

LOZÈRE

A new experience!

AUBRAC

MARGERIDE

CÉVENNES & MONT-LOZÈRE

**GORGES DU TARN,
GORGES DE LA JONTE
& GRANDS CAUSSES**

MENDE & THE LOT VALLEY

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Where everything is possible!

Feel like an adventure close to nature? A stay with plenty of new experiences? A holiday destination where you can recharge your batteries? Then you've come to the right place!

Lozère is a mosaic of untamed scenery, from the high plateaus of Aubrac to the Margeride hills, from the deep Gorges du Tarn and Gorges de la Jonte to the endless expanses of the Causses, from the Cévennes valleys to the crests of Mont-Lozère via the green Lot Valley and the little streets of Mende.

Along the rivers, on the footpaths or cliffs, you can enjoy this giant playground, a real paradise for anyone who loves outdoor sports. Go back in time to the schist, granite and limestone villages. Enjoy our regional specialities at a great restaurant in a totally authentic and friendly setting. Stroll along the banks of a lake or relax in a delicious jacuzzi.

For a few days or more, with your loved one, your family or friends, you are guaranteed a warm welcome in Lozère. And before we meet up at a market stall or a festival, we have brought you this brochure to help you prepare your stay with peace of mind and give you a first taste of Lozère.

See you soon in Lozère, naturally!



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h = high / b = bottom

The essential visitor's map

Aubrac
Mende
& the Lot Valley

OUR SELECTION OF EXPERIENCES (NOT TO BE MISSED FOR THE WORLD)

Pick up your favourite pen... and get ready to use it each time you enjoy a new experience. Good luck, and most of all, have a great holiday!

- ☐ Taste an aligot in a buron (stone house) in the Aubrac region
- ☐ Go down the Gorges du Tarn in a canoe
- ☐ Follow the Stevenson hiking trail with a donkey
- ☐ Fly above the Causses region in a hot-air balloon
- ☐ Look up at the Milky Way in Cévennes
- ☐ Hear the roar of a stag in the Margeride forests
- ☐ Go snowshoeing on Mont-Lozère
- ☐ Tackle the gigantic climbing routes in Gorges de la Jonte
- ☐ Have fun like a child in a leisure park in the Lot valley
- ☐ Spend a night (or longer!) at a farm

Gorges du Tarn,
Gorges de la Jonte
& Grand's Causses





Aubrac



Main towns

Aumont-Aubrac, Nasbinals, Fournels

Main sights to see

- La Chaldette spa
- Château de la Baume
- Nasbinals Romanesque church
- The Way of Saint James
- Déroc waterfall
- Ski resorts
- Lac du Moulinet

Major events

- Transhumance festival (late May): the Aubrac cows go up to the summer pastures to the sound of music
- Nuit des Burons (end of June): stories, theatre, open-air cinema...
- Trail in Aubrac (end of June): races from 10 to 55 km
- Phot'Aubrac (end of September): nature, animal and human photo festival

Regional specialities

- Aligot and rétorillat (specialities made from potatoes and tome cheese)
- "Fleur d'Aubrac" (PGI) and Aubrac beef
- Laguiole (PDO) and Aubrac tome cheese
- Aubrac tea

Main markets

- Wednesday morning in Fournels
- Friday morning in Aumont-Aubrac
- Sunday morning in Nasbinals

Margeride



Main towns

Marvejols, Saint-Chély-d'Apcher, Langogne, Le Malzieu-Ville, Saint-Alban-sur-Limagnole, Grandrieu, Châteauneuf-de-Randon, Rieutort-de-Randon

Main sights to see

- Europe Bison Reserve
- Gévaudan Wolf Park
- Filature des Calquières museum
- Javols archaeological museum
- The Naussac, Charpal and Ganivet lakes
- Ski resorts
- Scenovision: "La Margeride à la folie"
- Le Malzieu-Ville, a fortified village
- Apcher Tower

Major events

- Les Médiévales du Malzieu (mid-May): medieval festival in costumes
- Gévaudathlon (early June): multi-sports raid in teams
- Marveloz'Pop Festival (mid-July): festival of music, film and street arts with a pop culture inspiration
- Marvejols-Mende half-marathon (end of July): internationally famous race
- Festiv'Allier (early August): festival of French popular music and circus

Regional specialities

- Manouls (braised tripe)
- Flêque (potato gratin with bacon)
- Bleu d'Auvergne cow's cheese (PDO)
- Coupétade (cake made from bread, prunes and raisins)

Main markets

- Tuesday morning in Le Malzieu-Ville
- Thursday morning in Saint-Chély-d'Apcher
- Saturday morning in Marvejols, Langogne and Rieutort-de-Randon
- Sunday morning in Grandrieu

Gorges du Tarn, Gorges de la Jonte & Grands Causses

Main towns

Sainte-Enimie, Meyrueis,
Le Massegros, Le Rozier, Les Vignes,
La Malène, Ispagnac, Hures-la-Parade

Main sights to see

- Sainte-Enimie, one of "the most beautiful village in France"
- Aven Armand
- Dargilan Cave
- Ferme Caussenarde d'Autrefois
- Vulture House
- Point Sublime panorama
- Przewalski horse reserve

Major events

- Lozère Trail (end of May):
races from 13 to 110 km
- TAWARA (mid-June):
canoe, kayak and SUP race
- Bulles de Burle (end of June):
comics, games and books festival
- FOGS (mid-July to mid-August):
opera and classical singing festival
- Saint-Michel Fair (late September):
local farmers and craft market

Regional specialities

- Lozère-ELOVEL lamb (PGI)
- Roquefort sheep's cheese (PDO)
and Bleu des Causses cow's
cheese (PDO)
- Quézac sparkling water
- Gorges du Tarn wine

Main markets

- Monday morning (in summer)
in La Malène
- Tuesday morning and Saturday
morning in Ispagnac
- Wednesday morning (in summer)
in Meyrueis
- Wednesday evening (in summer)
in Le Rozier
- Thursday evening (in summer)
in Sainte-Enimie



Cévennes & Mont-Lozère



Main towns

Florac, Villefort, Le Pont-de-Montvert, Le Bleymard, Saint-Germain-de-Calberte, Barre-des-Cévennes

Main sights to see

- La Garde-Guérin, one of "the most beautiful village in France"
- 9-hole golf course in La Garde-Guérin
- Ski resorts
- Stevenson Trail
- Lac de Villefort
- Cham des Bondons standing stones
- Rûnes waterfall

Major events

- 100 miles, VTT race and ride (June)
- Un été avec le Parc (from April to October): nature activities in the Cévennes National Park
- Transhumance festival (mid-May to late June): the sheep go up to their summer pastures
- Soup Festival, Florac (October): enjoy your meal
- 160 km of Florac (early September): world-famous endurance horse race

Regional specialities

- Bajanat (chestnut soup)
- Villefort trout
- Pélardon goat's cheese (PDO)
- Cévennes honey (PGI)
- Chestnut jam

Main markets

- Monday evening in Saint-Etienne-Vallée-Française (in summer)
- Wednesday morning in Le Pont-de-Montvert and Saint Roman de Tousque (in summer)
- Thursday morning in Florac, Villefort and Bagnols les Bains (from April to October)
- Friday morning in Vialas (in summer) and Saint-Etienne-Vallée-Française
- Saturday morning (in summer) in Saint-Germain-de-Calberte
- Sunday morning in Sainte-Croix-Vallée-Française and Pied-de-Borne (in summer)
- Sunday Morning (in summer) Pied-de-Borne



Mende & the Lot Valley

Main towns

Mende, La Canourgue, Chanac, Bagnols-les-Bains, Saint-Germain-du-Teil

Main sights to see

- Mende Cathedral
- Bagnols-les-Bains spa
- Vallon du Villaret
- Lanuéjols Roman mausoleum
- Chanac Tower
- La Canourgue, "the little Venice in Lozère"
- Gorges du Tarn 18-hole golf course

Major events

- Festival des randonnées (end of May): hiking with a guide, encounters with adventurers
- Trèfle Lozérien (early June): enduro motor-cycling race
- 48^{ème} de rue (early July): street arts festival
- Détours du Monde (mid-July): world music festival
- Les Toqués du Cèpe (early October): market and cooking lessons focusing on mushrooms

Regional specialities

- Pouteille (beef and pig-trotter stew)
- Croquants de Mende biscuits
- Boletus liqueur

Main markets

- Tuesday morning in La Canourgue
- Thursday morning (in summer) in Bagnols-les-Bains
- Thursday morning and Sunday morning in Chanac
- Wednesday morning and Saturday morning in Mende

Focus on protected areas

Lozère has 5 nature regions, as well as dozens of exceptional natural sites. Among the most famous are the Causses and Cévennes (UNESCO site), the Cévennes National Park and the Aubrac Regional Nature Park.

