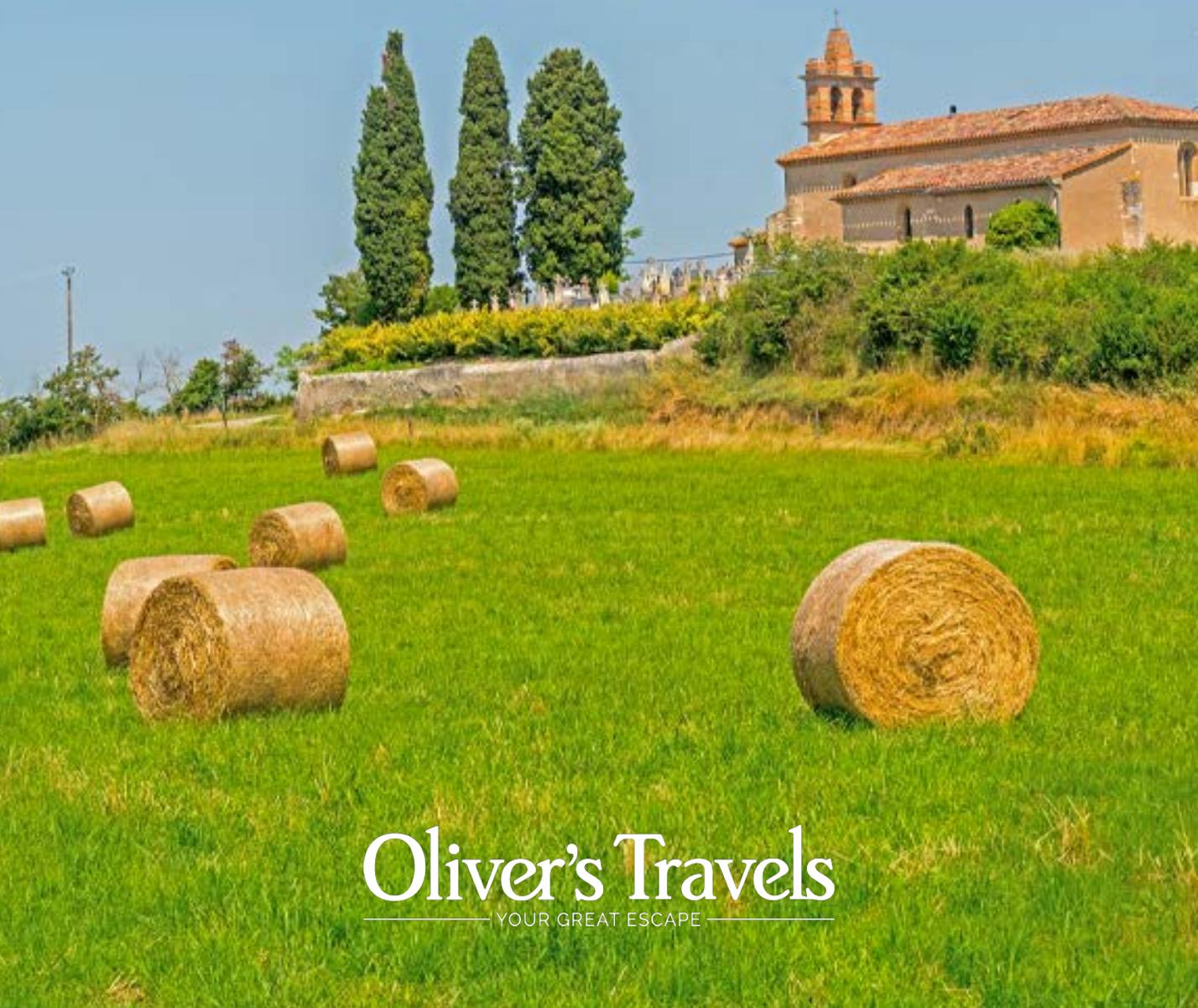


Midi-Pyrenees

TRAVEL GUIDE



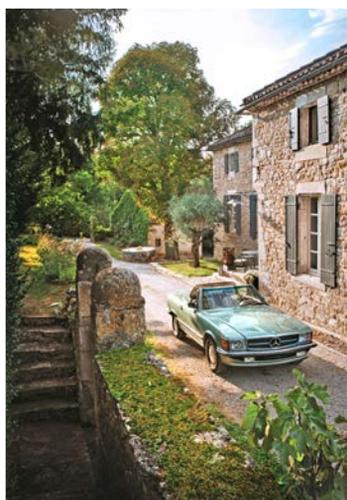
Oliver's Travels

YOUR GREAT ESCAPE

The Midi-Pyrénées defies simple summation. Outside of Toulouse, there is pleasingly little in the way of urban development, but rather lush rural landscapes well-suited to hiking and outdoor activity. Serenity seekers tend to go north where gently rolling hills, wooded valleys and rivers lend themselves well to relaxing, away-from-it-all escapes, while adventurers tend to head to the Pyrenees in the south, where wilder and more dramatic terrain awaits.

