17th- and early 18th century)

/ 13, place Franklin Roosevelt

Built after the French Wars of Religion on the highest point of the town, its classic lines and white stone contrast brilliantly with the brick houses all around. Proudly displaying the king's arms at the top of its frontage, it is a testament to the Catholic victory over the former Protestant town.





### 5 / ANCIEN COLLÈGE MAISON DE LA CULTURE [Late 17th century]

/ 25, allée de l'Empereur

This former school now houses the Tourist Office and the Architecture and Heritage Interpretation Centre. The building was originally constructed by the Jesuits and has been extended multiple times. It is arranged around two vast courtyards and a chapel (Saint-Joseph Church, as it is known today).

### 6 / HISTORIC WALKWAYS [17th to 21st century]

/ allées de l'Empereur et Mortarieu

From the belvedere overlooking the Jardin des Plantes to the Esplanade des Fontaines, Mortarieu and Empereur are two recently renovated walkways that extend over the ditches that once surrounded the fortified medieval town. Sights along the way include the music kiosk, a nod to the one that stood there in 1900, and the contemporary sculptures erected in tribute to the artist Antoine Bourdelle and his work.

### 7 / THÉÂTRE OLYMPE DE GOUGES [1849]

Tucked away in the town centre, this Italianate theatre was opened in 1849 on the site of a former jeu de paume (real tennis) court dating from 1762. Audiences come to see a diverse programme of excellent productions in this inviting space.



### Prolong the pleasure

The CIAP offers an exciting range of guided tours all through the year. Whether you are a walking enthusiast or sports fan, have an ear for music or a palate for food, the instinct of a detective or the eye of an architecture and history buff, there are so many ways to experience Montauban. There is something for everyone however

much time you have on your hands: from a flying visit to a longer stay, tailored to a young audience or more advanced.

Pick up a programme at the Tourist Office, directly from the CIAP premises or download it from either website. Both venues also display a wide range of free and informative leaflets that are essential resources for exploring the region, at your own pace.



### Did you know?

#### Place Nationale and its curious inscriptions

While strolling along the walkways, don't forget to look up and check out the keystones, some of which are inscribed with dates, initials and even the odd patronymic. These are the names of owners who had their houses rebuilt following the two fires that destroyed the square in the 17th century. Inscriptions that provide a window into how the buildings have changed over 400 years ago!

#### The Ingres Bourdelles Museum built on a bridge arch

The history of the Pont Vieux bridge and the former episcopal palace that houses the Ingres Bourdelle Museum are closely intertwined. In the 17th century, the palace was erected on part of the bridge's apron, subsequently extended to reclaim space. This is why in the lower floors of the museum you might be surprised to see a bridge arch and the lower room of the tower that guarded the entrance to the town.

#### The unusual funding of Saint-Jacques Church

The church you see today in fact replaced the original church that records show was founded in 1147. The decision to rebuild the church came about in extraordinary circumstances: in 1241, the inquisitor Pierre Seilhan came to Montauban to pass judgement on the great Montauban families who had supported the Cathar and Vaudois heretics. The judge agreed to lessen their strict punishment in exchange for monies to fund the new church.

# Jewels in Grand Montauban's crown



For lovers of the Art Deco style, a trip to **REYNIÈS** is a must. Practically rebuilt from scratch after the 1930 floods, the village is home to 132 houses built in this iconic style so characteristic of the inter war period.

A visit to Reyniès is also a chance to visit a fine example of a 13th century castle. In the same family for 12 generations, this baked-brick fortification has three distinctive round towers. Dominating the right bank of the Tarn, it was added to the supplementary inventory of France's Historic Monuments in 1974. Exterior visits by appointment by calling + 33 (0)6 73 82 07 53.

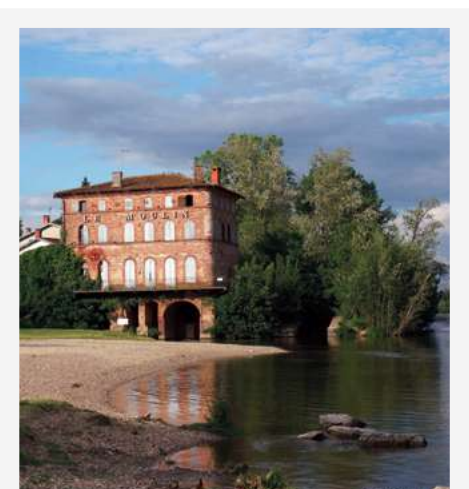
**ALBEFEUILLE-LAGARDE**, located on the banks of the Tarn, was destroyed by the flood of 1930. An unexpected rescue came in the form of Adrien Mezger, Montauban's consul for the Netherlands and local resident, who succeeded in sourcing material and financial assistance from the Dutch. This is why the village today has several architectural features that resemble the town of Zuyderzee. Unusually, the rectangular tower attached to the town hall standing across from the church was used as a water tower in the 1950s. In 2017, the municipality received the "20th century heritage" label for its Dutch buildings

**VILLEMADE**, a floral village, has 13 of them, some square, others hexagonal and even "mule foot" style. It also houses a church erected in the 13th century dedicated to the martyred saints Fabian and Sebastian. Destroyed during the French Wars of Religion, it was rebuilt in the 15th century before being entirely resurrected a second time in 1864, with the exception of the bell tower that is listed as an Historic Monument.



**LAMOTHE-CAPDEVILLE** has a mill dating from the same period, which was renovated in the late 20th century. It overlooks Ardus beach, an ideal swimming or picnic spot on sunny days.

In 1734, Baron of Lamothe commissioned a new château on the banks of the Aveyron, in Ardus, an elegant stately home whose façades, roofs and interior decoration in the music room are listed as Historic Monuments. He also founded an earthenware factory that earned the distinction of Royal Manufactory in 1739.







## Explore Montauban app: tried and test for you

Whatever the season, the Allée de l'Empereur and Allée Mortarieu, redeveloped on the footprint of the town's ancient fortifications, are ideal places for a promenade. **The Explore Montauban app will take you on an immersive tour of the urban development that transformed these walkways over the centuries.**

Departing from the Tourist Office (in the Ancien Collège building) and as far as the belvedere in the Jardin des Plantes (Botanical Garden), there are 11 points of interest along the interactive "Revealed Pathways" tour. Guided by a virtual archaeologist, this fun and educational itinerary combines animation, sound, 360-degree panoramic images, augmented reality, archives and educational games.

At each point of interest, archaeologists talk about a chapter of Montauban's history. A "Read more" tab offers additional content, further information, a game or an animation. This means you can learn about the Jesuit college through the ages, have fun rebuilding the Hôtel Pullignieu, and visualise the remains of the Moustier bridge beneath the street...

Pick your own itinerary (30-45 minutes) in the language of your choice from French, English and Spanish. Simply download the free app from [www.montauban.com/ma-ville-mon-agglo/decouvrir-montauban/application-explore-montauban](http://www.montauban.com/ma-ville-mon-agglo/decouvrir-montauban/application-explore-montauban) or the app stores.

### The 11 points of interest along the trail

- 1/ Introduction (user guide)
- 2/ The suburban settlements (the industrial revolution of the 19th century)
- 3/ The Jesuit college (wars of religion in Montauban)
- 4/ The changing city (building of the Boulevard Midi-Pyrénées)
- 5/ The Hôtel de Pullignieu (the town's economic and administrative heyday in the 18th century)
- 6/ The Cordeliers' casemate (town's defence system)
- 7/ The Prefecture (a walkway for the emperor Napoleon and the Prefecture of Tarn-et-Garonne)
- 8/ Catholic Montauban (a new cathedral for the town)
- 9/ The tree-lined walkways (from 1860, town planning was on the agenda)
- 10/ The city entrance (private villas at the entrance to the town)
- 11/ The belvedere (in the botanical garden)

## CULTURAL SITES

Museums, exhibition venues, art galleries, places of memory, theatres, concert halls – Montauban is a vibrant cultural hub with the Ingres Bourdelle Museum as its flagship attraction whose influence extends way beyond the local borders.





# Step inside the Ingres Bourdelle Museum

A brief history



The Ingres Bourdelle Museum is housed in a stunning brick edifice that leads to a series of other buildings.

The story begins in the 12th century when the Counts of Toulouse put up a castle on the bank of the Tarn. It continues in 1360 when the Treaty of Brétigny gave the town away to the English. The son of King Edward III of England, known as the Black Prince, decided to build a fort on the ruins of the original castle. But the English were forced to flee from Montauban several years later and the unfinished fort gradually fell into ruin.

During the French Wars of Religion, the consuls of the Protestant town established a new fortified position to fire cannons. After the people of Montauban surrendered in 1629, the square was chosen by Bishop Pierre de Berthier as the site for his episcopal palace. Six senior clergymen would occupy the palace successively before it was confiscated in 1790 as a national asset.

During the French Revolution, the municipality used the palace as the town hall, a design school, the municipal library and a first museum in 1820. The museum's collection was regularly expanded, above all in 1843 by a donation from the former mayor Vialètes de Mortarieu, followed by a sizeable donation from Jean Auguste Dominique Ingres in 1851 and then the bequeath of the contents of his

studio upon his death in 1867. In the early 20th century, the town hall and library were moved out allowing the Ingres Museum to take over the entire building. After nearly 200 years in existence, the museum underwent an important renovation and extension in 2017-2019 to secure its survival for centuries to come.



**From the Montauban Museum to the Ingres Bourdelle Museum**  
The Ingres Museum owes its name to a decision made by Montauban's municipal council on 8 February 1867. On that day, following a proposal made by the elected representatives responding to Ingres' bequeath, the Montauban Museum changed its name to the Ingres Museum. Exactly 150 years later, the city undertook an extensive renovation programme, one upshot of which has been to give over an entire floor of the museum to another local figure: Antoine Bourdelle. To shine a brighter light on the sculptor's oeuvre, the municipal council resolved in 2019 to rename the museum to the Ingres Bourdelle Museum.