The Causses and Cévennes: the UNESCO giant!

Covering an area of some 3,000 km², the "Causses and Cévennes" are the biggest site listed by UNESCO in mainland France! Over half of the area listed as a "Mediterranean Agro-Pastoral Cultural Landscape" in 2011 is in Lozère. To explore the Causses and Cévennes, there are several different options: you can meet up with the "Causses and Cévennes" Ambassadors (local inhabitants selected for their love of the region); visit a farm or even spend the night there; take part in the sheep transhumances in spring; enjoy a hike along the "agro-pastoral pathways" around the GR68 trail or stroll between the market stalls and stock up on tasty regional specialties...

www.causses-et-cevennes.fr

The Cévennes National Park, unique and authentic

The Cévennes National Park is the only French national park in a region of medium-altitude mountains. It is also the only one that is inhabited all the way to the centre. Over 80% of the "heart" of the park, the area with the rarest and most protected natural heritage, is in Lozère! Since 1985, the Park has also been listed as a "biosphere reserve" by UNESCO. And since 2018, it has been part of the very exclusive club of "dark-sky preserves" (DSP). The National Park is a real paradise for nature-lovers, with over 2,400 animal species and over 2,250 species of plants and trees! You can explore this exceptional environment on foot, by bike or on horseback, or by taking part in the themed excursions (astronomy, bird-watching, etc.) organised all through the summer.

www.cevennes-parcnational.fr



Aubrac, the 53rd regional nature park in France

This mountain plateau reaches its highest point of 1469 metres at the Signal de Mailhebiau. Aubrac is a region of untamed nature and preserved traditions. In recognition of its important natural and cultural heritage, it became France's 53rd national park in May 2018. Aubrac extends beyond the north-east of Lozère. It is mainly a region of livestock farming. The cows have what looks like khol cosmetics around their large eyes. They provide a famous beef, the "Fleur d'Aubrac". Aubrac is also a land of unique landscapes, forged by volcanic activity. And the highlight? The 32m-high Déroc waterfall! Aubrac is a festive land, filled with life throughout the year: the transhumance at the end of May, the pilgrims on the Way of St James from April to October, the photo festival in late September...

www.parc-naturel-aubrac.fr



And hiking all the year round!

With a donkey on the Stevenson Trail

The Scottish writer Robert Louis Stevenson was a hiking pioneer. He set off in 1878 on a journey through the Massif Central for pleasure – and to forget an unhappy love affair! With his donkey, Modestine, he walked for 12 days, from Monastier to Saint-Jean-du-Gard. He recounted his adventures in a book, "Travels with a Donkey in the Cévennes". In 1978, Stevenson's route became the GR70 hiking trail. The now legendary trail includes 9 stages in Lozère, with varied landscapes and profiles: from the pastureland of Margeride to the Cévennes valleys, via the mountain crests of Mont-Lozère. And to enjoy the trail at its best, there is nothing like a hike with a donkey! The journey becomes a contemplative experience, close to nature.

<http://chemin-stevenson.org/>

The timeless Way of St James

"J'ai fait le chemin" ("I've walked the Way"), you will hear people saying. Which "Way" are they talking about? The Way of St James or the Camino de Santiago is world-famous. The route follows the GR65 trail, also known as the Via Podiensis. This is a hiking legend, enjoyed both by pilgrims and hikers. The trail enters Lozère through the Margeride region, across forests and over hillsides. It then reaches Aubrac with its pasture, lakes and cows. In Nasbinals a section of the trail begins that has been listed as a World Heritage site since 1998. This is Aubrac in its pure state, with a perfect balance between natural and architectural heritage. A hike for the body and the soul, to share and to be alone.

<http://lozere.fr/le-chemin-de-saint-jacques-de-compostelle.html>

And not forgetting...

Have you already hiked along these mythical GR trails? Plenty of others are waiting for you in Lozère! The Saint-Guilhem-le-Désert trail, a transhumance route between Aubrac, the Gorges du Tarn and Grands Causses; the Régordane trail with its tales from the history of Gévaudan and the Cévennes; the Urban V trail, in the footsteps of a Pope from Lozère... Lozère also has regional trails with circuits taking a few days, with the chance to explore a natural region in depth, as well as a host of PR trails – smaller, family-friendly trails to enjoy for a few hours or a day. And not forgetting the trail routes and competitions in inspirational, untamed landscapes!

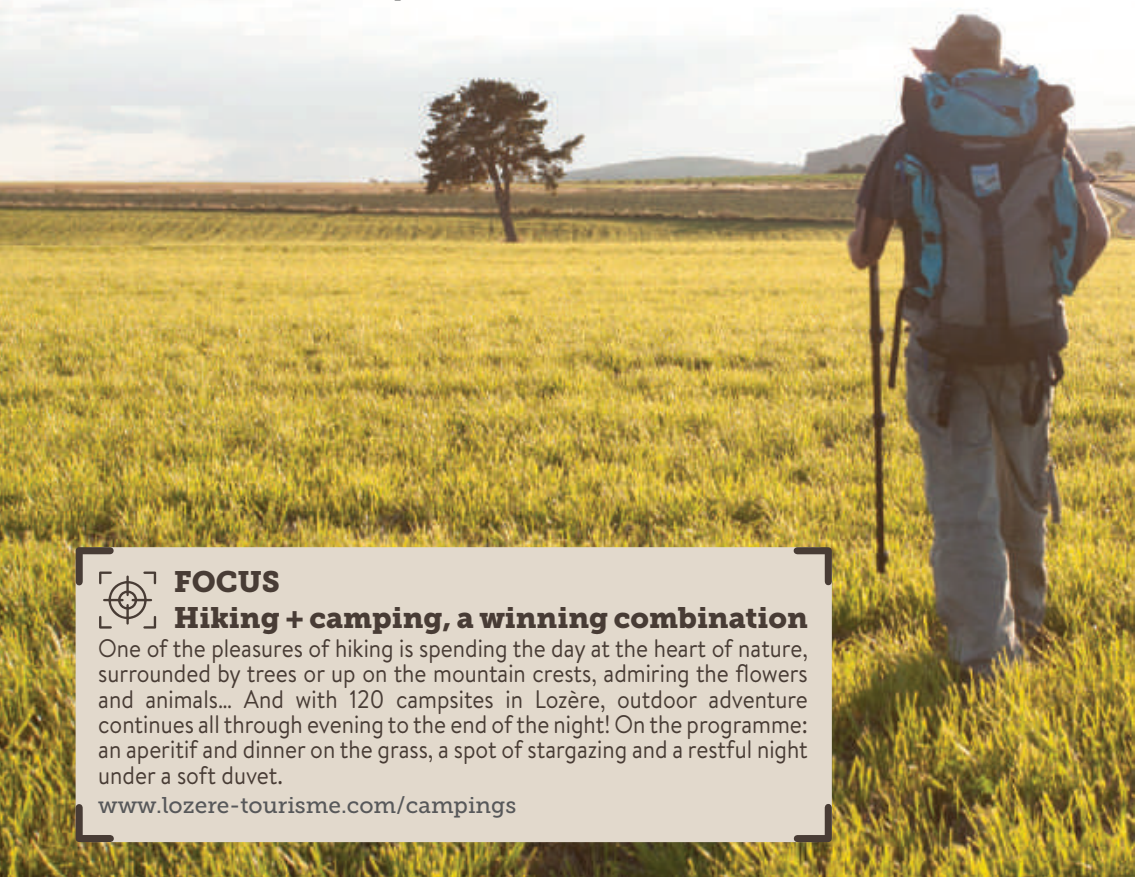
www.lozere-tourisme.com/randonnee-pedestre



Snowshoes and skiing at the heart of nature

Lozère has 6 ski resorts on a human scale in the Aubrac, Mont-Lozère and Margeride regions. This is an ideal "snow" destination for families and fans of wide-open spaces. On the mountain crests and in the forests, cross-country skiing is king, with up to 300 km of groomed slopes for all levels. Lozère is also a perfect spot for snowshoeing. When snow covers everything in sight, you feel like you are all alone in the world and you can trace out your own route. For Alpine skiing, Mont Lozère has 7 slopes and Aubrac has 3. This is an ideal, stress-free setting for first-time skiers! And to make sure everyone in the family is happy, Lozère also has some top-rated snowkite spots, sledging slopes and the chance to enjoy a first dog-sled ride...

www.lozere-tourisme.com/sports-hiver



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Hiking + camping, a winning combination

One of the pleasures of hiking is spending the day at the heart of nature, surrounded by trees or up on the mountain crests, admiring the flowers and animals... And with 120 campsites in Lozère, outdoor adventure continues all through evening to the end of the night! On the programme: an aperitif and dinner on the grass, a spot of stargazing and a restful night under a soft duvet.

www.lozere-tourisme.com/campings



Something extra: the "art" of hiking

On the Altier hills, a 3km-long trail gives visitors the chance to see Mont Lozère in a new way – through art! During your hike, you will come across 20 contemporary art sculptures in colourful styles. An open-air invitation to contemplation and the imagination!

