

Welcome in Lacaune-les-Bains,



Destination pour petits et grands

Lacaune-les-Bains, The story of the Wild Child.

One of the most insolite vent that happened in our region is the discovery of a 12 years old boy at the end of the 18yh century.

Since 3 or four years, farmers who had cultivated fields near the « Bassine » (8km far from Lacaune) used to see a strange naked little being who obviously was living in the wild.

In 1798, he is caught by loggers from Lacaune. At first, he is exposed on the public square to satisfy people's curiosity or in the hope that someone recognise him. He was then looked after by a women living in the « Pioch » area. He stayed there 8 days and then escaped...

He is captured again at St Sernin sur Rance (15km from Lacaune). He was sent to Paris and stayed in the Docteur Itard home. He will become the issue for many theories concerning the living in nature. In 1969, the French producer François Truffaut made a movie after this story.

Follow in the footsteps of the Wild Child ...



To guide you,
Look for these icons :



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Bureau d'information touristique de Lacaune-les-Bains

Tél. : 05.32.11.09.45 – e-mail : lacaune@tourismemhl.fr – www.tourisme-montsetlacsenhautlanguedoc.com



« Children » Service-providers but not having « Famille Plus » label

Great ! It's raining

Advice before going for a walk ?

Close one of your eyes, then the other one...breathe the subtle fragrance of a flower...Listen to the bird song...Discover the beauty of the Monts of Lacaune.

Be careful, thees natural sites are fragile.

To preserve them, here are simple things to do.

😊 While walking, do not forget to take a bag to carry away your waste or the one left by direspectful walkers. Lucky, you are here !

😊 Do not pick flowers. Some species are rare and preserved.

😊 Stay on waymarked paths in order to avoid crushing young shoots.

😊 Be quiet. You may see a forest inhabitant ?

😊 What about a picnic ?

To preserve the forest, use the picnic areas and carry away your waste.

Lieux où tu peux pique-niquer

park of château de Calmels, discovery trail of the
Enfant Sauvage, Picotalen, Poutras pond, Montalet,
park of Maison de la Charcuterie, park of Saint
Michel, the Green Way, Granisse pond.

😊 A walk among the peatland? Beware, this is a very fragile environment. Please use the viewing platforms.

😊 Be careful if you come across a little clear stream. Do not drink its water. But soaking your feet, yes you can !

😊 Along the walk, do not forget to take regular breaks.

Before leaving, check if you have the perfect array for walkers :

- walking shoes
- a cap, a hat or a woolen cap
- sunglasses
- sun cream
- rain clothes (weather can change quickly in the mountains)
- some water
- something to eat

- first aid kit
- a bag to carry away waste

UNUSUAL

From 4 years old



Footpath « Sur les traces de l'Enfant Sauvage »

8km from Lacaune-les-Bains, on the RD622, towards Castres.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemlhl.fr

During a stroll, dare to become a wild child.

Step by step, you will discover this marvellous footpath and stop along the way to do many activities. You will learn the story, environment and ways of living of this wild child found in 1798. A true adventure in the forest.

Fees : Free

Duration : 2h30 – Length : 3,5km

Open from Easter to All Saints Day, not accessible to strollers or to persons with reduced mobility.

Picnic areas

Recommended : Walking shoes and supply of water

Fun tour booklet for adult and for children(0,50€), adventure suitcase (4,00€) for sale at the Office of Tourism of Lacaune. Baby carrier for rent (5.00€/half day).

From 4 years old



Guided tour « Sur les traces de l'Enfant Sauvage »

Departure in front of the Office of Tourism of Lacaune.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemlhl.fr

Follow in the footsteps of the wild child.

In 1798, in the Bassine woods, hunters found a twelve years old child : a wild child. Follow in his footsteps in the forest.

Duration : 2h30 -Length : 3,5km. Not accessible to strollers or to persons with reduced mobility.

Guided tour from the 1st of July to the 31th of August on Tuesday, Wednesday and Thursday (except on public holidays). Departure at 2 pm

Fees : 4.00€ / children under 18 years old. Free for adults !

Compulsory registration at the Office of Tourism of Lacaune (limited places).

Recommended : Walking shoes and supply of water

Travell until the site in private car.