## A museum like no other

With its new and improved spaces and modular organisation to simplify the visit, the Ingres Bourdelle Museum is showing off its many treasures in a fresh light. **Let's take a closer look at this museum that recently earned two stars from the Michelin Green Guides for its rich collections, excellent displays and visitor facilities. It proudly ranks among the finest museums in Occitanie and indeed the south of France.**

The museum's ground floor is given over to temporary exhibitions (see inset). Fans of Ingres will want to head to the first floor where his work is on display with large canvases demonstrating the influence of Antiquity and Raphael on his art, works from his early years and well-known portraits such as that of Madame Gonse.

Continue up to the second floor to discover a selection of drawings by the master housed within a superb display of the

graphic arts as well as objects from his antiques collection. This level also focuses on artworks from the Italian and Northern European Schools of the 14th, 15th and 16th century then the French and foreign schools of art of the 17th century. One section is dedicated to 18th century art from Boucher to David.

Sculpture enthusiasts are catered for in the lower basement, a floor entirely dedicated to Émile-Antoine Bourdelle. Every period of the artist is represented through marble, plaster, bronze, models and completed works.

The fortified lower levels dating from the 14th century with the famed Black Prince's room, are an opportunity to explore displays of archaeological objects related to the local history from Gallic-Roman times.

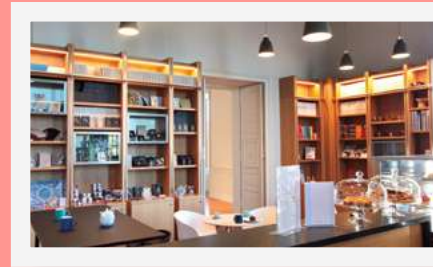


**The only Ingres museum in the world**  
The museum in Montauban is the world's only museum devoted to the neoclassical master's work. Upon his death in 1867, Ingres bequeathed to the city his entire collection (with the exception of his famous violin) from his studio including 4,500 signed drawings that make up the heart of the museum's collection. These are joined by about thirty canvases and several dozen portfolios containing engravings and historical photos, tracings, pupils' copies and various studies.

### Don't miss...

**From June to October 2021, the MIB will be putting on new temporary exhibitions.** One will revolve around the portrait of the Duke of Orléans, painted by Ingres and acquired by the Louvre in 2005, the final effigy for which Prince Ferdinand Philippe posed before he was killed in an accident... Deeply affected by the death of his patron at the age of 31, Ingres never painted another male subject again. Thanks to a partnership with the Louvre Museum, the exhibition presents a survey of the prince's life through almost 200 paintings, drawings, engravings and sculptures that highlight the modern education he received.

After Miguel Chevalier, the Black Prince room is being prepared for an art installation by Georges Rousse. **Over a year, the features of this medieval building will be converted into a contemporary art space unfolding from the singular point of view of the artist.**



### Take a break!

**Chez Madeleine** is the museum's cosy tea room where you are welcome to take a pause during or after your visit. Sit and relax over refreshments and locally made pastries. The window there affords unspoilt views of the Tarn river.

**Ingres Bourdelle Museum**  
19, rue de l'Hôtel de ville - 82 000 Montauban  
+33 (0)5 63 22 12 91  
museeingresbourdelle@ville-montauban.fr  
www.museeingresbourdelle.com

**Price: €10/ Concession price: €5 / Under 18s: free.**  
Open Tuesday to Sunday from 10 am to 7 pm (subject to change)  
Late night Thursdays until 9 pm  
**Free every first Sunday of the month**  
Closed 1 January, 1 May, 1 November and 25 December.



## Other regional museums



### VICTOR BRUN MUSEUM

2, place Antoine Bourdelle / 82 000 Montauban  
+33 (0)5 63 22 13 85  
museumvictorbrun@ville-montauban.fr  
www.museum.montauban.com

**Price:** €4 / Concession price: €2 / Under 18s: free.

**Open** Tuesday to Saturday from 10 am to midday and 2 pm to 6 pm  
Sunday from 2 pm to 6 pm - Closed Sunday mornings and public holidays.  
Opened in 1854, the museum is located in the former palace of the Cour des Aides (sovereign court). It is renowned for its large collection of birds, a fine ensemble of mammals and fossils from the Quercy Phosphorites Formation, and a fragment of the famous Orgeuil meteorite which fell to earth near Montauban in 1864.



### MUSEUM OF THE RESISTANCE AND THE FIGHTER

2, bld Edouard Herriot / 82 000 Montauban  
+33 (0)5 63 66 03 11  
musee-resistance@ville-montauban.fr  
www.museumresistance.com

**Free admission.**

**Tuesday to Friday from 9 am to midday and 2 pm to 5 pm.**

**Closed on public holidays, during the winter school holidays and the first two weeks of August.**

A hub of discovery, interaction, history and education for generations today and tomorrow, the Museum of the Resistance and the Fighter, based at the Pôle Mémoire ("memory centre"), offers a fascinating presentation of the major aspects of the Second World War. The local history of the conflict is widely covered.



### TOY MUSEUM

770, bld Blaise Doumerc / 82 000 Montauban  
+33 (0)5 63 20 27 06  
museedesjouets@gmail.com  
www.lemuseedesjouets.fr

**From age 4:** €3 / Adults: €5 / Family: €15.

**Wednesdays, Saturdays, Sundays: from 2 pm to 6 pm**

**School holidays: Wednesday to Sunday: from 2 pm to 6 pm.**

**Closed on public holidays**

The Toy Museum is a place where young and old alike can step back to childhood. From tin soldiers and porcelain dolls to models, toy cars and electric trains, the history of toys from the oldest to the latest will scroll before your eyes. A special play area features a pinball machine from the 1960s, a puppet theatre and a Meccano workshop.

### CIAP - Architectural and heritage interpretation centre

Ancien collège - 25 Allée de l'Empereur / 82 000 Montauban  
+33 (0)5 63 63 03 50  
www.centredupatrimoine.montauban.com

**Free admission.**

**Monday to Saturday from 10 am to midday and from 1.30 pm to 6 pm.**

On the first floor of the Ancien Collège building (former Jesuit college), the CIAP welcomes visitors to explore the history of Montauban since its foundation in 1144 through to the present day with its "Montauban, portrait of a town" exhibition. Temporary exhibitions are also planned through the year.

CIAP's tour guides offer a selection of guided tours to discover the town from a variety of angles.

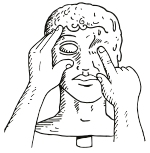
## STREET ART DISCOVERY

*Keep your eyes peeled when walking around Montauban! Artworks have taken over all parts of the town, many of which pay tribute to local figures such as Ingres, Bourdelle and Olympe de Gouges. A fascinating visual adventure awaits with monumental frescoes and more discreet graffiti, trompe-l'œil features as you turn into an alley, mosaics and sculptures galore...*

*Visit [www.montauban-tourisme.com](http://www.montauban-tourisme.com) to find out more...*







## A place for *sculpture*

Bourdelle step by step



Antoine Bourdelle was born in Montauban and always had a special place in his heart for the town. Today, 10 bronze sculptures by this artist who Rodin himself described as “the pioneer of modernity” are waiting to be discovered on the streets and squares – wherever there is space! Look out for Sapho, Penelope, the Last Centaur... find the imposing Monument to the Dead...

In addition to works by the master himself, over thirty contemporary sculptures bring the town to life. Admire works by Jean-Louis Tripp, Flavio de Faveri, Jean Suzanne, Marc Dautry and other artists.

### A promenade on the walkways

For the occasion of the regeneration of the Empereur and Mortarieu walkways, new contemporary artworks paying tribute to Bourdelle, man and artist, have found a place along this beautiful promenade. Departing from the Esplanade des Fontaines, admire Cleopatra by Faveri, or ascend to the Wave by Patrick Berthaud, in homage



to Camille Claudel who worked alongside Bourdelle in Rodin's studio. Further along, just adjacent to the kiosque, keep an eye open for the monumental arrows by Émilie Prouchet Dalla Costa that seem to have been shot by Corinne Chauvet's Herakles the Archer emerging from the ground, installed a little further along on the belvedere overlooking the Jardin des Plantes.



## A street art town

Invader and Miss Tic

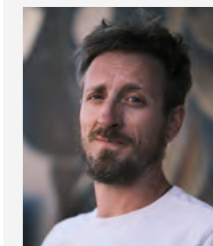


The artist from Montpellier invaded the world with his extraterrestrial inspired mosaics depicting the titular aliens from the popular 80s arcade game. Did you know that *Invader* has also left a trace of his “invasion” of Montauban? This was in August 2009 for the occasion of the “Ingres and the modern painters” exhibition at the Ingres Museum. An homage to Ingres, inspired by his most impressive work *The Source*, can be found outside the museum, on Rue du Tescou. Ten more tiny figures are waiting to be spotted by the more observant among you... *Miss Tic* has also been inspired by famous works by Ingres for her creations, more subtle in nature. You can appreciate her work on the corner of Rue du Vieux Poids and Rue des Rondelles.

### 100 TAUR



It was along Rue Porte du Moustier that the **first large fresco produced by 100 Taur** appeared in the midst of other works from local artists. Since then the multi-faceted and highly regarded visual artist has created two large frescoes inspired by two of Ingres' works: *The Dream of Ossian* and *Roger Freeing Angelica*. Nicolas Giraud, aka 100 Taur, whose trademark is depicting chimeras inspired by nature and mythology, has reinterpreted two classics by Montauban's favourite painter on Grand Rue Sapiac...



### In the eye of... 100 Taur

*"I wanted to display the ongoing dialogue between classical painters and contemporary painters through the exploration of common themes and inspirations."*





## MOG

At the corner of Rue de la Comédie and Rue Mary Lafon, opposite the theatre, **MOG** (an artist from Pau) armed with a spray can created a portrait of Montauban's most famous woman, Olympe de Gouges, a feminist pioneer in France and author of the Declaration of the Rights of Woman and of the Female Citizen. A colourful tribute! In the same spirit, the artist produced a fresco on Rue Fourchue in the spring of 2021. This alternative take on *The Source* is a further tribute to Ingres.