<http://sculpturesenliberte.com/>

On the trail... by bike or on horseback



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Cyclists, a warm welcome at the finish line!

Cycling fans can sleep easy: your precious bike is safe and sound and will also enjoy a good night's rest thanks to our selection of adapted accommodation. With locked premises, a repair kit, electric bike charger, topographical guides and packed lunches – it's all there! Accommodation is available all along the GTMC trail in particular.



Free-wheeling on the roads of Lozère

Is Lozère a good place for bicycle tourism? You bet! With plenty of country roads with little traffic, Lozère is ideal for all your cycling trips, from a few hours to several days. For bike fans, the highlight is the well-named "Tour de Lozère". It covers no less than 565 kilometres with 9,600 metres of altitude gain. Ideal for seasoned cyclists! Do you prefer something a bit shorter? Then what about the Tour du Mont-Lozère, with 108 kilometres and 4 mountain climbs? Or a ride along the Lot Valley, around fifty kilometres? This is the chance for fans of hill climbs to tackle the Lozère mountains, which are every bit as challenging as the Alps! Among the most popular climbs is the Col du Pré de la Dame, leaving from the town of Villefort, and listed as a 1st category ascent. But also the climb up the Croix Neuve. With an average gradient of 10.1%, it has posted plenty of problems for the riders on the Tour de France. This climb brought Laurent Jalabert a famous Tour-stage win on 14 July 1995!

www.lozere-tourisme.com/velo

Mountain-biking: eclectic and electric thrills

With stony paths or grassy trails, dizzying descents or gentler routes, on a regular or an electric bike: in Lozère, mountain biking is more than a sport, it's a real passion! Starting from Langogne, Mende or Saint-Chély-d'Apcher, mountain-bike areas feature dozens of signposted trails for all tastes and all levels. Whether you ride from lake to lake in the Aubrac region, launch an attack in the Causses, make your way along the Cévennes trails or follow the Allier Gorges you are guaranteed a feast for the eyes! Is the boot of your car too small to take your mountain bike along on holiday? Rest assured, you can easily find a bike to hire in Lozère, both for children and adults!

www.lozere-tourisme.com/vtt

The GTMC trail, 1380 kilometres for mountain bikes!

The GTMC ("Grande Traversée du Massif Central") is the giant in French mountain bike trails. And that is no exaggeration! The trail is 1,380 km long, with 230 km in Lozère, and was specially designed for electric mountain bikes (never any need to carry your bike, plus listed accommodation). This is a chance to share a great experience with friends, no matter what your level! All along the XXL trail, you will enjoy a change of scenery and plenty of thrills. Among the highlights: the sight of Lac de Charpal surrounded by thick forests; the climb to the top of Mont-Lozère and the ride through the Gorges du Tarn. This is an incredible trail that you won't forget in a hurry...

www.la-gtmc.com



Something extra: descend the Aigoual on a kick scooter!

Feel like a change from a mountain bike? Then enjoy some new sensations by opting for an electric mountain kick scooter! The scooters have large wheels and hurtle down the 18 kilometres of paths that wind their way around Mount Aigoual. An adrenalin rush guaranteed!

<http://sports-nature-cevennes.com/trottinette-tout-terrain/>



A horse ride across the plains and the mountains

Lozère has always been a land of horses. Each year, the world's best riders get together in September and set off on the "160 kilometres of Florac", an endurance horse race finishing at the edge of the Cévennes. And there is nothing like experiencing the excitement yourself and coming to cheer them on! You can then set off in turn along the trails of Lozère. With rides from and to a fixed point or touring trips, everything is possible! Comfortably seated on your saddle, you can, for instance, ride across the Causse Méjean, a limestone plateau that looks strangely like a Mongolian landscape. Or journey across the flower-filled prairies of Margeride with a feast for the eyes and the nostrils. And if you don't have your own horse, no worries: you can hire one when you're here.

<http://fctl.fr/>

A roadtrip in Lozère



Motorhomes, the hardest thing is to choose!

5? 30? 50? Wrong! In Lozère, over 100 motorhome service areas await you, so you can get back to nature during your stay. It's up to you to choose between a motorhome service area or a campsite pitch! What could be better than waking up and looking out over the peaceful waters of Lac de Naussac? Or diving into the waters of Chapeauroux after a day on the road? Or a stay in the centre of Mende, a step or two away from the shops and the cathedral? All this is possible in Lozère with our motorhome service areas. So don't hesitate to set off on holiday with your house on wheels: it will fit in perfectly with the Lozère landscape!

The roadbook you need

Do you have the car? We have the roadbook! For contemplative drivers, travel the "lakes route" in the Aubrac region, and take regular breaks to watch the sparkling reflections in the glacier lakes. If you love photography, then set off on a roadtrip to see the best spots in Lozère and capture your magic moments. We have listed no fewer than 60 very photogenic spots on our website, including waterfalls and panoramas. GPS coordinates, weather, equipment, best time to go: you can find all the information you need, so that your photos will be a sure-fire success! If you like nature, then visit the UNESCO-listed Causses and Cévennes with seven "all-inclusive" trails. On the programme: landscapes to decipher and plenty of villages and monuments to visit. As the miles go by, you will see the Magnanerie de La Roque and the Domaine des Boisssets, wonderfully restored farm buildings. Enjoy the trip!

www.lozere-tourisme.com/photos
www.causses-et-cevennes.fr/je-sejourne/itineraires/routier-moto-et-voiture

The Corniche des Cévennes, the motor-cyclists' favourite scenic route

Are you a fan of motor bikes? Then you will love the Corniche des Cévennes! On the menu: about fifty kilometres of winding roads and panoramas in the Cévennes valleys. Before each new bend in the road, you feel the same suspense, the same excitement. You will want to go on and find out what is hiding behind the next turn, but sometimes to take a break, too, and enjoy the landscape laid out before you. You probably can't stop at each turn, so here's a tip: take a break when you get to the village of Le Pompidou and look out on L'Aultre, a 1km-long green prairie that seems to stretch out endlessly... And once you've finished the section from Saint-Jean-du-Gard to Florac, take a look at our motor-bike roadbook, featuring 15 circuits with something for everyone.

www.lozere-moto.com



FOCUS **Welcoming** **motor cyclists** **is in our nature**

For a stress-free stay, opt for accommodation with the "Accueil Moto Lozère" label. A locked garage, a repair kit, customised tips and packed lunches: it's all there! And since you will probably want to make the most of your stay in Lozère to see the sights or go down the river in a canoe, don't forget that several other service-providers and tourist sites have the same label. Yet another good reason to choose Lozère for your motor-bike holiday!



Something extra: Lozère from the sky

The green forests, the ochre prairies, the blue water and the grey flagstones: in a microlight aircraft, you can really see Mende and the Lot Valley in a new light! And for a bit of variety, between you and me, you can also fly over the Gorges du Tarn or Lac de Charpal.

www.ulm-lozere.com

A scenic view of a village built into a cliffside. The village features stone buildings with terracotta roofs, some of which are built directly into the rock face. A small waterfall cascades down from one of the buildings into a pool of water. Below the village, a river flows through a lush green landscape. In the bottom right corner, several people are seen kayaking on the river.

*It's warm and sunny,
so let's head for the river!*

A canoe trip in the Gorges du Tarn is a must-do!

