

Walking among vineyards and medieval bastides



A 7 days walking holiday in the south-west of France among the medieval bastides near Albi and the Gaillac vineyards. An enchanting combination of leisurely walking through Tuscany-like landscapes with a spot of history and culture and with delicious food and surprisingly good Gaillac wine. You walk 15 to 25 km per day, at your own rhythm, guided by a detailed description (in English) and maps (1:25 000).

You'll stay for 7 nights at Artichaud, a very comfortable and beautiful 3-star ecological B & B in Castelnau de Montmiral . No need to worry about luggage and changing rooms every day, and if you prefer a shorter walk or to insert a day of 'dolce far niente'...that's also possible.

Follow the ancient footpaths among attractive bastides (Castelnau de Montmiral, Puycelci, Cordes) and peaceful villages of the Gaillac vineyards (Cahuzac, Andillac, Vieux). The open countryside provides panoramic views of rolling vineyards and fields of cereals and sunflowers. The route is dotted with ancient fortified manor houses and typical 'pigeonniers' (dovecotes). In and around the 'Forêt de Grésigne' you will walk along prehistoric caves, an ancient Roman road, some dolmens, and Louis XIV's wall. You will admire nature on its best: birds, butterflies, rare beetles, even orchids.

After your walk you can enjoy our swimming pool, have some rest and a nice drink, and then it will be time for 'la table d'hôtes': Artichauds' much praised flavoursome regional cuisine.

Programme

- **Day 1:** Arrival, a welcome drink, evening meal.
- **Day 2:** We bring you to Cahuzac-sur-Vère, centre of the Gaillac wine; you walk through the vineyards towards **Castelnau de Montmiral**, a 13th century bastide, and then further to Artichaud; 16 km, 4 hours).
- **Day 3:** From **Bruniquel** to **Penne** following the GR path, returning by a different route. 22 km or 7 hours walking. The outstanding panoramic views make up considerably for the effort! Shorter variations on the walk are possible.
- **Day 4:** A walk of 12 km or 3 hours around **Cordes-sur-Ciel**, the hilltop medieval city. You will have enough time to wander through the old streets, admire the Gothic buildings or visit one of the many craft shops.

- **Day 5:** Start in the heart of the Sivens forest, walking from there towards **Lisle-sur-Tarn**; you go through landscape not unlike that of Tuscany, dotted with castles, small churches and dovecotes. A loop of 26 km or 7 hours. The walk can be shortened.
- **Day 6 :** From **Larroque** with its cliffs and prehistoric caves, through the Gresigne forest towards **Puycelci** and from there on to Artichaud. 24 km or 6 hours walking with some fairly steep climbs and descents.
- **Day 7:** Combining a visit to **Saint-Antonin-Noble-Val** with a walk in the most beautiful part of the Aveyron Gorges. 12 km, 4 hours. Recommended on Sunday - market day!
- **Day 8:** Finish with breakfast. 'Au revoir' and safe journey!

Our programme is very flexible; we can adapt it to the wishes and possibilities of our guests. For most of the walks we can propose shorter -or longer- alternatives. For the programme above you will need your own car. You can also come to Artichaud using public transport. We can offer you an alternative programme and if you inform us about your arrival time we come and pick you up at Gaillac train station.

Do you prefer to take it more easy? You can add one or more extra days to relax, or to visit Albi or Toulouse,...please contact us for more information.

This walking holiday can be booked from February till November. Spring and autumn are the most pleasant seasons for walking. It can be quiet hot during summer, but even in intense heat, the forests provide a cool heaven.

Minimum 2 persons. Arrival is possible any day of the week, depending on availability.

Rates 2012

Price per person	01/02-30/06	01/07-31/08	01/09-30/11
Alechinsky/Masereel	456 €	475 €	456 €
Métaphore	512 €	531 €	512 €
Métaphore, 3th or 4th person >12yr	320 €	320 €	320 €
Métaphore, 3th or 4th person <12yr	234 €	234 €	234 €

Rates per person, based on 2 persons per room; arrangement for minimum 2 persons

Price includes: 7 nights bed and breakfast, 5 evening meals (4 course dinner: starter, main dish, cheese, desert, including aperitif, water & wine, coffee or tea), maps 1/25 000 and detailed day per day route-description in English, transfers to the starting point day 2 and 6, VAT and local taxes

Price does not include: dinner on Thursday and Friday, lunches (picnic available on request)

Artichaud chambres et table d'hôtes

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