## THE SKATEPARK

This site popular with skateboard, roller blade and scooter fans was prettified in 2020 by Clément Merlin and Marie Sforzini, then students at the Institut Supérieur Couleur Image Design. This 650 m<sup>2</sup> urban recreation facility now sports a fantastic fresco with a two-for-one design depending on your perspective. From the ground, large blocks of colour combined with graceful curves form a mass of abstract geometric shapes. If you look down from higher ground, the image of a nude woman holding a jar is revealed, echoing the subject of Ingres' iconic masterpiece.

## Hall 82

For seven years now, the Mister Freeze association has been holding its Mister Freeze Festival. This highlight in the cultural calendar celebrates street art through a host of events in Toulouse and around. This year the festival is taking over parts of Montauban with new projects. You may already know about the Mister Freeze events in Hall 82, setting the tone for future artistic happenings including exhibitions, performances, open studios, urban art trails, and kids workshops... The association is all about supporting a rich and vibrant cultural scene hard hit by the pandemic, above all by continuing to transform various spaces into creative labs, bringing together artists from every horizon and generation and inviting spectators to come out and discover the results of unique collaborations that will be popping up soon. So forget everything you thought about graffiti or street art and be prepared to be amazed.

Follow [@expomisterfreeze](#) on Instagram and Facebook to receive information on upcoming events.



## DELICIOUS MONTAUBAN

*The orchard capital of France's southwest, Montauban lies in a sea of crops. The apple is undoubtedly the fruit that best symbolises our region. But certainly not the only one. Here your taste buds won't be wanting as we love to serve up authentic flavours and our generosity is second to none – just look at our dishes. Our chefs never miss any opportunity to share the many products grown locally, and which you'll also find on the stalls at the selection of farmers' markets in our town and nearby villages. Get ready for a feast of colours and flavours that are the pride and joy of the south!*





## Our markets



In Grand Montauban, the farmers' markets are the main events in the gastronomic calendar. Shop windows into the fields and soil of Tarn-et-Garonne, their stalls are always bursting with fresh and healthy products.

### SATURDAY MORNING FARMERS' MARKET

Every Saturday morning, 190 market gardeners, winegrowers and other local producers take over the Empereur and Montarieu walkways in Montauban. With the short food supply chain down to a fine art, this weekly market is one of the best places to fill up your shopping basket. The market attracts nearly 15,000 visitors in summer, making it the second-biggest in the south of France, a sure sign of quality. You will also find a host of pop-up market stalls.



### Handy info

The Saturday market hosts a special event with the local association Compagnons du Tour de France des Devoirs Unis: **the market recipes!** Held on occasional mornings in summer, watch as an original recipe is created using market produce before your eyes.

### Recommended by Laurène, TRAVEL CONSULTANT AT THE TOURIST OFFICE



*"The colours, the smells, the sing-song accents of our local farmers... a stroll around the market is a chance to escape to the southwest countryside without stepping outside Montauban. I always pick up superb products, do my bit for local consumption*

*and meet so many friendly people.*

*From stall to stall, our local farmers reveal their secrets and recipes, showing their passion for what they do and the pleasure they share with others. I love the bustling atmosphere and the healthy eating habits it always inspires in me!"*

### OTHER LOCAL MARKETS

- **Every morning**, a mini market sets up on Place Prax Paris in Montauban. Expect fresh fruit and vegetables daily.
- **Every Wednesday morning**, Place Lalaque, in the Villebourbon district (left bank) in Montauban.
- **Every Wednesday, from 4 pm to 7.30 pm**, the Tarn-et-Garonne organic farmers' market can be found at Place Griffoul in Montauban.
- **Every Thursday morning, from 8 am to 1 pm**, over a dozen producers and food retailers set up in the Mémo library car park, in the Médiathèque-Chambord district.
- **Every Sunday, from 8.30 am to 12.30 pm**, an open-air market is held at the Place du Centre Commercial in Bressols town centre. Local producers, winegrowers and sellers of clothing, accessories and more. For the occasion, many local shops in the town also open their doors.
- Taken over by food sellers stocking mostly local and always excellent products, **the concessions in the indoor market**, situated beneath the arcades around Place Nationale in Montauban, are open from 7 am to 1 pm every Tuesday through Sunday.



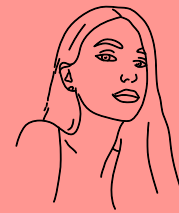
### Local culinary gems

• **Salivating to taste authentic products**, see how a farm is run or try your hand at rustic pursuits? Well, look no further than the **"Welcome to the Farm"** network which includes 10 producers from Grand Montauban! Learn more at [bienvenue-a-la-ferme.com/tarn-et-garonne](http://bienvenue-a-la-ferme.com/tarn-et-garonne)

• **Situated north of Montauban, the "Ile aux Légumes"** is a new variety of farm – a hydroponic one – that grows seasonal fruit and veg in a way that is friendly to the environment and our health. Jérémy and Pierre, two enthusiastic agricultural engineers, invite you to come and say hello over a harvest or two. [f @lileauxlegumes](https://www.facebook.com/lileauxlegumes)

### Recommended by Julie,

TRAVEL CONSULTANT AT THE TOURIST OFFICE



*"On Saturday mornings, on my way back from the market, I love to potter on Rue du Greffe. This lively street has a great atmosphere and a wide range of groceries and gourmet shops. A perfect way to extend your market shopping experience as well as sample local specialties in a fun and friendly ambience. The best place to catch up with friends on a Saturday morning!"*





# A recipe for every season

Our chefs don't miss any opportunity to help you discover and appreciate our local ingredients. Gilles Cadamuro, Antoine Labroche, Hervé Daumy and Cédric Pariente are delighted to share their seasonal recipes with you.



## SPRING BY GILLES CADAMURO CHEF AT LA CAVE O DÉLICES

**Piquillos stuffed with goats curd cheese from Cabri'ange Farm, silky spring pea soup with green anise and crisp potato wafer**

### Serves 4:

- 1 bowl of approx. 300g net with piquillos

### Piquillo stuffing:

- 320g goats curd cheese
- 50g pine nuts, toasted and chopped with a knife
- 1 garlic clove, finely chopped
- Salt, Espelette pepper
- 10cl olive oil
- Zest of 1 kaffir lime or lime
- A few fresh coriander leaves, chopped

Gently mix all the ingredients together in the order shown. Stuff the piquillos using a disposable piping bag fitted with a round nozzle then place the stuffed piquillos in a container covered in plastic wrap and store them in the fridge.

### Silky spring pea soup with green anise:

- 300g shelled fresh peas (net)
- 40cl chicken stock
- 8g green anise seeds
- 15cl 30% fat single cream

Cook the peas in salted boiling water. Bring the chicken stock to a boil then take it off the heat and add the green anise seeds. Cover and leave to infuse for 20 min. Strain, add the single cream and return to the boil.

Stir in the peas, gradually adding the creamy chicken stock. Strain a second time to obtain a silky pea soup. Chill over a container of iced water so the soup keeps its vibrant green colour.

### Crispy potato wafer:

- 120g egg whites
- 50g dehydrated potato flakes
- 50g flour
- 50g melted butter

Put the egg whites in a bowl, blend in the potato flakes then the flour and finally fold in the melted butter. Make a uniform mixture and keep in the fridge for an hour. Roll out the dough into a thin circle on plastic wrap using a flat metal spatula. Bake in an oven preheated to 170° for about 6 minutes. Leave to cool.

Pour silky spring pea soup into a bowl, stand up three piquillos and top with the potato wafer.



## SUMMER BY CÉDRIC PARIENTE LA FABRIC DE CÉDRIC

### Peach Verbena Pavlova

- **Meringue:** 100g egg whites, 100g caster sugar, 100g icing sugar, 5g corn starch.

Beat the eggs to stiff peaks slowly adding the caster sugar. Finish by adding the icing sugar and corn starch.

Fill a piping bag fitted with a round nozzle.

Pipe into meringue domes about 6 cm in diameter.

Bake at 90 degrees for 2.5 hours.

- **Whipped verbena ganache:** 300g single cream, 50g white chocolate (e.g. Valrhona Opalys), 1 gelatine leaf, 20 fresh verbena leaves.

Soak the gelatin leaf in cold water.

Bring half the cream to a boil, add the verbena leaves and infuse for 4 min. Add the gelatin to the hot cream then pour in the white chocolate. Blend the mixture. Then add the remaining cream. Set aside in the fridge for 12 hours.

Whisk the cream, keeping its soft texture.

- **Raspberry compote:** 125g raspberries, zest of half a lime, 10g caster sugar.

Crush the mixture to a compote texture.

- **Marinated peaches:** 200g water, 50g sugar, 10 fresh verbena leaves, 6 white and yellow peaches, juice of a lemon.

Boil the water, sugar and lemon juice. Infuse the verbena leaves for 4-5 minutes.

Cut some of the peaches into perfect quarters and other into thin slices, then pour the warm syrup over the fruit.

Cover in plastic wrap and leave to infuse for 12 hours.

**Assembly:** drain the peaches. Top the meringues with the verbena cream. Make a small dip in the cream using a teaspoon wet under the hot tap.

Garnish with a small quantity of raspberry compote. Arrange the peach quarters and slices attractively. Finish with a drizzle of olive oil.





## AUTUMN BY ANTOINE LABROCHE

**CHEF AT ANTOINE, AN OMNIVORE RESTAURANT**

**Caramelised salsify in brown butter and salsify crisps, salted hazelnut praline, Beaufort foam and fried garlic**

**Caramelised salsify in brown butter:** 4 large salsify, 125g butter. Peel and wash the salsify, then add them to a pan of melted butter. Fry until the butter turns slightly brown. Then turn the heat down to caramelize the salsify until they soften.

**Beaufort foam:** 125g milk, 75g 35% fat single cream, 100g Beaufort cheese, quarter gelatin leaf. For the Beaufort foam: rehydrate the gelatin in cold water. Dice the cheese. Bring the milk and cream to a boil. Off the heat, add the Beaufort cheese and drained gelatin. Season then whisk. Blend the mixture and season to taste. Strain through a fine sieve. Leave to cool at room temperature followed by one hour in the fridge. Whisk the cheese mixture with a hand mixer and pour the mixture into a whipped cream dispenser. Activate the gas cartridges.