You can go by canoe or kayak along almost 50 kilometres of rivers in the Gorges du Tarn from Castelnau to Le Rozier. You just need to carry your canoe for a section at Pas de Soucy. The river winds its way, the landscape changes, your mind is free and the magic of the Gorges takes effect. The trip includes villages that can only be reached by kayak or on foot; Sainte-Enimie, one of the "most beautiful villages in France"; brown trout and white-throated dippers; Saint-Chély-du-Tarn with its waterfall and flyover (all you need for a great selfie!) and La Malène and its boatmen. The highlight is when you cross "Les Détroits" (the Straits"), where the Gorge is 500 metres deep! The rapids are listed from category I to III and are ideal for family trips, but will still provide you with a few thrills... It takes about 3 days to go down the Gorges, but shorter sections are, of course on offer, from 3 kilometres and over, for an express adventure!

www.lozere-tourisme.com/sports-aquatiques



FOCUS

Our fishing services are a real catch!

For our fisherman friends, Lozère is the ideal destination. Our fishing guides look forward to showing you their favourite fishing spots and introducing you to some original techniques, such as tenkara fishing. Gîtes, hotels and campsites open their doors to visitors, with a wide range of 100% fishing facilities: locked premises for your equipment, a fridge for the bait, leaflets... It is easy to find them with the "Hébergement Pêche" ("Fishing Accommodation") logo!

www.guides-de-peche.fr

Fishing in the land of springs

Did you know? Lozère is nicknamed the "Pays des Sources" (Land of Sources). And for good reason, since all the rivers running through Lozère take their source here! The Tarn, Lot, Jonte, Allier, Gardons and the Truyère: you can choose between fly-fishing, fishing with natural bait, streamer fishing or fishing with decoys in clear, fish-filled waters. All the rivers in Lozère are listed in the 1st category, which is the top category for fishing. In your catch you might well find brown trout, a pure delight in a barbecue or "en papillote". Lozère is also famous for its "no kill" fishing sites in rivers and lakes. In fact, Lac de Charpal is the biggest "no kill" lake in France. From the bank, in a boat or in a float tube, with a guide or on your own, you can find some fine examples of perch and pike.

www.lozerepeche.com



Top 5 swimming spots

- Lac de Naussac. The lake covers 10 km² and is a bit like the sea, but without the waves!
- Lac de Villefort. Fine sand and a turquoise lagoon just for you...
- Atlantie water park. Whether it rains or snows, you can still get out your swimsuit!
- Sainte-Enimie Bridge. In summer, this really is the place to be.
- The Martinet Waterfall. The River Gardon's hidden treasure... Shh, we didn't tell you!

Go down the River Tarn with the boatmen

In the company of a local boatman, get on board for a relaxing trip lasting about one hour. Your boatman will take you from the village of La Malène to the majestic Cirque des Baumes, during a fun-packed, 8km trip for adults and children. First of all, the village of La Croze. Then some strangely shaped rocks: a couple that have been dancing for an eternity and an odd-looking mushroom, where people try out bungee jumping. And finally, you sail cross the Straits, where the cliffs almost seem to be touching overhead. Your boatman will share stories about the Gorges and facts about the fauna, flora and local history. Because the local boatmen's story is quite unusual. Until 1905, there were no roads in the Gorges du Tarn. So to get around, you had to walk... or call on a boatman!

www.gorgesdutarn.com



Something extra: standup paddle boarding at night!

After 7 pm, there are no more canoes on the River Tarn. Quiet returns to the Gorges... Well, almost, since this is when the animals come out. You can see herons, trout and beavers, and the stars, too: when you travel the Gorges at night on a paddleboard, you are in for an unforgettable experience.

www.canoeb Blanc.com

Get ready for thrills!

Via ferrata for all

In Lozère, there are 6 freely accessible via ferrata trails! You just need to come with your equipment or to hire your harnesses, pulleys and snap-links locally. You can also call on the services of a guide. Once you've got all your gear... then the adventure begins! For a relaxing experience, head for the via ferratas in Les Rousses and Mende or the trail in Le Malzieu, the only via ferrata in France that is equipped for the visually impaired. For a more challenging experience, we recommend the trails in La Canourgue and Villefort. The latter is particularly special, since it looks down on Lac de Villefort, with a great panorama guaranteed from the zip-line! Last but not least, the via ferrata in Florac is ideal for the sport's experts: it is both dizzyingly high and physically challenging.

www.lozere-tourisme.com/blog/sports-nature/les-6-ferrata-de-lozere

Journey to the centre of the Earth

Make your way between the vast limestone rocks. Be filled with wonder at the sight of the natural sculptures, the stalagmites and stalactites. Go beyond your limits in total darkness. Tempted by the adventure? Along with a guide, set off on a journey inside our planet's entrails. The Clujade or Castelbouc caves, an underground lake or boulder fields, horizontal or vertical potholing – the possibilities are almost endless. The south-west of Lozère has no shortage of cavities, with almost 1,500 caves and sinkholes in the area! And the good news is that potholing is not just reserved for adults. Children aged 4 and over can don a caving suit and have their share of thrills!

<http://lozere.fr/la-speleo-en-lozere.html>



Something extra: A night... under the earth

Looking for something really original? Then here's something out of the ordinary: dressed for potholing, you make your way down into the inside of the Castelbouc cave, before enjoying a picnic... and getting your bed ready for a good night's sleep. Night night!

www.sport-nature-lozere.com

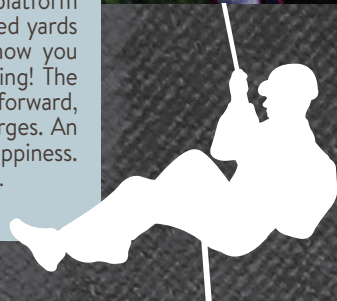




A 107-metre free fall

Want to celebrate a special event? Feel like going beyond your limits? Then this is the activity you are looking for! Bungee jumping was a rite of passage originating in Vanuatu and is now on offer in the Gorges du Tarn. Just imagine. From a platform on the cliff, you look down on the Tarn River, a hundred yards below. Wearing a harness from head to toe, you know you are perfectly safe. But the adrenaline never stops rising! The staff are on hand to encourage you. You take a step forward, then another. And there you are, flying above the Gorges. An indescribable moment of sheer madness and intense happiness. And often rounded off by applause from the canoeists...

www.le107.com



A climbing route for everyone

1,400: the number of climbing routes on the Lozère cliffs. So you can always find a rock face to suit you! From the granite cliffs of the Haut-Chassezac and Truyère Gorges, to the schist of Saint-Julien-du-Tournel, via the limestone Gorges de la Jonte and Gorges du Tarn, Lozère has a total of 20,000 metres of climbs. Ranging from 4a to 9a, from training sites to an adventure area, the climbing routes are aimed at both experienced climbers and beginners. In the Tarn and the Gorges de la Jonte, routes of over 100 metres climb up to the sky (and to the vultures!). Among the best known are "the west ridge" in the Cirque des Vases (6a) and the 21 routes of the "Tennessee" sector in the Cirque des Baumes (from 6a and over). So pull on your climbing shoes!

www.lozere-tourisme.com/escalade-speleo

Canyoning, with the rivers as your slide

Canyoning is a high-energy, fun activity with nature as the venue. The narrow gorges become your slides. The cliffs turn into springboards. Pools are ideal for a swim. Sometimes you need to make your way through the holes dug out by the water in the rock. Or to get out your rope to abseil your way down. The Tapoul canyon is the pearl of the Cévennes. Here you can enjoy half a day of water sport, with jumps of 7 to 10 metres and a 25-metre zip-line splash! Near Mont Lozère, below the village of La Garde-Guérin, the Chassezac River will supply a full day of sensations. And a day for a complete change of scenery, too, inside 300m-deep granite gorges.

www.lozere-tourisme.com/canyoning-cevennes



FOCUS

Looking for something really original?