MIDI-PYRÉNÉES 101

CURRENCY	EURO	TIME ZONE	GMT +1
ELECTRICAL	TWO PIN ROUND	HIGHEST TEMP.	33° C
LANGUAGE	FRENCH	LOWEST TEMP.	2° C
EMERGENCY	112	PEAK SEASON	MAY - SEPT





TRANSPORT TALK



BY WHEELS

If you're arriving by TGV train or by air, you'll probably want to pick up a car in Toulouse. Driving is a great way to see the places hard to get to by public transport.



BY BIKE

This is Tour de France territory and a fantasy land for keen cyclists. If you don't want to test your legs to their limit, steer away from the Pyrenees peaks and opt for more casual cycle routes, which are plentiful.



BY TAXI

Taxi services in the Midi-Pyrénées area can be found in town centres and at taxi ranks around the town. Pre-ordering is always a good idea though, to avoid waiting around.



BY WATER

When taking a ferry to Midi-Pyrénées there are 2 options available. The channel crossing to several ports in Northern France and the Spanish Route option (to Santander or Bilbao).



BY AIR

You can fly to Toulouse-Blagnac Airport, Tarbes-Lourdes-Pyrénées Airport, Rodez-Marcillac Airport or Castres-Mazamet Airport.



BY BUS OR TRAIN

Bus services in and around Midi-Pyrénées are frequent and reliable, other alternatives include the metro for getting around the region.