**Salted praline:** 50g hazelnuts, 50g granulated sugar, 4 tsp cider vinegar, 1 pinch fleur de sel or sea salt flakes. Toast the hazelnuts for 5 minutes at 150°C. Heat the sugar with one tablespoon of water in a saucepan. As soon as a caramel forms, pour in the hazelnuts and cook the nuts on a low heat until they turn a lovely golden colour then tip onto a tray to cool. When cooled down, smash then blend the hazelnuts with the vinegar and salt until you obtain a liquid paste, adding water to loosen if needed.

**Fried garlic:** 6 large garlic cloves, 100g vegetable oil. Peel the cloves then finely chop with a mandoline slicer. Preheat the oil in a pan to 150°C then fry the garlic then pour on to kitchen towel to absorb the excess fat, then add salt.

**Assembly:** cut the salsify into equal pieces then heat them up. Place the liquid praline in the centre of the plate topped with the warm salsify then the Beaufort foam. Sprinkle over the fried garlic, roasted hazelnuts and a few salsify crisps, then serve.



## WINTER BY HERVÉ DAUMY

**CHEF AT LES TERRASSES DE L'EMPEREUR**

**Confit shoulder of Quercy lamb with aromatics and sweet spices, creamed celeriac and Granny Smith apples**

- 1 shoulder Quercy lamb (4-6 pers.), deboned
- 200g aromatics (garlic, onions, carrots, tomatoes, lemon, thyme, bay)
- 1 tsp gingerbread spices, 1 tbsp runny honey
- 1 glass dry white wine, 1 glass water, 1cl olive oil
- 1 celeriac, peeled and diced
- 200g Charlotte potatoes
- 2 Granny Smith apples, peeled and quartered
- 1 litre milk, 100g lightly salted butter, 100g double cream

Season the lamb shoulder and put it in a roasting tin and place the aromatics all around. Baste the meat with olive oil, runny honey and the mixed spices.

Pour the white wine and water into the roasting tin. Roast at Gas Mark 5/190°C for 90 min. on each side (3 hours in total). Leave the lamb covered in greaseproof paper or foil in the oven for a further 30 min.

While the lamb is roasting, cook the celeriac with the apples and potatoes in the milk for about 30 min. then strain. Blend the vegetables in a mixer then add the butter and double cream while still warm until you obtain a smooth, creamy purée, then set it aside.

### Now gather round the table!

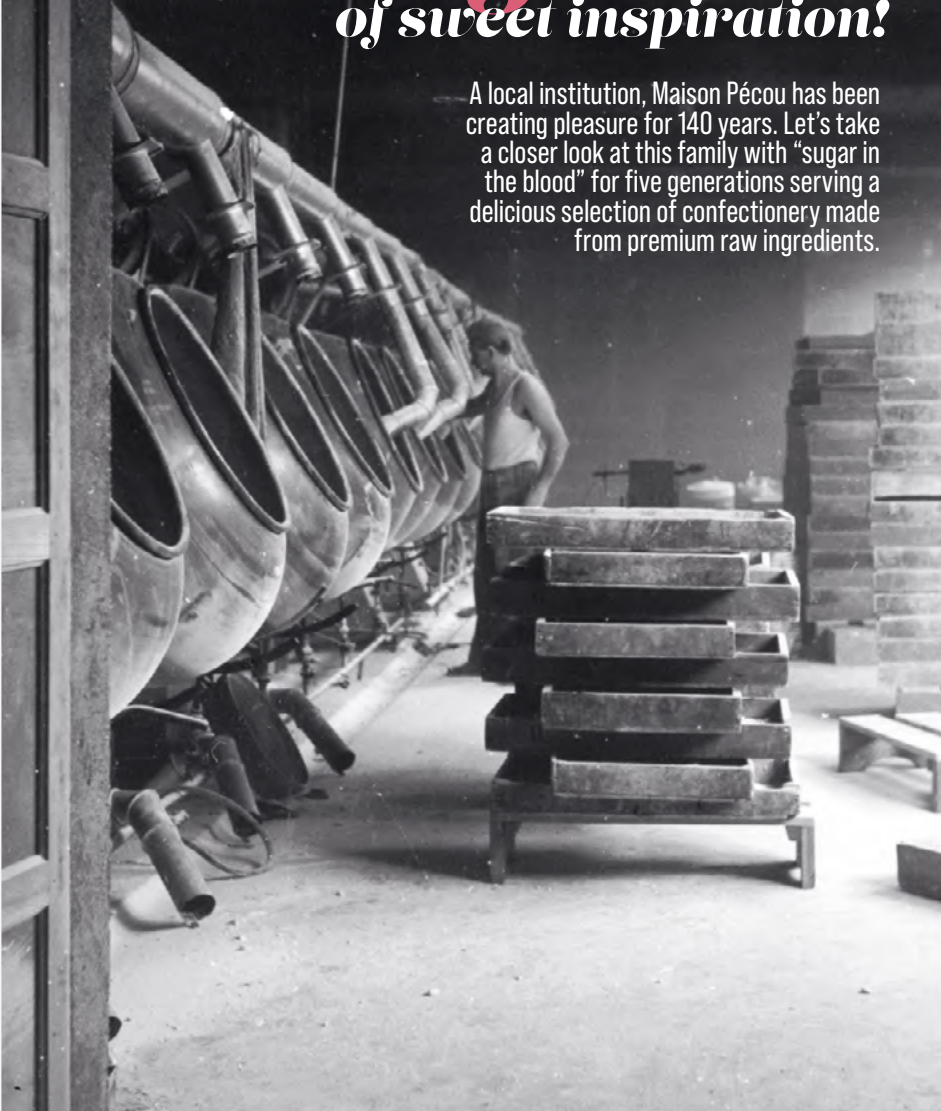
Carve the lamb then pour the cooking juices over the top (reduce if necessary for more concentrated flavours).

Serve with the celeriac purée.



# Maison Pécou : 140 years of sweet inspiration!

A local institution, Maison Pécou has been creating pleasure for 140 years. Let's take a closer look at this family with "sugar in the blood" for five generations serving a delicious selection of confectionery made from premium raw ingredients.



## The Pécou dragée, for every occasion

If Montauban were looking for its speciality, it found it in the dragée. Not just any sugared almond though: the Pécou dragée is in a league of its own.

Maison Pécou is one of Montauban's greatest success stories. The family business established in 1880 has earned an international reputation. And in Montauban, its confectionery is a veritable institution. After all, it's not just artistic savoir-faire that is handed down from generation to generation – culinary savoir-faire is too!

The Pécou family has been surrounded by the shimmer of the copper canisters holding the delicious dragées and the scent of vanilla sugar for over a century. It was Ernest who first entered the confectionery business. A passion that was passed down the family line.

While the original recipe has stayed the same for over a hundred years, carefully selected Avola almonds from Sicily coated in pure sugar, Pécou has also reinvented itself through the years and extended its range of sweet treats leaving its factory, now featuring 400 products. Chocolate and marshmallow are now also firm favourites and sweet-tooths will love the perfect marriage of unexpected flavours. A thoughtful blend of traditional know-how and innovation have allowed Maison Pécou to showcase French excellence and export it far and wide – from the United States to Japan.

Whether you're looking for a gift, something to share with friends or family or a treat for yourself, Pécou has a product for every occasion.

Find them all at Les Délices Guy Pécou, 10, Rue de la Résistance in Montauban.



## The Montauban Boulet: sweet history!

Tasty and crunchy, these little black balls, known as Boulets de Montauban – or Montauban cannonballs – are a firm favourite among the local population. Not only for how they taste – but for what they represent too. "The boulet symbolises the spirit of resistance of the people of Montauban," Philippe Bécade, Deputy Mayor for Culture, happily explains. Why? Because this roasted hazelnut coated in chocolate was created by Maison Pécou to commemorate an episode of history that led to the legend of the 400 shots... When Louis XIII's troops placed the town under siege in 1621, the story says that they fired 400 cannonballs on Montauban to break through the defending army. In vain, however, since the people of Montauban stayed strong until the royal troops retreated.

Find them all at Les Délices Guy Pécou, 10, Rue de la Résistance in Montauban





# Our specialities

## 1 / QUERCY SAFFRON

Julie is the local queen of saffron. The best time to visit her farm is during the harvest in November, when the violet flowers flood the fields with colour. In her shop, Julie stock pure saffron, produced organically in Quercy, and saffron-based products made by Julie including jams, jellies, syrup, marshmallow and others. Find them at Les Clos Férié at 621, Rue de la Résistance in Montauban.



Julie's saffron can also be found on the plates of many Montauban chefs including those in the kitchens of restaurants "Nous" and "Au Fil de l'Eau". You can also find it in the delicacies created by chocolate maker Jean-Yves Alliot based in Villebourbon at 123, Avenue Aristide Briand in Montauban.

## 2 / LES BONBONS FLINGEURS

A mouthwatering nod to the film Les Tontons Flingueurs (Crooks in Clover) packaged in boxes depicting the movie's protagonists, these delicious toasted hazelnuts are coated in acacia gum and milk chocolate. A crunchy treat! Confectionery produced by chocolate maker and pâtisserie Alexandres. Find them at 2, Rue du Docteur Lacaze and 117, Faubourg Lacapelle in Montauban.

## 3 / LA MÉTÉORITE DE MONTAUBAN

The Montauban "meteorite" is another delicacy made by Alexandres, this time malted wheat cereal bites coated in milk chocolate. Available at 2, Rue du Docteur Lacaze and 117, Faubourg Lacapelle in Montauban.

## 4 / THE MONTAURIOL

This delectable chocolate is the perfect marriage of locally-sourced cherries and Armagnac. The chocolate makers named it after the sacred hill of Montauriol, the site of the first abbey before Montauban was founded. Find them in the Villebourbon district at Alliot, 123, Avenue Aristide Briand in Montauban.