Do you enjoy new experiences and sensations? Then you will love our out-of-this-world accommodation! In Lozère, originality comes in the shape of teepees, yurts, Gypsy caravans, tree cabins and Hobbit houses. You can even spend the night counting the shooting stars in transparent accommodation...

www.lozere-tourisme.com/hebergements-insolites

Heaven for big and small animals



The return of the giants of the air

With a wingspan of nearly 3 metres, vultures can be quite scary. For decades, they were mistreated. To the point where they were completely extinct in Lozère. But from the 1980s, efforts were made to give them a habitat and to reintroduce not one, but three species of vultures: the griffon, cinereous and bearded vultures. Egyptian vultures are migratory birds and returned here under their own steam in 1986! To get a good look at all these birds, head for the Gorges de la Jonte, where a panoramic viewpoint has been set up on the cliff side. With the help of telescopes, live broadcasts of nesting activity and exhibitions, you can learn a lot about these little-known birds... and watch with amazement at their majestic ballet.

www.vautours-lozere.com

Really wild horses

This is the story of a Mongolian horse that has never been tamed by mankind: Przewalski's horses. To protect the endangered species, a few animals were taken to the Causse Méjean. And the causse (limestone plateau) looks very much like the Mongolian steppe! From 2004, horses were reintroduced back into their native land. But around twenty "takh" ("horses" in Mongolian) are still living in the Causse Méjean. In a former sheepfold in the village of Le Villaret, you can find out more about these wild animals in a photo exhibition, before getting to see them yourself through a telescope. Patience and a sense of observation are the watchwords, since the horses gallop freely across an area of 400 hectares!

www.takh.org

The Beast of Gévaudan... and the wolves

If you have seen the film "Brotherhood of the Wolf", then you know the story of the Beast of Gévaudan. The savage beast killed around one hundred people between 1764 and 1767... particularly in Lozère. And yet a park for wolves was created here in 1985. The aim? To change people's minds about wolves, which suffered after the Beast of Gévaudan period. In the park, around one hundred wolves from 5 different sub-species are hiding in 20 hectares of vegetation. The wolves come from Poland, Canada, the Arctic, Siberia and Mongolia. Our guides can help you see them in a new light. But that won't stop you shuddering when you hear them howl. Especially in summer, during evening visits...

www.loupsdugevaudan.com

Will you hear the roar or not?

Imagine: you are in a forest at dusk. The autumn leaves are glowing red in the sun's last rays. Apart from the twigs cracking underfoot, everything is quiet. A few yards away, your guide suddenly stops still. He takes out his binoculars. He hands them to you. It is still a way off, but there's no mistaking it. A stag in all its splendour. You go closer still, in silence. You stay downwind. And hide behind a thicket. Then you wait. Suddenly, a sound breaks the night. The stag's roar! The walk to get there, the almost monastic silence: it is all quickly forgotten. You just know you have experienced something exceptional...

www.lozere-tourisme.com/sejours-brame-du-cerf

Close up to the colossus of the forests

Weighing up to 800 kilos and 3 metres long, European bison are real giants. They are, in fact, the biggest land mammals on our continent! And yet, at one time, they almost disappeared from Europe as a result of hunting. For their protection, 200 hectares of forests in a rough climate were set aside for them in Lozère. This is how the Sainte-Eulalie Bison Reserve came to be created! To pay a visit to some forty bisons living here in semi-liberty, you just need to board a horse-drawn carriage (or a sledge, in winter). Then you will enjoy a wonderful ride through the countryside with cute baby bisons as the main attraction! But the ride is also packed with thrills, since there are no fences between you and the site's inhabitants...

www.bisoneurope.com



FOCUS



Ecotourism is in our nature

For an environmentally friendly stay, Lozère has a wide range of ecotourism accommodation. Particularly in the Cévennes National Park, where our Ecovoisins (Eco-neighbours) open up their doors to you... and their hearts. Here, protecting nature, a personal welcome and sharing are not just words. So get ready for some "slow holidays"!

www.cevennes-ecotourisme.com



Something extra: a musher for a day

Margeride looks quite a lot like Lapland. There are forests, lakes... and even dog sleds! In the company of a musher, learn how to drive a sled and enjoy a new sense of freedom. Good news: with a dog scooter, you can enjoy the sport all the year round!

www.chiens-traineaux-massifcentral.com



With the kids, it's even more fun!

XXL caves

The Dargilan Cave was the first cave to be open to the public in France. It features a unique 200-metre long and 18-metre wide "mural" that is unique in Europe! The pink-coloured rock has come as a surprise to many, including the father of potholing, Edouard-Alfred Martel. And the surprises don't end there: a dizzying panorama over the Gorges de la Jonte awaits you at the end. Nearby, Aven Armand is another giant cave. Notre-Dame Cathedral in Paris could easily fit inside it! Aven houses a real forest of 400 stalagmites, with one reaching 30 metres in length. It is the longest known stalagmite in the world. And in summer, for a real change of scene, you can enjoy a rappel descent in Aven or go to an underground concert!

www.grotte-dargilan.com
www.aven-armand.com

$2+3=5$



Back to the Roman era in 3D

Today, Javols is a peaceful little town, like dozens of others in the Margeride area. But things were very different in the 2nd century A.D. Javols, or rather Anderitum, as it was then known, was the capital of a Gallo-Roman people, the Gabales. The town had thermal baths, an amphitheatre and a forum. To help you travel back in time, a museum was built on archaeological excavation site. But you can also walk through the streets of Anderitum... with the help of 3D technologies! Wearing an augmented reality headset, you can visit the forum, admire the town from the hillside and even go into the kitchen in one of the houses. Enjoy your trip!

<https://archeologie-javols.org/>



Something extra: A snack in the forest

Visitors of all ages can pull on their climbing harnesses and set off to climb the trees close by Lac de Villefort. Going from branch to branch, you end up 12 metres above the ground. Your reward at the top is a delicious snack with regional specialities. And a few pretty birds flying by...

<https://lamaisondelaventure.com/>



The Middle Ages is still with us

If you go inside the ramparts of Le Malzieu-Ville in May, a big surprise is waiting for you. Time seems to have stood still. The inhabitants are wearing coats of mail or the colourful troubadour costumes. Horses have replaced cars and archers are posted at strategic points. In short, it's the Middle Ages! For four days, all the village lives in medieval style, with decorations in the streets and on the houses, and people wearing period costumes. So, don't be shy, rent your costume and watch the fire-eaters and the acrobat shows. Or try your hand at activities that were all the rage at the time: archery or firing an arquebus gun, horse-riding and wooden board games...

<http://lesmedievaesdumalzieu.org/fr/>



FOCUS

Gîtes: "welcome to your home"!

For your family holiday do you want to get together and share some wonderful experiences? Then there's nothing like renting a gîte to feel just like home, while getting away from it all! There are almost 600 "Gîtes de France" all over Lozère, mostly made from local stone. Large or small, with a patio or a garden, there is something for all tastes and budgets. And check out our holiday villages and nature resorts, providing the peace and quiet of a gîte along with the services and facilities of a resort: a swimming pool, play area, kids club, a wellness area, etc.

www.gites-de-france-lozere.fr

P

A theme park for young and old alike

The Vallon du Villaret is a real paradise for children... but lots of visitors come without kids! What do people get up to in this unusual theme park? Along a 3-kilometre shaded path, you will see a hundred crazy and colourful surprises created by famous artists. Sometimes you have to jump like Tarzan and sometimes walk on the water. There's a strange structure that makes a noise when you put marbles in it and another one that plunges you into darkness. Everywhere you go, you have to touch, experiment and most of all enjoy yourself! Time goes by fast in the Vallon, and you will probably end up staying the whole day! If you like art, then don't miss the 16th century tower. Each year, it is the venue for new contemporary art exhibitions.

www.levallon.fr

D



2+2=4

Unforgettable encounters with shepherds and craftspeople

Behind the scenes at the oldest French jeans-maker

L'Atelier Tuffery, founded in 1892, is no less than the oldest denim tailor in France! The family company has been continuing the tradition in Florac for four generations. The Workshop is a real flagship for Lozère craftsmanship and French-made clothing. It combines timeless designs and innovative materials, such as hemp or sheep's wool from the nearby Causse Méjean... To find a perfect pair of jeans or just to go behind the scenes at the workshop, take a trip to the plant and enjoy a guided visit. You will no doubt fall in love with these high-quality items (which are also sold online!).