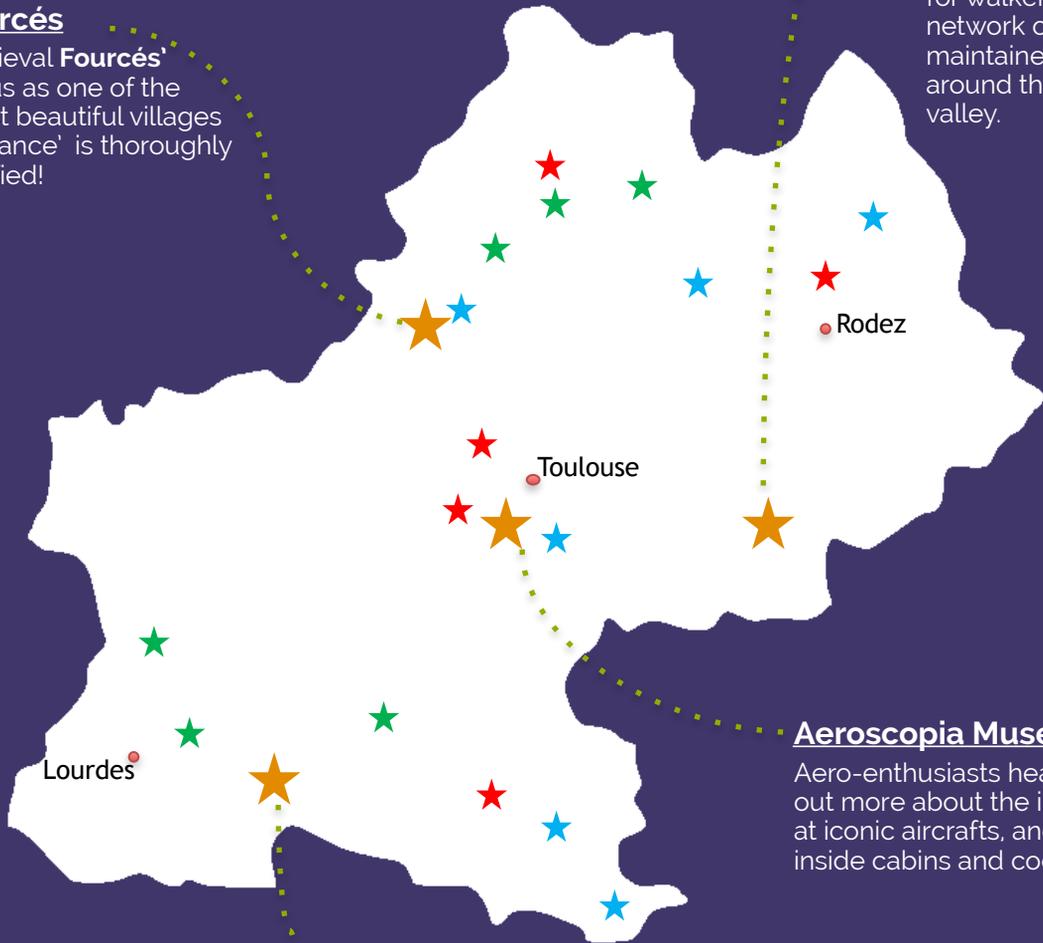
HIDDEN GEMS AND ACTIVITIES

Fourcés

Medieval **Fourcés**' status as one of the 'most beautiful villages of France' is thoroughly justified!

Regional Natural Park of Haut Languedoc

A marvellous destination for walkers and hikers! A network of well-maintained trails weave around this unspoiled valley.



Aeroscopia Museum

Aero-enthusiasts head here to find out more about the industry, gawp at iconic aircrafts, and even get inside cabins and cockpits.

Grottes de Gargas

These caves are just out of the way enough to escape tourists' notice. Inspect curious prehistoric animal drawings and handprints.

- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights

TOP PICKS FOR KIDS

Cozy up to Camels



There's one destination that's always going to get the kids excited, and that's the zoo! If you fancy something a bit different, head to [La Maison des Chameaux](#), a wildlife sanctuary that concentrates on camels



Watch Knights Battle



The Midi-Pyrénées is dotted with grand chateaux, museums and areas of historical interest. At [Durandal](#), experience a performance of the story of semi-mythical knight, Roland.



Get to Know the Gauls



[Le Village Gaulois](#) brings the world of the ancient Gauls to life. See what life was like in an authentic recreation of a Gaul village, where you can see how Celtic people lived before getting invaded by the Romans.



Go Climbing



[Vertige de l'Adour](#) is a great bet for adventurous kids with a head for heights. Children as young as three can tackle these 'iron routes' of rope bridges and zip-lines through the mountains.



Monkey Around



Take your little monkeys to meet some real little monkeys at [La Forêt des Singes](#). This park is home to about 150 Barbary macaques who are free to move to and fro among the trees with you!



Water Fun



For some watery fun, head to [Quercyland](#) where you'll find several heated pools of different depths to suit all ages as well as a couple of water slides and a multi-lane flume the kids can race down!



MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS



CROWD-PLEASERS: BEST ACTIVITIES

Scenery from a High



Want to Impress your friends and see the Midi-Pyrénées from a whole new perspective? Try a hot air balloon flight! [Atmosph'Air Montgolfières](#) offer balloon trips across the region.



Float Down the Baise



Greeting the fantastic countryside and scenery of the Midi-Pyrénées head-on is a great way to get yourself acquainted with the region. Take a boat trip down the Baise River with [Gascogne Navigation](#).



Hit the Saddle



If you fancy something a bit more rustic, grab your jodhpurs and head for [Les Crinières Noires](#). No matter your experience, you can hire a horse at this equestrian centre and take an invigorating trip up the mountains.



Tour la Ville Rose



There's a great day of exploration to be had visiting Toulouse, otherwise known as "The Pink City," thanks to its redbrick architecture. Find your feet with [Toulouse Walking Tours](#).



Make Jewelry



With such a rich vein of craft culture running through the region, there's plenty to get involved with! Try your hand at making your own jewellery with [La Vidalerie](#). They have loads of classes for different tastes.