## 5 / THE MOUNTALBANE

Created after a happy accident 20 years ago by the master pâtissiers at Maison Mauranes, the "Mountalbane" has become a local speciality, named after the town of Montauban in Occitan (Mountalba) with a feminine inflection. This divine fragrant dessert – a cross between sponge, pound cake and brioche – is bursting with orange blossom, vanilla and rum flavours to enliven the taste buds. Elegantly wrapped in its hand-pleated wax paper, the Mountalbane is made with whole eggs, butter and caramelised candied fruit. Available at bakery and pâtisserie Mauranes, Grand Rue Sapiac in Montauban (7 retail outlets around Grand Montauban).

## 6 / THE JACQUOU

The Jacquou is a delicious walnut and honey shortbread filled with prunes and raisins. Its traditional recipe free of colourings and preservatives is a promise of its authenticity. Available at bakery and pâtisserie Mauranes, Grand Rue Sapiac in Montauban (7 retail outlets around Grand Montauban).



## 7 / PAVÉ DU QUERCY

This moist cake is a heavenly combination of eggs, sugar, vanilla and dried and candied fruit (almonds, walnuts, raisins, cherries).

## 8 / POULT BISCUITS

Biscuiterie Poulit was established in 1883 by local pâtissier Emile Poulit. Since then, the sweet scent of biscuits has filled the air in the south of Montauban. Find them in southern Montauban at 1649, Chemin du Quart.

## 9 / TOME DU RAMIER

All of these cow's milk cheeses are traditionally made in a copper tank using freshly drawn milk. They are then aged on the wooden shelves in the cellar for several months. Find it at 2250, route de St-Etienne-de-Tulmont in Montauban.

## 10 / CABRI'ANGE CHEESE

Cabécou d'Autan is a small unpasteurised goat's cheese in the form of a puck. After 10 days or so, it has a soft, creamy texture and a lovely nutty flavour. Some gourmets prefer to wait a few more days until its rind blooms for an even more pungent taste. Find it at 2075, Chemin de Tauge in Montauban.

## 11 / LES COTEAUX AND TERRASSES DE MONTAUBAN VIN DE PAYS

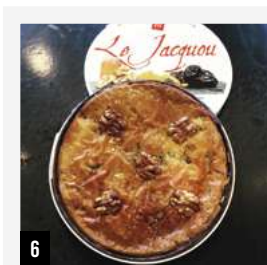
Mainly planted on the gravel terraces along the Aveyron and the clay-limestone soils on the hillside, Montauban's vineyards grow Cabernet Franc and Sauvignon, Tannat, Gamay, Syrah, Jurançon and Merlot grapes. The rosés are lively and fruity, the reds smooth and elegant, the whites wonderfully aromatic and fresh. Available at Domaine de Montels, 1531, Chemin de la Tauge in Albias and at Antocyame, 445, Chemin des Falgasses in La Salvétat Belmontet.

## 12 / SPIRITS FROM BOWS DISTILLERY

Benoit Garcia produces vodka, rum and gin in Montauban. Uniquely tasting spirits made by his own fair hands in his still. Find them at 569, Chemin de Bégué in Montauban.

## 13 / OC'ALE CRAFT BEERS

Grégory Robert, an engineer by trade, re-trained as a brewer in 2011. After six years of learning under the previous owner, Grégory took over the reins of the brewery in 2018. This craft brewer offers white ales, lagers, pale ales and stouts that are unfiltered (on lees) and refermented in the bottle. He has built up a collection of premium craft beers with unforgettable and incomparable flavours. They are made to a traditional brewing method where a large share of production is done by hand. Available at 547, Chemin du Château d'eau in Bressols.



Find all the manufacturers, artisan producers and shops in Grand Montauban's practical tourist guide.



# SIMPLE PLEASURES

A trip to Grand Montauban is also a chance to enjoy a moment for yourself or spend quality time with friends and family. Montauban offers live shows, festivals and more - there is always something happening in this centre of culture.

Tempted by enjoying a drink in unusual surroundings, watching the latest blockbuster on the big screen, competing at bowling or killing it at karaoke....

*Come with us, we have a few recommendations to share with you.*

THEATRE OLYMPE DE GOUGES

## Theatre, concerts, live performance... *this way!*



### Performing arts venues

Multidisciplinary and packed to the rafters with quality shows, Montauban's theatre season, staged at the Olympe de Gouges and the Eurythmie, is aimed at every type of audience regardless of their cultural experience, from September to June.

The programme, carefully curated by the municipal cultural development department, combines the contemporary and the classical, music, drama, comedy, dance and even circus arts, always driven by the desire to provide high quality and accessible entertainment for all. Check out the programme at [www.spectacles.montauban.com](http://www.spectacles.montauban.com)



### LE VIOLON DINGUE

A recent addition just opened on 3 Rue d'Elie right in the heart of Montauban, Le Violon Dingue is

the town's very own boulevard theatre and music venue. This vibrant creative hub with its cabaret-style seating puts on an exciting programme of fast-paced comedy, jazz nights, kids' shows, jam sessions and drama workshops. You can even enjoy a good meal made with local ingredients while you watch. Make it top of your bill!

Visit [www.leviolondingue.fr](http://www.leviolondingue.fr) or 3, Rue d'Elie in Montauban. +33 (0)6 37 90 53 51



### Did you know?



### Olympe de Gouges Theatre - star of the show

In the mid 18th-century, a number of intellectual circles rose to prominence in Montauban and the local consuls gave the town its very own performance space. The

Jeu de Paume, a small venue opened in 1760, marks the beginning of the history of theatre in Montauban. New amenities were built on the original site in 1849, more in keeping with the Italianate style of theatre. When Place Lefranc de Pompignan was opened in 1878, it paved the way for a new façade some time later in 1931. Inspired by Place Nationale, it is decorated with four bas-relief sculptures representing dance, drama, music and poetry, designed by French sculptor André Abbal.



### The Eurythmie

This concert and live performance venue with modern facilities in a historical building was opened in 2020. Designed by architect Stanislas Fiszer,

the Eurythmie was installed in and as a continuation of the former Villeneuve train station.

Check out our top selection in the Grand Montauban practical tourist guide!



## Cinema, bowling, karaoke... so much to keep you entertained!



### MONTAUBAN BOWLING

Located on the RN20 highway, in the Futuropôle park, Montauban Bowling promises a fun and competitive afternoon or evening with friends or family. The bowling centre has 14 alleys and shoe hire. In addition to bowling, release your competitive streak on the billiard tables, table football or video arcade games. A selection of tapas meal deals are also available on the site. Live football and rugby match streaming.  
Futuropôle, 175, rue Philippe Noiret in Montauban  
Open all year.  
+33 (0)5 63 66 26 87 or +33 (0)6 20 54 93 05  
ou [www.bowling-montauban.com](http://www.bowling-montauban.com)



### MONTAUBAN CGR CINEMA

10-screen multiplex featuring cutting-edge technology, Montauban's CGR Cinema is open every day of the year welcoming audiences to its comfortable theatres holding between 100 and 430 people. Boasting a laser projector, 7.1 surround sound and 3D screenings, this is the ultimate cinema experience in a complex designed for the whole family to enjoy with its confectionery counter, video game arcade and three restaurants close by to satisfy your hunger before or after a movie.

Futuropôle, 245 avenue André Jorigné in Montauban.

Open 7 days a week from 10.30 am to 11 pm. Free parking.

+33 (0) 892 68 85 88 or +33 (0)5 63 22 10 60

[www.cgrcinemas.fr/montauban/](http://www.cgrcinemas.fr/montauban/)



### KLAS KARAOKE

Klas Karaoke has five private rooms available to hire for 2 hours or more so you can sing your heart out for only your friends and family to hear. Or if you prefer an audience, there is a stage for lovers of traditional karaoke. Open to the public, this area is where you get to show off your talent to spectators or enjoy a drink with friends as you cheer on the performers on stage. Extra amenities: professional standard equipment and a bar with a wide selection of drinks and snacks plus cheese and charcuterie platters.

Albasud, 200 avenue d'Espagne in Montauban.

Open Wednesday to Saturday. Sundays for private bookings only.

+ 33 (0)9 50 59 05 29 or [www.klas-karaoke-box.fr](http://www.klas-karaoke-box.fr)

## A glass or nibble in atypical venues ... make the most of Montauban !



### 1 / STRETCH OUT TIME ON THE ICONIC PLACE NATIONALE

Montauban's main square is one of the town's must-see sites. Whatever the season, Place Nationale is the place to gather with friends and family and simply enjoy the moment. Be it in the cool shelter of its arcades or beneath an umbrella seated on the tiles, Place Nationale, recognised as one of the most beautiful squares in France, boasts a timeless charm that won't fail to enchant you. An excellent selection of coffee shops and restaurants have set up around the square so you'll be spoiled for choice whether you are craving a coffee, ice cream, crêpe, lunchtime snack, afternoon tippie or pre-dinner cocktail. Whatever you choose, make the most of the sweet life in Montauban.

### 2 / VILLEBOURBON «HALLE DE LA GARE ROUTIÈRE» - MONTAUBAN'S STREET FOOD CENTRE

Place Lalaque in one of Montauban's most lively destinations. And home to one of the town's most unusual buildings. In its Art Deco style, the former indoor market (1935) is an imposing 27-metre-long reinforced concrete vessel designed by Marcel Renard. With its tiered roof, it resembles the Halle Tony Garnier in Lyon. Converted into a bus station and later a concert venue, the building, now listed as an Historic Monument and a certified 20th century heritage site since 2005, has found a new vocation: as a food court. It has its own local microbrewery, the Halleau restaurant with a counter as well as several concessions where a variety of restaurateurs serve seafood, French cuisine, charcuterie, cheese and dessert options. All with a focus on local seasonal produce from integrated agriculture or organic farming. But the best thing about the place is the buzzing atmosphere!

22, place Lalaque in Montauban

Open Wednesday to Sunday

[f](#) et [@](#) [halledelagareroutiere](#)



### 3 / SLOW DOWN AT LE SAMPA

Good wine, good food and good mates – Le Sampa has it all! In the shade of the plane trees on the plaza overlooking Allée du Consul Dupuy on fine days or in the cosy interior when it's cooler out, Le Sampa is the place to be with no pretence! A perfect spot to hang out with friends over delicious plates of food in a relaxing atmosphere. Your home from home!