www.ateliertuffery.com

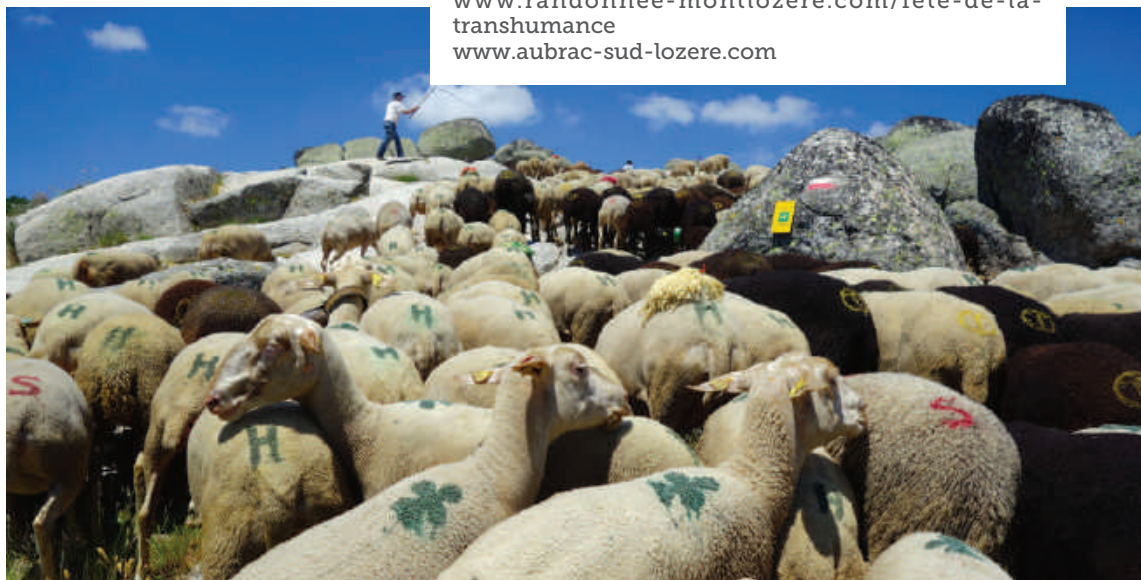


Transhumance, preserving a tradition

For centuries, in Lozère, "spring" has meant "transhumance". The tradition is still alive, and led to the "Causses and Cévennes" region being listed by UNESCO in 2011. Between mid-May and late June, the sheep, decorated with their pompoms, take to the drovers' roads running from the Cévennes valleys to the pastureland on Mont Lozère. And how would you like to join the shepherds and guide the herds to their summer quarters? Further north, in the Aubrac area, it's the cows' turn to begin their journey on the Sunday closest to 25 May. On the Col de Bonnecombe, the herds receive a blessing and are celebrated in music. Then comes the time to share a dish of aligot. A treat for all ages!

www.randonnee-montlozere.com/fete-de-la-transhumance

www.aubrac-sud-lozere.com



The windmill's new sails

This is the story of a windmill, lost in the midst of the Causse Méjean, which stopped turning a very long time ago. Until a local inhabitant fell in love with it. Then two, then three, then the whole region. Together, they joined forces to bring the windmill back to life. And this is how the windmill found its sails again! Now it is producing spelt, rye and buckwheat flour, to the delight of Lozère bakers (and food-lovers!). And it's open to visitors! How do you make 21st century flour in 17th century facilities? The miller will be happy to explain!

<https://moulindelelaborie.com/>



Something extra: A roadtrip to meet Cévennes craftspeople

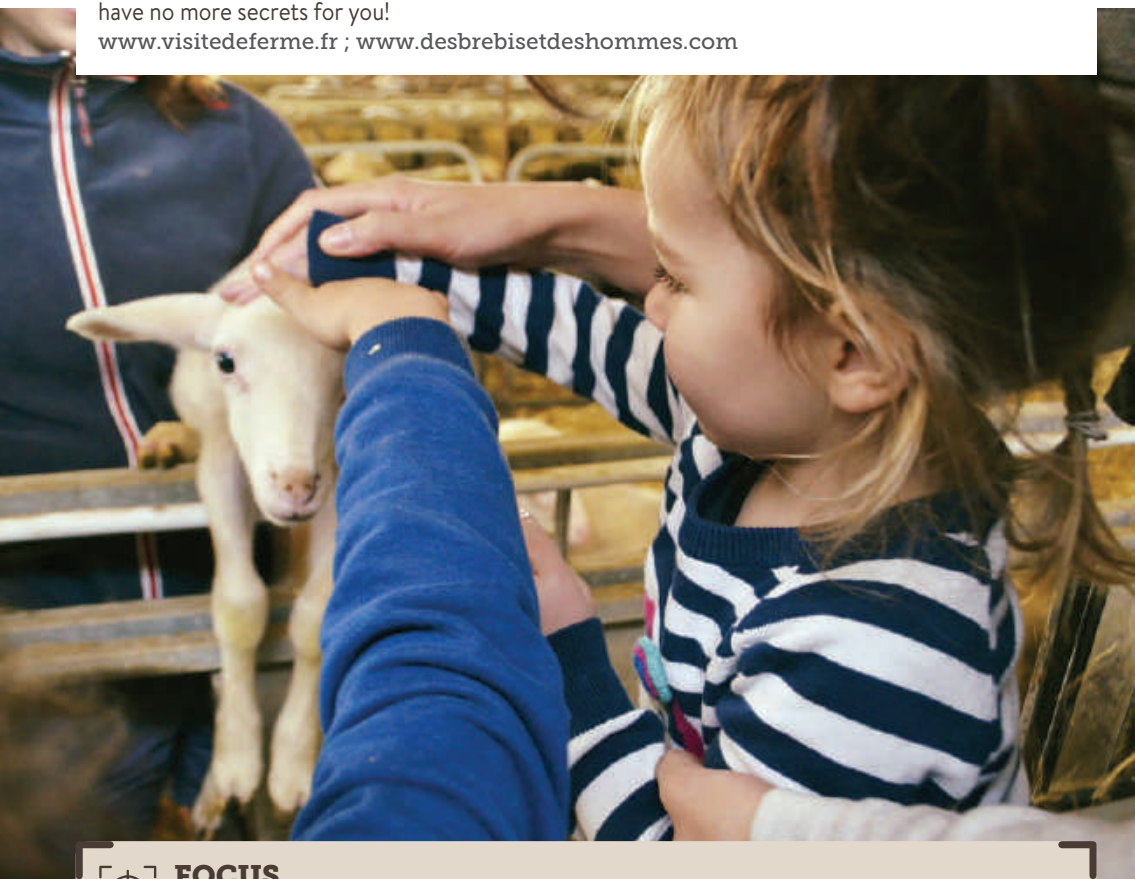
The artists and craftspeople from Cévennes – ceramics-makers, painters, sculptors and wood-turners – are always happy to share their love of their craft. They have created seven trails on foot or by car, taking you along the lovely roads of Cévennes to their workshops.

www.artsitineranceslozere.com

A visit to the farm

Did you know? In Lozère, there are about 150,000 cows, 176,000 sheep and goats, and 76,000 people! Agriculture is one of the region's main activities with about 2,600 farms. Farmers and livestock breeders such as Dominique, Nadège, Karine, Michel or Esthel are ready to share their daily lives with visitors. So, if you want to know how our bread and honey, delicious cheeses, chestnut jam or Aubrac beef steak come to your plate, then head for the farm! In Hyelzas, for example, you can meet Anaïs, a young sheep-breeder, and visit her farm. Anaïs will show you round a Causse farm dating from the 16th century, and take you to the neighbouring dairy for a cheese tasting. Soon the farming world will have no more secrets for you!

www.visitedeferme.fr ; www.desbrebisetdeshommes.com



FOCUS

What about a night at the farm?

It's great to visit a farm. But spending the night there is even better! In Lozère, around twenty campsites, gîtes and guesthouses have the "Bienvenue à la ferme" ("Welcome to the farm") label. A label guaranteeing comfortable accommodation, but most of all, a real immersion in the farming world. And, what's more, there are always plenty of tasty local specialities to try...

www.bienvenue-a-la-ferme.com/occitanie



Happiness on a plate



Something extra: a boletus celebration!