From 7 years old



Paper chase « La légende DEMON de Lacaune »

Departure in front of the Office of Tourism of Lacaune.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemlhl.fr

Find the treasure «DEMON» of Lacaune. A paper chase in the village for the whole family !

After several months of quest, thanks to your friends, the Demon knows the robbers' identity : the Maseliers ! Knowing they were identified, the robbers got afraid and quickly hide the gold coins across the village.

The Demon is too old now to go and seek the robbed treasure. But may be a young adventurer could help him. Are you ready ? Walk through the streets of Lacaune-les-Bains, carefully watch around you and tick the right answers. If you succeed, you may get a reward ! Lets's go !

Fees : free

Duration : 2h30 – Length : 3km

To do all along the year.

Recommended : good shoes and supply of water

Paper chase to do in your own (children must be accompanied by an adult and are under his responsibility).

Guide book and best investigator diploma will be given to all participants.

MOVE

From 4 months old



Espace des Sources Chaudes

Domaine Saint Michel

Tél. : 05.63.37.69.90

A swimming pool in Lacaune, full of good water, during all year round.

Water slide, pentagliss, a drift in the stream river, a dive in the indoors pool. And we can start again together, fun and laughter guaranteed. Mummy casts a amused eye on us. She is very well, stretched on her deckchair. Crasy the tea time with French “crêpes” or Paninis or best : the French fries from the take away shop. An icecream plus a dive, a rest on the grass, whaou ! water and water again, sun, softness and laughter : that is a delightful summer !

Fees and schedule on www.espacedessourceschaudes-lacaune.com

Careful : strollers not allowed on beaches.

Careful, trollers are forbidden along pool beaches

Paddlings pools, baby’s changing unit, lending of belts, water wings, swimming lessons, snack, swimming equipment distributor (swimming suits for adults and children).

Do not forget : solar cream, T-shirt, cap to protect from sun.

Hiking : les ardoisières (12km), Redondel (3,6km), Roumane (7,7km), Voie Verte on the trail of the Petit Train (11km), ...

Practical information : Hiking descriptive sheet for sale at the Office of Tourism in Lacaune.

Mountain biking: TT–FFC of Hautes Terres d’Oc proposes 690km of marked tracks (24 circuits). (n°6 : easy, 15,70km / n°7 : very easy, 7,70km / n°8 : very easy, 6,50km).

Practical information : Guide VTT (1.00€) for sale at the Office of Tourism in Lacaune.

VTT Cleaning spot - Place de la Balme.

Salers and repairs : SARL Terral – ZI de Bel Air – Tél. : 05.67.60.14.58

Nordic walking : Departure : col de Picotalen (1.023m) for cross-country skiing or snoshoe hiking. Sledge available.

Practical information : Equipppment for rent at the chalet of Picotalen (special fees for families and groups) – To know trail conditions, phone 05.32.11.09.45 ou 06.22.58.87.34

Skate park – Place de La Balme

Tennis courts : 2 outdoors courts and 1 indoors clay tennis court – Registration : 05.63.37.00.48

Citystade : Playground, run fitness, picnic area at the Domaine Saint Michel next to the Espace des Sources Chaudes.

TASTE

From 7 years old

Solve a mystery at the Maison de la Charcuterie

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« Some time ago, i spent an evening in my parents' pig farm. Suddenly someone broke in my home. Very few clues to examine : prints, some acorns and leaves. Il y a quelques jours, alors que je passais la soirée dans la porcherie de mes parents, un individu m'a joué un tour de cochon et s'est introduit dans ma maison. Sur place, très peu d'indices : une trace de patte, quelques glands et des feuillages. According to the experts, the suspect could be one of my family (the Suidae). To know his identity, you must answer to some clues you will find in the Maison de la Charcuterie. You can also play in the "petits maseliers" area. At the end of the visit, the whole family will taste Ham of Lacaune.

Fees : 3.00€ / person, free for children under 12 years old

Duration : 1h.

Open from the 15th of June till the 15th of September, from Monday to Saturday from 2pm to 6pm

Accessible to strollers or to persons with reduced mobility. (Label « Tourisme & Handicap »), audio guides in French, English, Spanish and Dutch , lavatories, garden with picnic area, shop.