21/21 bis, rue des Carmes in Montauban

+33 (0)5 63 20 36 46 ou [f](#) Le Sampa

### Recommended by Catherine,

TRAVEL CONSULTANT  
AT THE TOURIST OFFICE



"I was looking for a place to spend a lovely evening with friends and came across the Halle de la Gare Routière.

What a wonderful surprise! We were literally bowled over by this stunning Art Deco indoor market that now houses a craft brewery, a selection of food trucks and even a barbers! You have everything under one roof for a fantastic time with friends in an unusual setting with excellent craft beer and delicious plates of tapas to boot."






4

#### 4 / LIFE'S A BEACH AT LES CABANES DU PORT

Les Cabanes du Port offers a breath of fresh air in the day and fun and entertainment from dusk. Open in the summer season, this open-air bar is set in the magical Port Canal with views of the barges bobbing on the water. Enjoy pizzas, burgers, tapas, barbecue, salads, seafood and ice creams food truck style, all while scrunching your feet in the sand! Or why not sip a delicious cocktail and sway to the beat of one of the acoustic sessions regularly on the programme.

125, rue des Oules in Montauban

 Les Cabanes du Port

#### 5 / BE SEEN AT RIVERSIDE VENUE LE NAUTIC!

One of the highlights of Montauban's social scene, the Nautic is a lounge bar and restaurant. What makes it extra special is that the venue affords panoramic views of the Tarn and Montauban. A great spot to feast on tapas and clink glasses with friends. A total change of scene a stone's throw from the town centre!

11, avenue de Toulouse in Montauban

+33 (0)6 07 46 43 49 or [www.lenautic-montauban.fr](http://www.lenautic-montauban.fr)



6



5

#### 6 / SOAK UP THE ATMOSPHERE AT LES GARNEMENTS

In the summer season, colourful chairs and tables take over the banks of the Aveyron just next to the Arduz mill. La Plage d'Arduz is a bar as well as a restaurant serving barbecue, salads, tapas, cocktails and ice creams.

7, Grand rue Arduz in Lamothe-Capdeville

+33 (0)6 37 13 57 11

#### 7 / CANALSIDE PLEASURE AT CHEZ GABRIEL

Set in a perfectly restored lock cottage, Chez Gabriel is a restaurant and open-air bar in the peaceful and leafy surroundings of the banks of the Canal des Deux-Mers. A tranquil spot to savour seasonal family cooking made with local fresh ingredients as you watch the boats sail by on the canal.

On the Green Cycle Path. Open from March to December.

1570, chemin de Mortarieu in Lacourt-Saint-Pierre

+33 (0)5 63 66 76 39



7



## GO WITH THE FLOW IN MONTAUBAN

*The history of Montauban and more broadly of Grand Montauban is close linked to water. The town is traversed by the Tarn and Tescou and bordered by the Aveyron so unsurprisingly has developed around its rivers. These water courses have alternated between being a source of disaster through the years as well as benefits and strengths for the region with a range of leisure and recreation facilities established on their banks.*



# A raft of activities at Port Canal

Leisure amenities for everyone



Port Canal, located 15 minutes by foot from Montauban town centre, is an oasis of calm where pleasure craft are moored, drawn by all the amenities boat owners could want including jetties, harbour office, power supply and bathrooms. River tourists, runners, families and anyone who enjoys walking along the waterside tow paths can all be found soaking up the fresh air at this tranquil spot. The site also offers a campervan service site, picnic tables and outdoor gym around the harbour office. Kids aren't left out either with a latest-generation play area inspired by tree-top adventure trails. Under the watchful eye of parents, younger visitors will love testing out their balance on a range of obstacles.

While the canal attracts fishers, there is also a water sports area for the more energetic. A floating jetty has been installed to provide access to people with reduced mobility. The 3 Pagaies Rivière association puts it to good use all year round to offer canoe, kayak, paddleboard and even Polynesian pirogue hire.

125, rue des Oules in Montauban

Harbour office: +33 (0)5 63 66 78 60 or +33 (0)6 49 77 85 30  
portcanal@ville-montauban.fr

3 Pagaies Rivière water sports hire: +33 (0)6 86 17 12 13

## Fresh air and fresh art

You can get to Port Canal from Avenue Marceau Hamecher by taking the cycle and pedestrian subway under the train tracks. Keep your eyes peeled for the fresco created by the local artist Julien Avignon and young people from Grand Montauban based around keywords linked to the environment.



## A cycle touring paradise

From Port Canal you have easy access to the Vélo Voie Verte – or Green Cycle Path – that follows the former tow paths and connects Montauban and Montech.



## ALL ABOARD TO EXPLORE

See Montauban from the Tarn on a guided tour from Port Canal to Bressols. A great experience to explore the town from a different perspective and learn about the history of skipping on the Tarn and spot birds from your perch on the *Olympe* vessel. 90 min. trip. For those left wanting more, the *Gaïa* is a barge on the Tarn that offers lunch or dinner cruises between Port Canal and Corbarieu. You can also book the barge for an overnight stay or take it out for a mini cruise for 2 to 4 days.

The captain Nicolas Périé can't wait to call ahoy!

+33 (0)6 71 07 42 24 - [www.penichegaia.com](http://www.penichegaia.com)

## Go one step further

Fancy taking the helm? The ENAM is the Atlantic Mediterranean Sailing School and has a programme of different classes to earn your boat licence: coastal, inland, radio, offshore and yacht.

125, rue des Oules – Port Canal in Montauban.

+33 (0)6 27 49 49 73 - [www.enam.fr](http://www.enam.fr)

# Moorings in Lacourt-Saint-Pierre and Escatalens



## IN ESCATALENS

Ideally situated on the Canal des Deux Mers, between Castelsarrasin and Montech, Escatalens offers boaters 24 moorings with water and electricity supply, toilets and washing facilities, picnic area and direct access to the Green Cycle Path.

Open from April to October. No winterising outside of open season.

## IN LACOURT-SAINT-PIERRE

The moorings in Lacourt Saint-Pierre are open from April to October. Equipped with two electricity connections and water inlets, the point can accommodate up to four pleasure crafts. The site is also a popular fishing destination in the local area.



# SPORT DISCOVERY

Grand Montauban has hundreds of open-air sites for nature lovers. With its diverse landscapes, walking paths and waterways, there is something for everyone – whether you are riding a horse or a bike, walking or running, fishing or swimming.



## Walking in a patchwork of landscapes



**Recommended by Marie Pierre,**  
TRAVEL CONSULTANT AT THE TOURIST OFFICE



"There's nothing better than just seeing where the footpaths take you to put your busy life on hold. Grand Montauban has so many of them but there is one in particular that feels like you're in a completely different place. You need to make your way to Corbarieu, a few

minutes from Montauban, which is surrounded by hills and plains. Fields, orchards, leafy slopes, babbling streams – the landscape is so varied over there. In the woods, you'll be amazed by the variety of terrain you'll find with ascents, descents, footbridges, steps... this trail through nature is fascinating and entertaining in equal measure. Highly recommended! Just throw on your walking boots and get out into the countryside to fill your lungs with fresh air and quieten your mind."

### A local curiosity

Escatalens is a destination known for one of the region's unique features: its dovecotes. No less than 16 of them in fact are waiting to be discovered along a 3-km trail through this pretty village, a testament to its strong agricultural heritage. Square, rectangular, some proudly crowned with a ridge turret... they come in a surprising variety of shapes and sizes but all ooze rustic charm. Saint-Julien fountain makes for a refreshing spot along your way.

Montauban offers easy access to 130-km of signposted footpaths that are begging to be explored. Seven winding footpaths alternate between forest and fields. Thirteen other trails take ramblers out into Grand Montauban, four of which are educational with information about the local rural and natural heritage.

Departing from Albeville-Lagarde, head out to discover churches, lovingly restored wash houses and Château Mezger, meander across farmland and learn all about the buildings in this part of the region severely affected by the flooding of the Tarn in 1930.

In Lamothe-Capdeville, visit the hamlet of Cos and stop a moment to observe the flora and fauna in this unspoilt countryside.

Over in Corbarieu and Saint-Nauphary, meanwhile, one trail takes you up into the hills for a total change of scenery.



# Explore the region *by bike*



In addition to the 11-km Green Cycle Path that cycle tourists can take from Port Canal, Montauban is a very bike-friendly town. Over 60-km of paths are reserved for cyclists and pedestrians, especially along the banks of the Tarn and Tescou. One route also reaches Les Albarèdes and the sports field in Le Ramiérou via the Promenade des Montalbanais.

And if you opt for a bike to get you round the town during your stay, you'll be pleased to know there are 160 public bike racks in Montauban town centre. Plus almost 600 more outside the schools and sports and cultural venues around Grand Montauban.

Want information, a bike repair, or an electric or regular bike to hire for a day or a week? **The Maison du Vélo** has everything you need for getting around the region on two wheels and lots of services on site.

**Maison du vélo, 16, allée de l'Empereur in Montauban.**  
+33 (0)5 63 63 52 52 or [www.montm.com/tm-a-velo/](http://www.montm.com/tm-a-velo/)

Make your way to Montauban Tourist Office to grab your copy of **the local bike map or the guide on exploring the Aveyron valley and canyons** along the Véloroute: 85 km of low-traffic roads winding through the region's medieval villages and untamed landscapes.

## Top tip

We recommend **Geovelo**. This handy app calculates your journey and suggests a route based on your cycling level and other parameters, from the safest route to the fastest route. Thanks to its partnership with Grand Montauban, this bike GPS tool with vocal guidance technology is constantly updated. It also features a range of trails including one that takes you on a tour of Montauban's cultural heritage.

[www.geovelo.fr/montauban](http://www.geovelo.fr/montauban) or on Apple Store, Android - Geovelo

# Lake and river *fishing*



Credits: CNPF / Laurent MADECON

Fishing is a hugely popular sport among nature lovers. To attract the fish, several techniques are possible: lures and natural bait for the carnivores, angling and long-pole fishing for white fish, boilies for carp and attractors or imitations for trout. Traditionally a source of food, fishing has acquired a more modern image today and many fishers now return their catch to the water. So why fish at all? Simply to experience the thrill of feeling that tug on the line and reconnect with nature. Grand Montauban is blessed with a multitude of fishing spots to practise in your own company or with family.