In Lozère, mushrooms are a serious matter! The proof is that each year in October, the boletus, the unchallenged king of mushrooms, is celebrated in style in Mende. A market, cookery lessons, a cooking contest and hikes in search of mushrooms are all included in a 100% tasty weekend.

www.ot-mende.fr/sejourner/sortir/agenda/les-toques-du-cepe

Daring delights in a Michelin-starred restaurant

The famous Michelin Guide could not resist Cyril Attrazic's delicious cuisine! After working alongside some of the great French chefs, Cyril decided to return to his native Lozère to take the helm at the family restaurant, "Chez Camillou". While the name is the same, the menu has been transformed to give the lion's share to "Aubrac beef, crispy beef confit, sucrose lettuce in butter and seasoned gravy", along with "celery ravioli with foie gras, season's mushrooms and foam chicken stock". This is inventive, Michelin-starred cuisine, taking a daring new look at Lozère ingredients, and to be enjoyed in a cosy, futuristic setting bringing all 5 senses into play.

www.camillou.com



FOCUS

Hotel-restaurants for gourmets out and about

Do you like to spend the night in a nice hotel, but you are even happier when the hotel has a good restaurant? Then what follows may be of interest... At "La Lozerette" (Cocurès), you can enjoy a dinner at the restaurant of the master sommelier, Pierrette Agulhon, before retiring to your country-style room. At "L'Alicanta" (Le Rozier), at the confluence of the Tarn and the Jonte, you can stock up on flavours at Flore and Guillaume Doussière's restaurant, which has been given a Bib Gourmand. At "L'Hôtel de France" (Mende), you can taste the refined cuisine made by the chef Luc Boudon, before relaxing under the glass roof or in your room, in a converted coaching inn! Enjoy your meal!

www.lalozerette.com

www.hotel-restaurant-gorgesdutarn.com

www.hoteldefrance-mende.com

A 100% Lozère cheese plate

People sometimes say that Lozère is like a cheese plate, because the choice is so vast! But you can never go wrong, because they're all good! The only difficulty is to balance the tastes on the plate. Fortunately, Sylvie, a cheese-maker in Mende, agreed to share with us the keys to a great cheese plate. Taste the cheeses in order for a delicious explosion of flavours on your palate.

- ❶ Sheep's camembert (Causses)
- ❷ Pélardon (Cévennes)
- ❸ Cow's tome (Margeride)
- ❹ Sheep's tome (Causses)
- ❺ Laguiole Grand Aubrac (Aubrac)
- ❻ Bleu des Causses (Gorges du Tarn)
- ❼ Roquefort (Causses)



The perfect aligot recipe

Ingredients (for 4 people):

1kg potatoes; 250g crème fraîche; 400g Aubrac tome cheese; salt; pepper; pressed garlic.

Method:

Mash the cooked potatoes. Add the crème fraîche. Season to taste (salt, pepper, garlic). When the purée is still nice and hot, add the cheese cut into slices. Stir over a medium heat until the cheese is completely melted. Then just pour the ribbons of aligot into a bowl! For a perfect dinner, serve with a slab of beef.

A buron + an aligot = pure delight!

Burons are solid buildings made out of granite. You can see them all over the Lozère pastureland. They were built from the 18th century onwards. Here shepherds would make cheese during the summer. Recently, several burons have been converted into restaurants serving delicious regional specialities. They all serve aligot (mashed potato with tome cheese and garlic), often along with Nasbinals sausage or Aubrac beef. A sheer delight! If you like the idea of enjoying an aligot while looking out over a glacier lake, then book your table at the Buron de Born or Buron de Cap Combattut. If you prefer to make your own aligot, then head for the Buron de la Treille, the last Aubrac buron that is still in business and where you can buy tome cheese. Then just follow our recipe!

A rich historic heritage



The Château de Versailles' little brother

You have probably heard of the Château de Versailles... But did you know that it has a little brother in the Aubrac region? At an altitude of over 1,200 metres, the Château de la Baume owes its nickname, the "little Versailles of Gévaudan", to its rich interior decoration. The furniture, panelling, tapestries and paintings have a lot in common with the famous château near Paris. Why? Because the manufacturers in Versailles supplied the decoration for the Château de la Baume in the 18th century! The outside of the château is more austere, since it was built long before, in the early 17th century. This is an atypical château with a fascinating history, in a land once ruled over by powerful barons and the Beast of Gévaudan...

www.chateaudelabaume.org

In the land of Asterix and Obelix

It seems that Asterix and Obelix may have had a second home in Lozère... How else can you explain the 154 menhirs in La Cham des Bondons? As you might have guessed, archaeologists have a different theory. In their view, the menhirs in the 2nd biggest megalithic site in France (after Carnac) were set up between the end of the Neolithic period and the Bronze Age. So they have been there for 4,000 years! It was a real feat to set up the stones, since the blocks of granite had to be transported for several hundred yards... and some of them are almost 6 metres long. A site you can visit on foot along a signposted trail.

<http://bit.ly/MenhirWalk>

Mende from the top!

Mende, the capital of Lozère, is at the heart of the region, in the green Lot Valley. This is a capital on a human scale, where it's great to walk through the medieval streets and gaze at Notre-Dame Bridge, dating from the 12th century, and the Penitents Tower, part of the ramparts that once surrounded the town. To enjoy the fresh air and to take the town's pulse, a walk on the banks of the Lot is in order. Along with the ducks and the joggers, you will see beautiful roofs in Philibert Delorme style that are typical of the Lot Valley. To round off your visit, head for the Cathedral, the highlight of the day! The idea of building the 84m-high Cathedral was launched by Pope Urban V, who was born in Lozère. You can go on a guided tour and climb the highest tower with a 360° view!

www.mende-coeur-lozere.fr



Something extra: the oldest spinning mill in France

It stands proudly in a little street in Langogne: the Calquières spinning mill. Textiles were made here from 1853, but the windmill dates back to the 15th century! From one room and one machine to the next, you can follow a rich thread of local history...

www.musee-lozere.com

Back in time to the farm

Mum, what was life like 300 years ago? Granddad, were there tractors when you were little? To answer these and many other questions, head for Hyelzas, on the Causse Méjean. Right at the heart of the UNESCO-listed "Causse and Cévennes" region stands the Ferme Caussenarde d'Autrefois. The "Causse Farm of Yesteryear" was built from 1640 and was still a working farm until 1946. Inside the limestone walls, you can set off on a journey back in time. How did our ancestors manage to live in almost total independence? What were their secrets for collecting and saving on water? What tools did they use? Guided or non-guided visits, summer activities (including bread baked in a wood fire – delicious!) and a treasure hunt: the farm has something for everyone!

www.ferme-caussenarde.com



FOCUS

The (prestigious) Demeures de Lozère

Did you spend the day strolling through the well-preserved villages of Lozère? Then continue your immersion in the land of beautiful stone with a stay in an aristocratic residence from the 16th century or a 19th century neo-Renaissance château! The prestigious "Demeures de Lozère" (Residences of Lozère) can also be found as a gourmet restaurant serving the very best in our culinary heritage.

www.demeuresdelozere.com

Some of France's most beautiful villages

In Lozère, two medieval villages are members of the exclusive club of the "most beautiful villages in France". Sainte-Enimie is at the heart of the Gorges du Tarn, with limestone houses, boutiques and cobblestone streets built on the slopes of the canyon. Below is the Tarn River, of course, but also the source of the Burle, which is said to have cured the Merovingian princess Enimie of leprosy. On the hillside is a Benedictine monastery dating from the 6th century! Another village and another canyon: La Garde-Guérin looks down on the Gorges du Chassezac. La Garde-Guérin was once a fortress on the Régordane Road and still has all its former splendour. A visit to this fortified village is a real leap back in time. There is a 12th century Romanesque church, a communal oven and ramparts: nothing seems to have changed. The highlight is the tower, where the "chevaliers pariers" ("knights equal") kept watch... and enjoyed the stunning view!

www.cevennes-gorges-du-tarn.com/sainte-enimie
www.lagardeguerin.fr



Taking your time on holiday

Head in the stars

Looking up at the Milky Way is a simple pleasure, but for two-thirds of Europeans it is not possible. This is because of light pollution. To protect the last bastions of the Milky Way, the "International Dark Sky Preserve" (DSP) label was created. To date, only 13 areas have been awarded the label... including the Cévennes National Park! In the largest DSP in Europe, you just need to set down a blanket and start counting the shooting stars and the constellations. But for more comfort, you can also spend the night in an unusual transparent house! You can choose between a bubble, a pyramid or a glass dome. A soft bed, with the night birds singing in the background and the spectacular Milky Way overhead: no doubt about it, the night will be unforgettable. It's a little like a 5-star hotel, but with a lot more stars!