Maison de la Charcuterie

3, Rue du Biarnès

Tél. : 05.63.37.46.31

e-mail :

lacaune@tourismemhl.fr

From 3 to 6 years old



Salaisons Oberti

Chemin de Granisse

Tél. : 06.47.02.69.42

e-mail : visite.oberti@orange.fr

WHAT MAKES DIDIER THE "CHARCUTIER" ? Learn how to recognize the different products...

Look, smell and taste while the adults follow the guide to discover how to make the ham of Lacaune. You will dress up and you will learn to recognize the « jambon » and the « saucisse » that Didier make.

Fees : 5,00€ / person (guided tour), free for children under 12 years old.

Duration : 45 minutes.

Special visit for children on Wednesday at 10,30am in July and August .

Accessible to strollers

Compulsory registration 06.47.02.69.42

DISCOVER

From 4 years old



FOLLOW "COCCINELLE" (LADYBIRD) IN THE MUSEUM,

She will guide you among 15 rooms and will show you the way of living of your old old grandparents. How they got dressed, how they looked after their babies, their school, their work... « Coccinelle » will tell the story of

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Musée du Vieux Lacaune

Place du Griffoul

Tél. : 05.63.37.25.38

www.museeduvieuxlacaune.fr

the wild child.

Fees : For you, your brothers and sisters, it's free ! . Adult : 2,00€.

Duration : 1h

Open in May, June and September from Tuesday to Saturday from 3pm to 6pm. Open every day in July and August (except on Monday morning) from 10,30 am to 12,30 and from 2,30pm to 6pm.

Parking, lavatories, shop with books on local history.

Audio-guides in French, English and Spanish.

From 7 years old



Sentier des Pansières

11km from Lacaune (7km road and 4km good track), towards La Salvetat.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemhl.fr

Discovery path of the Pansières.

The peat land is a very old environment (5.000 to 7.000 years). You will discover carnivorous plants and several animal and vegetal species.

Duration : 2h – Length 2,1km

From Easter to All Saints Day, not accessible to strollers or to persons with reduced mobility.

Recommended : waterproof shoes and supply of water

Booklet available at the Office of Tourism in Lacaune

From 7 years old



Sentier de Martinou

8km from Lacaune (4km road and 4km good track), towards La Salvetat.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemhl.fr

Discovery path of Martinou.

Around the barn of Martinou, you will discover the forest of Lacaune, its characteristics, its history and its patrimony.

Duration : 2h30 – Length 2,4km

Open all year round, not accessible to strollers or to persons with reduced mobility.

Recommended : waterproof shoes and supply of water

Booklet available at the Office of Tourism in Lacaune

From 7 years old



Discovery path of Montalet.

At an altitude of 1259 m., the Montalet offers a rich flora and fauna. At its top, at the Virgin's foot, a panoramic table enables to interpret the whole landscape.

Duration : 1h – Length 1km

Open all year round, not accessible to strollers or to persons with reduced mobility.

Picnic areas

Recommended : walking shoes

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Tél. : 05.32.11.09.45 – e-mail : lacaune@tourismemhl.fr – www.tourisme-montsetlacsenhautlanguedoc.com

Sentier du Montalet

8km from Lacaune, at Montalet.

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemlhl.fr

From 7 years old



Discovery path of the castle of Calmels.

Do you see this big castle up to the top of Lacaune ? A little 1,8km walk to discover the forest, as well as animals and flowers. A paper chase to do with the whole family. Are you able to find the beacons along the way ?

Duration : 1h30

Open all year round, not accessible to strollers or to persons with reduced mobility.

Recommended : walking shoes

Booklet available at the Office of Tourism in Lacaune

Sentier d'interprétation du château de Calmels

Tél. : 05.32.11.09.45

e-mail : lacaune@tourismemlhl.fr

IMAGINE

From 7 years old



Create your comic book

At the Galerie d'Art Frézouls sketch your own comic book with a professional cartoonist. A playful exhibition is also available.