## FAMILY FISHING AMENITIES AT LA CLARE LAKE

This small lake is a stone's throw from Fonneuve, left just after the motorway bridge coming from the first Albi roundabout after Montauban. Aimed specifically at families looking to learn about fishing in a fun and safe environment, the site has large roach populations, safe banks and fishing stations. Other amenities include picnic tables, a barbecue and shelter. Just 15 minutes from Montauban, it's the ideal place to explore the joys of fishing with your kids

## THE CANAL IN ESCATALENS

There is a long tradition of fishing in Escatalens and local association La Sofio has been representing fishers in the village and in the surrounding area for many years. Pike, carp, roach, trout, tench, barbel and more all live in the canal, which has a designated point with a picnic area and toilets, the Garonne river, the Maillol Lake, or Saint-Julien Lake that has a jetty adapted for people with reduced mobility.

## BALAT-DAVID LAKE

This 12-hectare lake in a former quarry is a popular spot for fishers on the hunt for carp, shoals of perch and zander. Ecological restoration projects are planned to improve the natural fish resources by installing spawning grounds.

## THE BANKS OF THE TARN AT BRESSOLS PLAYGROUND

The Tarn river has significant fish resources for almost any fishing technique. Bressols Playground is ideal for bringing your boat on a trailer, making yourself comfortable on the long fishing jetty and making the most of the on-site amenities including a children's play area, football pitch and walking trail.

## CANAL DE MONTECH

This canal provides a welcome green space very close to Montauban's old town. Record sized black bass (up to 54 cm) can be fished in the catch and release section, between locks 8bis and 9bis. Night-time carp fishing is permitted at this same reach, but only on the left bank. Families might also want to discover the delights of fishing at Port Canal in Montauban. Absolute beginners might also be interested in learning the ropes with the Montauban fishing association (AAPPMA Montauban 3 Rivières).



## MONTBETON LAKE

Montbeton Lake is a new amenity on the local map and will soon be open for fishing. The whole family will be entertained with outdoor fitness machines, play area for children aged 2-12, a 1.5-km walking trail, an interpretation trail to learn about the local flora and fauna, a petanque court and picnic area.

## Fishing with the family in summer

The local federation organises family-friendly events all through summer for anyone wanting to catch their first fish in safe and simple surroundings. Your instructor will help you get to grips with the equipment, use a fishing rod properly and present the fish you catch at the end of the session. By the end of the course, you will know the fishing basics so you can go fishing on your own or with your children.

Price: €8 (includes rod, lines, bait and fishing permit).



# Take the *the* plunge

On sunny days, in summer especially, a cool dip soon becomes a necessity. Fortunately you're well catered for in Grand Montauban with rivers, lakes as well as a water park. Whether you prefer swimming in nature or the comfort of a pool, you won't be disappointed!



## 1 / INGRÉO WATER PARK

One of the biggest water parks in France with 2,700 m<sup>2</sup> of swimming pool, Ingréo is open all year round. Families and swimming enthusiasts are all catered for at this complex comprising an outdoor Olympic sized pool and indoor 25-m pool as well as two splash pools and a teaching pool. Not to mention a 10-m deep dive pool, 6 toboggan runs and 1-10-m diving boards. Ingréo also features wellness facilities with sauna, steam room, jacuzzi and gym. All you need to have fun, relax, cool down and keep fit to your heart's content!

boulevard Edouard Herriot in Montauban  
+ 33(0)5 63 20 03 48 or [www.vert-marine.info/ingreo](http://www.vert-marine.info/ingreo)



Fine sand and calm water await you in Ardis, in the municipality of Lamothe-Capdeville. With views of an 18th century mill and in the shade of the leafy canopy, come and dip your toes in the Aveyron river at this peaceful spot of undeniable charm. Supervised swimming every afternoon in the 5,000 m<sup>2</sup> lake with a maximum depth of 2 m. Extra amenities include a picnic area and bowling pitch and the site is accessible for people with reduced mobility.

[www.lamothe-capdeville.fr](http://www.lamothe-capdeville.fr)  
ou +33 (0)5 63 31 32 29

## 2 / BRESSOLS PLAYGROUND

Set in 13 hectares of woodland on the banks of the Tarn, this local amenity is a breath of fresh air for old and young alike. Bressols Playground is an ideal spot for a family day out.

Featuring play areas, skatepark, outdoor fitness trail, bowling pitch, fishing zone, picnic area and a beginners rowing club, the site has an exciting range of leisure pursuits adapted to suit all ages and interests. Nature lovers can discover a plentiful selection of plant and tree species as they stroll around the Arboretum.

And new for 2021, a Wampark is coming to Bressols.

Water skiing and wakeboarding towing for children and adults as well as free supervised swimming, inflatables, refreshments and paddle-boarding hire all coming soon. Fun and thrills guaranteed!

525, chemin Montagné in Bressols  
[www.wampark.fr](http://www.wampark.fr) or +33 (0)6 76 53 36 82

## Recommended by Mathieu, TRAVEL CONSULTANT AT THE TOURIST OFFICE



"What could be better on a hot summer's day than a place to relax and cool down? I can recommend two places in Grand Montauban. First, Ingréo water park, one of the biggest in Europe, a stone's throw from Montauban town centre. It has an Olympic size swimming pool for serious swimmers or tourists looking for a cool down and leisure pools and toboggan runs for younger visitors. Otherwise, head to the beach in Lamothe-Capdeville for a totally different atmosphere. Just 10 minutes from Montauban, this is an idyllic spot in the heart of nature where you can swim in the Aveyron river and enjoy a picnic on the sandy beach."

# Local sports *activities*

Montauban is one big sports centre. Awarded the "Terre de Jeux 2024" label as part of the 2024 Summer Olympics in Paris, the region is blessed with first-rate sports facilities such as Ingréo water park, the Jacques Chirac sports centre, several stadiums, a golf course and a skatepark. Everything has been designed to provide easy access to sport for all, even during your holidays. You can try out any of the green ways or tow paths along the canal or the Tarn river for your morning run, or take part in a variety of other disciplines...



## A SPORTS CENTRE PROMOTING ACTIVITIES FOR ALL

Latest-generation facilities, the Palais des Sports Jacques Chirac and Stade Georges Pompidou have been designed to encourage everyone to partake in sport as well as provide self-managed and free access facilities.

Two padel courts are located on the upper level of the Palais des Sports and can be booked online. Simply create an account on the <https://openresa.com/club/PADELJCHIRAC> platform and select an available timeslot.

Padel is a racket sport, a cross between tennis and squash, mostly played in doubles. It's fun, social and above all accessible to everyone. Less strenuous than tennis, this sport is proving popular with different audiences and other courts are planned around Grand Montauban soon.

2, rue du général d'Amade in Montauban - +33 (0)5 81 98 20 95



## Did you know?

In 2021, a beach sport centre will be opening in Pouty, close to Port Canal. Montauban will be the first non-coastal town to have a beach sports facility offering disciplines such as football, volleyball, rugby and wrestling.







### THE SKATEPARK

Skateboards, scooters and BMX are just some of the disciplines enjoying a revival recently. In Montauban, skateboarding has been part of the urban landscape since the skatepark was opened in 2021 in Parc de la Roseraie, adjacent to the Ingréo water park on Boulevard E. Herriot. This popular site offers a space for riders to practise at their leisure in total safety.

Plans to extend the skatepark are currently in the works and the site should soon feature a new bowl for BMXers and skateboarders as well as a pump track and sealed track specially designed for beginners.

Interested in taking skateboarding lessons? Get in touch with the association Roulez Jeunesse via  or  Roulez jeunesse 82



### ESTANG GOLF COURSE

Located a mere 5 minutes from Montauban town centre, Golf de l'Estang is set over 55 hectares of greenery with hundred-year-old oak trees studded across much of the golf course. This 18-hole course, the longest in the region, has a route adapted to the level of each golfer.



The faithfully restored building standing in the heart of the estate in the local architectural style houses the restaurant Le Pré de l'Estang, the perfect "19th hole" to enjoy a delicious meal and panoramic views of the course.

849, route de l'Aveyron in Montauban  
+33 (0)5 63 202 202 or [www.golfdemontauban.fr](http://www.golfdemontauban.fr)



## Experience life on a farm



### LE RAMIER FARM

The Maraval family has been happily making farmhouse cow's milk cheeses, including its famous Tome, for four generations. Sisters Édith and Hélène are carrying on the tradition. This dynamic Montauban farm always puts the welfare of its animals, traditional practices and innovation first.

The organiser of the "taste and flavours festival" usually held every July, Le Ramier Farm is open to visitors all year round. A chance to learn more about their craft and see why living on a farm really is the good life. Highlights of the visit include meeting the animals and seeing the incredible milking machine, the cheese dairy and the ageing cellar where 6,000 cheese are patiently maturing.

2250, route de Saint-Etienne de Tulmont in Montauban  
+33 (0)5 63 03 14 49 or  
[www.lafermeduramier.fr](http://www.lafermeduramier.fr)



### PIBOULS PETTING FARM

Educational and fun, Pibouls farm was set up as a place for people to learn, understand and take part in life on the farm. Founder and carer Mathilde will introduce you to the mostly familiar animals: 60 residents of 20 different species! During your visit, she will tell you more about the environment, how to respect living organisms and their ways of life. The farm offers several activities that put visitors in the role of caring for the animals.

Pibouls farm has rescued several animals from the slaughter house, circus and households. These animals are given a second chance of life and only want your pets and strokes in return.

1432, route de Saint-Antonin in Montauban  
Open all year, by appointment only:  
+33 (0)7 86 82 91 77.



### DOMAINE D'OPALE

Domaine d'Opale is a children's farm in the nearby countryside just perfect for families. Boris and Laurène cannot wait to share their love of animals with old and young visitors alike. During your visit, you will get to know more about where their passion comes from and even stroke the four-legged residents.