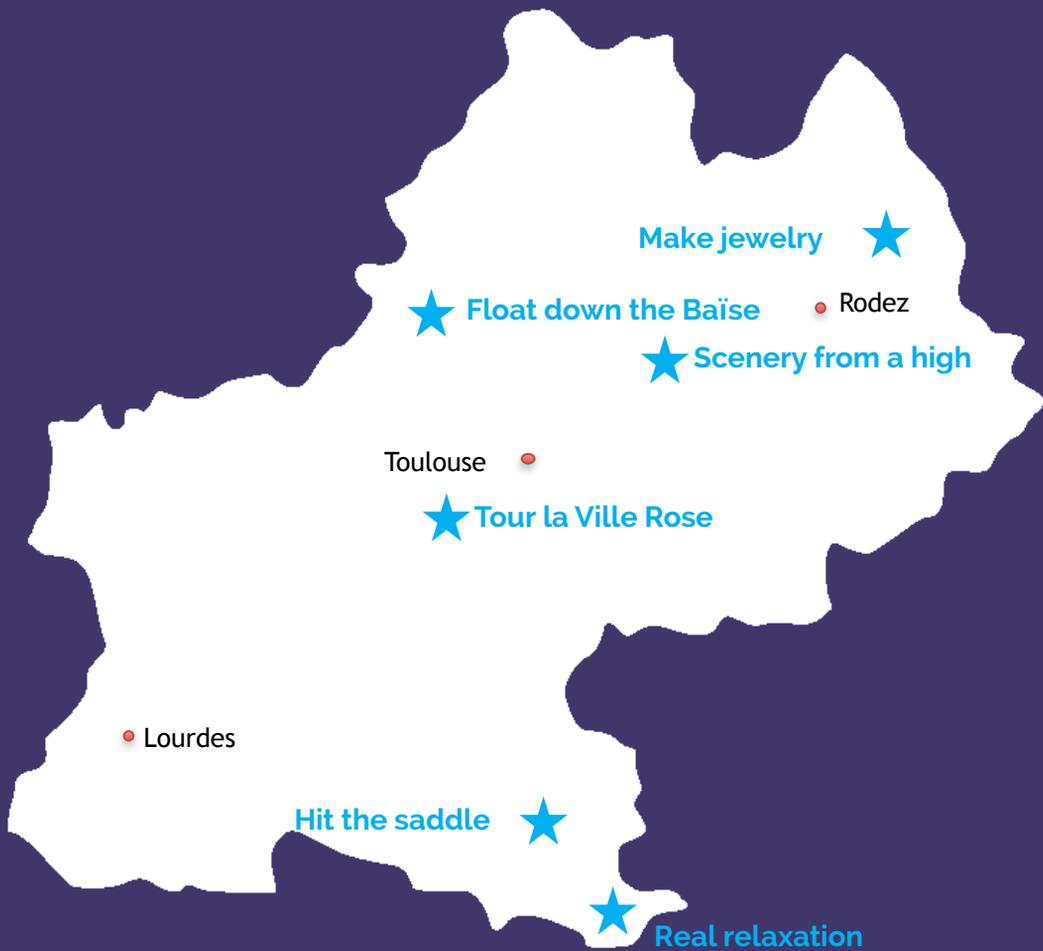
Real Relaxation



Looking for some real relaxation? The Midi-Pyrénées is dotted with some beautiful spas. [Les Bains Couloubret](#) has wonderful thermal baths that are bound to have you feeling invigorated and relaxed.



MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS



BEST FOODIE DELIGHTS



Vin Vigne Voyages

While the Midi-Pyrénées might not boast as many famous wineries as Bordeaux and Burgundy, there are still loads to enjoy. Start your adventure off with [Vin Vigne Voyages](#), who can sort you out with a great tailored wine tour.



Restaurant Angkor



At [Restaurant Angkor](#), you'll find some great Asian-inspired dishes if you fancy a break from all those rich French foods! and, it's family-friendly so it's a great place to take the kids for a delicious meal!



Marché Victor Hugo

At [Marché Victor Hugo](#) You can find everything you need to whip up a fantastic French meal of your own, from fresh fruit and veg through to cheese, meats and delicious cakes and pastries for dessert.



Le Caillau



For a spot of casual elegance try [Le Caillau](#). You'll find dishes created from ingredients plucked straight from the garden, with the choice of meals on offer a good reflection of the restaurant's farmhouse feel.



Dishes to Try



The salty blue cheese known as **Roquefort** was originally produced around the Midi-Pyrénées and it's a must try! If you've got a sweet tooth, keep an eye out for **pastis gascon** on the dessert menu!

A la Montanha



Not for vegetarians, [A la Montanha](#) makes a big deal of the beef on offer. It's locally sourced from the Gascon cows grazing on the nearby mountains, and it's as delicious as it sounds.



MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES





We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From family [villas in Midi-Pyrenees](#) and [large holiday homes](#) in the UK, to Mediterranean [villas with pools](#) and [Caribbean beach villas](#), we have something for everyone, everywhere.



Oliver

Get in touch

0800 133 7999

Follow Us