<http://bit.ly/MilkyWayCevennes>

A relaxing break with a thousand benefits

In Lozère, "the land of sources", wellness naturally involves water. And spa resorts. In Bagnols-les-Bains, at the foot of Mont-Lozère, a water source at 41°C has been in use... since Roman times! The long spa heritage can be found in rooms with cut-stone walls housing jacuzzis, sensorial spaces and Turkish baths, as well as a range of treatments, including a divine massage with St. John's Wort oil, which was a sacred oil in the Roman period. In Aubrac, the La Chaldette spa resort welcomes visitors to a building made of glass and steel, designed by the famous architect Jean-Michel Wilmotte. Among the spa's specialities are treatments with Aubrac tea, a local plant with invigorating qualities, to be enjoyed in a whirlpool bath or during a leg massage.

www.bagnols-les-bains.com

www.lachaldette.com



FOCUS

Wellness destinations for a relaxing stay

Holidays are meant for exploring and getting away from it all... but also for recharging the batteries. In Lozère, peace and quiet are guaranteed. Nature and fresh air, too. But for 100% "slow holidays", there's nothing like opting for accommodation with "wellness" facilities. At Les Granges de Bigose, for example, you can relax in the open-air Nordic bath, after a walk along the Way of St James. And at Le Clos des Chênes, after a day out in the fresh air, you can take it easy in a jacuzzi. Unless you prefer to opt for a sauna session?

www.lozere-tourisme.com/hebergements-bien-etre



Something extra: enjoy the dawn from a hot-air balloon

Watch the sun come up – watch the sun come up - a lovely experience, but one we don't often take the time to enjoy. From the basket of a hot-air balloon, above the Causses or Aubrac, turn a simple pleasure into a memorable moment, combining pastel colours, sweet fragrances and an invigorating breeze.

www.montgolfierdescausses.fr



Top 5: the spots to see the sunset

- ➔ Lac de Saint-Andéol. Or how to see a glacial lake catch fire.
- ➔ Le Truc de Grèzes. There is even a great bench right opposite the sunset!
- ➔ Le Pic Cassini. From the 2nd tallest peak in Lozère, the sun is almost within reach.
- ➔ Le Truc de Fortunio. A golden hour guaranteed at dusk... or dawn!
- ➔ Lac de Naussac. Continue the afternoon's swim with a sun-drenched picnic.

Are you an early bird or a night owl? In summer, the sun rises to music in Mende, at La Croix du Mont Mimat! On the programme is sunshine, live music and breakfast with regional specialities. Enough to get the day off to a great start.

Tea... made in Lozère!

A delicate purple plant grows in the Aubrac woodlands: the large-flowered calamint. The plant has a lemon and minty taste and is well known as an aid to digestion. For a very long time, locals have used it to make herbal tea. It is now grown by a number of farmers in a cooperative in the Aubrac region. The cooperative is named "La Grange au Thé". They not only make tea, but also body treatments and food specialities from the plant. To taste meringues, syrups and shortbread biscuits made from Aubrac tea, there is nothing like a visit to the warm and welcoming Nasbinals shop, which is also a tea room!

www.lagrangeauthe.com



Take Lozère home in your suitcase!

For your neighbour, your grandfather, your colleague or anyone who deserves a treat, take a regional gift home from your holiday. Just follow the guide because we have selected a few great souvenirs for you to take back from your stay in Lozère!

- ① **AMAC** / Arts & crafts. Decorations, accessories or a musical instrument: access the luxury of a unique item when you visit the AMAC boutique (Association des Métiers d'Art en Cévennes), at Le Pont-de-Montvert. www.metiersdartencevennes.org
- ② **Atelier Tuffery** / Denim clothing. Make the most of your holiday in Florac to spruce up your wardrobe at France's oldest denim tailor! www.ateliertuffery.com
- ③ **Kocolo & zaza** / Vegan, gluten-free biscuits. Why add anything you don't need? Sweet or savoury biscuits to enjoy without a guilty feeling. www.kocolo-zaza.com
- ④ **Malakoff** / Chocolate bars and spreads. Give in to the temptation of these 100% regressive chocolates... And by the way, you can visit the chocolate factory at Banassac! www.boutique-malakoff.fr
- ⑤ **Essenciagua** / Organic essential oils. Spread a fragrance of Scots pine through your home. You will (almost) feel like you are in Lozère. www.essenciagua.fr
- ⑥ **Bastide** / Folding knives. When you're out picking mushrooms or want to cut a slice of dried sausage, then these knives are the perfect fit! www.bastide-knives.com
- ⑦ **Travels with a Donkey in the Cévennes** / Book. Over 140 years after its first publication, Robert Louis Stevenson's book continues to inspire hikers... And you, too, perhaps?
- ⑧ **Familles déliantes de Mende** / Happy Families card game. 42 cards, up to 6 players and plenty of variations: enough to entertain young and old alike, while exploring the capital of Lozère.

And since you might feel like some honey, a terrine or a beer from Lozère some time in the future, then don't forget that the Lozère fine-foods site BienManger.com makes deliveries all over the world!

www.bienmanger.com

Any question?

*Call the regional tourist offices, write an e-mail or visit their websites.
And once you're in Lozère, you can go and talk to our staff
in the tourist information offices in person!*

1. Gorges du Tarn, Causses, Cévennes

+33 4 66 45 01 14
info@cevennes-gorges-du-tarn.com
www.cevennes-gorges-du-tarn.com
Tourist offices in: Florac, Sainte-Enimie, Meyrueis,
Ispagnac, La Malène

2. Des Cévennes au Mont-Lozère

+33 4 66 45 81 94
info@cevennes-montlozere.com
www.cevennes-montlozere.com
Tourist offices in: Le Pont-de-Montvert,
Le Collet-de-Dèze, Saint-Etienne-Vallée-Française,
Saint-Germain-de-Calberte, Vialas,
Sainte-Croix-Vallée-Française

3. De l'Aubrac aux Gorges du Tarn

+33 4 66 48 88 08
contact@aubrac-gorgesdutarn.com
www.aubrac-gorgesdutarn.com
Tourist offices in: La Canourgue, Chanac,
Le Massegros, Point Sublime, Saint-Germain-du-Teil,
Les Vignes

4. Cœur Margeride

+33 4 66 47 99 52
contact@oti-coeurmargeride.fr
www.oti-coeurmargeride.fr
Tourist offices in: Châteauneuf-de-Randon,
Rieutort-de-Randon, Grandrieu

5. Langogne Haut-Allier

+33 4 66 69 01 38 / langogne@langogne.com
www.ot-langogne.com
Tourist offices in: Langogne, Auroux

6. Margeride en Gévaudan

+33 4 66 31 82 73
contact@monts-du-midi-tourisme.com
www.monts-du-midi-tourisme.com
Tourist offices in: Le Malzieu-Ville,
Saint-Chély-d'Apcher, Saint-Alban-sur-Limagnole

7. Gévaudan Destination

+33 4 66 32 02 14
contact@gevaudan-authentique.com
www.gevaudan-authentique.com
Tourist offices in: Marvejols, Lac du Moulinet,
Bourgs sur Colagne

8. Mende Cœur de Lozère

+33 4 66 94 00 23 / mendetourisme@ot-mende.fr
www.ot-mende.fr
Tourist offices in: Mende

9. Aubrac lozérien

+33 4 66 42 88 70 / info@ot-aumont-aubrac.fr
www.ot-aumont-aubrac.fr
Tourist offices in: Aumont-Aubrac, Nasbinals,
Fournels

10. Mont-Lozère

+33 4 66 46 87 30
contact@destination-montlozere.fr
www.destination-montlozere.fr
Tourist offices in: Villefort, La Bastide,
Bagnols-les-Bains, Le Bleyard, Lanuéjols

*Please note: some tourist offices are not open all the
year round. You can find the opening times for each
office on their websites.*



Looking for more information about Lozère?

VISIT OUR WEBSITE

www.en.lozere-tourisme.com

CONTACT US:

- By telephone: +33 4 65 65 60 00
- By email: cdt@lozere-tourisme.com
- By post: Comité Départemental du Tourisme - Rue du Gévaudan - 48000 Mende - France

OR COME AND SEE US:

- At the Lozère service station on the A75 motorway: Exit 32 - 48200 Albaret-Sainte-Marie - France
- At the Maison de la Lozère à Paris: 1 bis and 4 rue Hautefeuille - 75006 Paris - France

Want to book your accommodation in Lozère?

VISIT OUR ONLINE RESERVATION SITE:

www.lozere-resa.com

See you soon... in **Lozère**,
naturellement!



en.lozere-tourisme.com