Domaine d'Opale is also a pony club where the whole family (from age 2) can spend time together and learn the reins of horse riding.

1983, chemin de Villemade in Montauban  
+33 (0)6 84 05 98 31 or  
+33 (0)6 50 22 52 47 or  
[www.domainedopale.fr](http://www.domainedopale.fr)



# GREEN SPACES

*A town in the countryside, Montauban has planned its amenities around its trees. The town has several parks and gardens where you can come for a moment of relaxation in the leafy shade. Across Grand Montauban, you also have easy access to well-preserved spaces where nature has been left to thrive, change with the seasons and provide a constant source of amazement. Don't forget either the superb gardens open to visitors all year round.*

# Jardin des Plantes



Opened in 1861, this superb botanical garden stretches over three hectares on both sides of the Tescou river. One of the finest landscape architects, Le Breton, was brought down from Paris to plan the Jardin des Plantes. It features a number of remarkable species including tulip trees and plum yews, most planted when the garden was first created.

In 1989, the municipality gave the Osage and Cherokee tribes a parcel of land in Montauban's botanical garden, an act rooted in the town's history. In 1827, American Indians from the Osage tribe arrived in France to plead the cause of their people. After being left to their own devices and wandering for months, three members

of the tribe arrived in Montauban. Bishop Dubourg welcomed them and helped them return to America thanks to the generosity of the local community.

## Allée du Consul Dupuy in Montauban

### Magic Xperience

Can you find the hidden totems around the park? Thanks to the augmented reality app Magic Xperience, famous Montauban figures, enchanted characters and wild animals are waiting to be discovered.

### Can you find the giant sequoia from America?

This conifer, recognisable by its thick reddish bark and tapered trunk, can live for over 3,000 years and reach heights of 100 metres. It stands in the tribe's parcel, given to the Osage and Cherokee tribes in memory of the ties between them and the people of Montauban.



# Jardin de Laroque



Laroque garden in Escatalens is as beautiful as it is unexpected. Created from nothing by its passionate owner 20 years ago, this former nursery garden has become a stunning ornamental garden. Over 70 species of trees and countless plants and flowers make for a delightful and restful visit.

Meander from one area to another and get a sense of the history of this inspirational garden. Amusing sculptures and curiosities dotted around add to the bucolic charm. As if further incentive to visit were needed, the Jardin de Laroque was awarded the "remarkable garden" label in 2019.

Visitors welcome from mid-April to late October.

Open weekends and public holidays from 10 am to 7 pm.

Other days by appointment only.

303, faubourg Tutet in Escatalens

[www.lejardindelaroque.com](http://www.lejardindelaroque.com) - +33 (0)6 45 31 87 89

## Recommended by Laurenne,



TRAVEL  
CONSULTANT  
FROM TOURIST  
OFFICE

"Who knew Grand Montauban had its own garden of Eden! I was shown around by the owner, a former landscape gardener who's just as enthusiastic today, and discovered a thousand and one varieties from around the world. Shrubs, rose bushes, trees, perennials, aquatic plants and more all blend in together around natural sources and have a calming influence in surroundings inspired by Feng Shui. Each flower, each leaf has its own history, not to mention its fragrance and colour. I'd recommend this place to anyone who loves nature and enjoys taking the time to marvel at its wonders. A breath of fresh air."

## Be green ON HOLIDAY

It's easy to behave in  
an eco-friendly way  
on holiday!



Always recycle  
your waste



Always take your  
rubbish with you



Respect the  
environment and  
protect the local  
ecosystems



Stay on the  
signposted  
footpaths



Prioritise public  
transport, carpooling,  
cycling and walking to  
get around



Eat and drink locally  
farmed and made  
products



# Major events of the *year* to put in your diary and attend

MARCH



The Montauban marathon

Olympe de Gouges Dance Prize (every two years)

Mars en Danse Festival (every two years)

MAY



The Montauban triathlon

JUNE



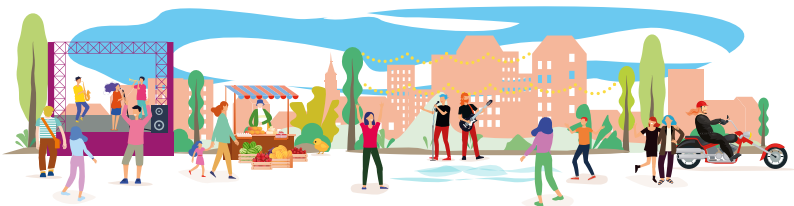
Montauban en Scènes music festival

Monte au Banc circus festival

World Music Day

Ladies Golf Open

JULY



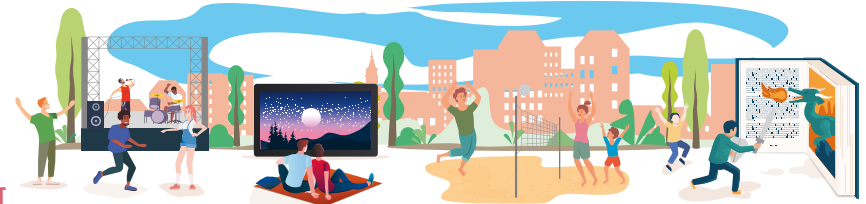
El Médodia festival in Corbarieu

Fête du Goût et des Saveurs (food festival)

Fête du Tarn carnival in Bressols

Cos on the Road in Lamothe-Capdeville

AUGUST



Summer festivities

SEPTEMBER



Fête des Sports (sports festival)

400 Coups Fair

European Heritage Days

La Fabrique du Jazz festival

Harvest festival

OCTOBER



Festival de Magie (magic)

Festival Passions Baroques (music)

NOVEMBER



Festival Lettres d'Automne (literature)

DECEMBER



Christmas festivities

## An historic event in September 2021

2021 is the 400th anniversary of one of the most important events in Montauban's history: the town's attempted siege by Louis XIII's royal troops in 1621. Above and beyond its historical facts, the memory of this event is part and parcel of the town's identity. The famous legend of the 400 "coups" or shots is a big part of the town's collective imagination and the salvo of the royal cannons fired over Montauban is almost palpable in the air.

To mark this significant anniversary, the city will come to life to commemorate these "400 cannon shots" from 15 to 22 September 2021. A fun and festive programme of culture and entertainment. A major exhibition, walks, live performances, a sound and light show, animal displays, a big banquet, traditional sports demonstrations, 17th century crafts and games from yesteryear will transform Montauban for a week. The European Heritage Days will also fall in this historic commemoration with further exhibitions, guided tours and large gatherings to attend.



# Follow us on social media

and share your best photos of Grand  
Montauban and your experiences  
WITH #MONTAUBANTOURISME



Montaubantourisme



Grand Montauban Tourist Office



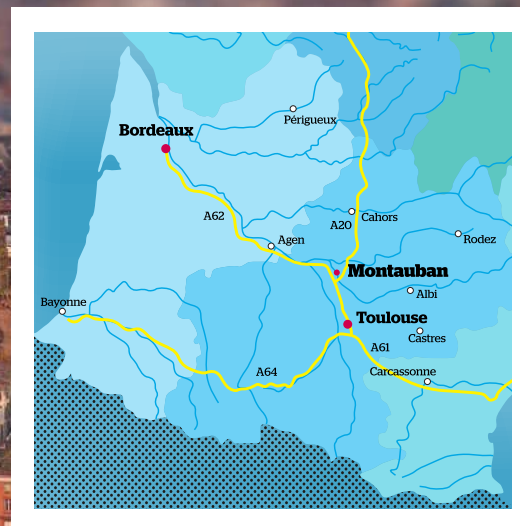
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Share your reviews and favourite places using  
#montaubantourisme

Tél : +33 (0)5 63 63 60 60 - info@montauban-tourisme.com - www.montauban-tourisme.com

## Coming to Montauban

MONTAUBAN, A MUNICIPALITY IN THE SOUTHWEST OF FRANCE,  
IS THE CAPITAL OF THE TARN-ET-GARONNE DEPARTMENT IN THE OCCITANIE REGION.



### BY CAR

Situated at the crossroads of the A62 (Bordeaux/Toulouse) and the A20 (Paris/Toulouse),  
and traversed by the RN20, the town has two tolls at its north and south entrances.

### BY TRAIN

Several daily connections link Montauban and Toulouse.  
The TGV Atlantique line means Montauban is just **under 5 hours** from Paris.  
Montauban is at the crossroads of the Bordeaux/Nice and Paris/Toulouse lines.  
For full information: [www.ter.sncf.com/occitanie](http://www.ter.sncf.com/occitanie)

### BY PLANE

Just 30 minutes from Toulouse Blagnac international airport, Montauban is a destination for work and pleasure.  
Toulouse-Blagnac airport: +33 (0)8 25 38 00 00 - [www.toulouse.aeroport.fr](http://www.toulouse.aeroport.fr)

Montauban aerodrome: +33 (0)5 63 66 47 44

### BY BOAT

The Canal Latéral à la Garonne passes through Tarn-et-Garonne.  
Its junction at Montech provides boaters access to the marina in Montauban.  
+33 (0)5 63 66 78 60 or +33 (0)6 49 77 85 30



# *Tourist office* **GRAND MONTAUBAN**

## **Opening times**

### **November to April:**

Monday to Saturday : 9.30 a.m. - 12.30 p.m. / 1.30 - 6 p.m.,  
closed Sundays and public holidays.

### **May, June, September, October:**

Monday to Saturday : 9.30 a.m. - 12.30 p.m. / 2 - 6.30 p.m.,  
closed Sundays and public holidays.

### **July and August:**

Monday to Saturday : 9.30 a.m. - 6.30 p.m.,  
Sundays and public holidays : 10 a.m. - 12.30 p.m.



1, place Pénélope - Esplanade des Fontaines  
BP 201 82002 Montauban Cedex  
Tél. : +33 (0)5 63 63 60 60

[info@montauban-tourisme.com](mailto:info@montauban-tourisme.com) - [www.montauban-tourisme.com](http://www.montauban-tourisme.com)