From the 8th of July to the 23rd of August from 2pm to 6pm from Tuesday to Saturday. Free

Compulsory registration for the cartoon making class

Galerie d'art Frézouls

3, Rue du Biarnès

Tél. : 05.32.11.09.45

Have fun

For all



Library and games library

You will find more than 5000 ouvrages, computer access, games, rent of CD and DVD, baby-foot, billiards, wii, PS2...

Compulsory refistration for rental and free games.

Fees : registration for library : 8,00€ / registration for games library : 10,00€ / Temporary registration : 5,00€

Library open from Wednesday to Friday from 1,30pm to 6,30pm.

During school, the games library is opened on Wednesday from 3pm to 6,30pm and on Friday from 4,30pm to 6,30pm. During holidays, opened from

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Espace Culturel de l'Enfant Sauvage

3, rue du Biarnès

Tél. : 05.63.37.20.70

Ludo-media-

lacaune@laposte.net

Playground - Avenue de Naurois.

SMART IDEAS

Create a herbarium with plenty of the photos you took during your walks. It will keep its beautiful colors...

Write your holiday souvenirs on recycled paper and sent them to your friends.

Parents' Corner

Where find a changing table ?

Lavatories at the Maison de la Charcuterie – 3, Rue du Biarnès.

Where get child care ?

From 2 monts to 4 years old



You can go and play with « Les petits lutins de Lacaune ».

You can discover new activities at the Ludo Média or at the library but also meet new friends.

Fees and conditions : get information at the « crèche »

Crèche municipale

Rue de la Liberté

Tél. : 05.63.37.20.55

From 3 to 13 years old



« Accueil de loisirs » de Lacaune : have fun !

Plenty of adventures are waiting for you and plenty of new friends as well. The programme is available at the centre and on the website.

Open every Wednesday during school and from Monday to Friday during holidays.

Fees and conditions : get information at the centre.

Centre de loisirs

Boulevard Jean Jaurès

Tél. : 05.63.72.38.21 ou

06.30.93.06.34

Care ?

DOCTORS

Drs Guivarch et Valette – 20, rue de la liberté – Tél. : 05.63.37.80.00

CHEMISTRY

Pharmacie Marchand - Chemin du moulin Paradou – Tél. : 05.63.37.00.45 ou 05.63.37.08.76

LAVATORIES

Place Général de Gaulle, Place de la Vierge, Place du Griffoul, Rue Edouard Barbey, Maison de la Charcuterie, Jardin public, Retenue de Granisse, Parking de la Poste, Domaine St Michel.

Meeting point « Famille Plus »

Bureau d'information touristique de Lacaune – Place du Général de Gaulle

Where to sleep ?

Château de Calmels - Gîte de groupe – Calmels 81230 Lacaune

Tél. : 05.63.37.22.39 ou 06.62.35.58.10 - contact@chateautarn.fr

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Tél. : 05.32.11.09.45 – e-mail : lacaune@tourismemhl.fr – www.tourisme-montsetlacsenhautlanguedoc.com

Camping des sources chaudes - Camping**** / chalets - Domaine Saint Michel 81230 Lacaune
Tél. : 05.63.37.22.39 - contact@campinglacaune.fr

Domaine Le Clôt - Camping** / Restaurant - Le Clôt Les Vidals 81230 Lacaune
Tél. : 05.63.37.03.59 ou 06.77.70.81.12 - www.domaineleclot.com

Le Relais de Fusiès - Hôtel *** / Restaurant - 2, rue de la République 81230 Lacaune
Tél. : 05.63.37.02.03 ou 05.63.37.10.98 - contact@hotelfusies.fr

Where to eat ?

Le Calas – Hôtel ** / Restaurant - 4, place de la Vierge 81230 Lacaune
Tél. : 05.63.37.03.28 - 1969.azam@gmail.com

Grand Café Ricou - Brasserie - 3, avenue de Naurois 81230 Lacaune
Tél. : 05.63.37.00.48

Domaine Le Clôt - Camping** / Restaurant - Le Clôt Les Vidals 81230 Lacaune
Tél. : 05.63.37.03.59 ou 06.77.70.81.12 - www.domaineleclot.com

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Tél. : 05.63.37.02.03 ou 05.63.37.10.98 - contact@hotelfusies.fr

« Holidays with Piéro... »

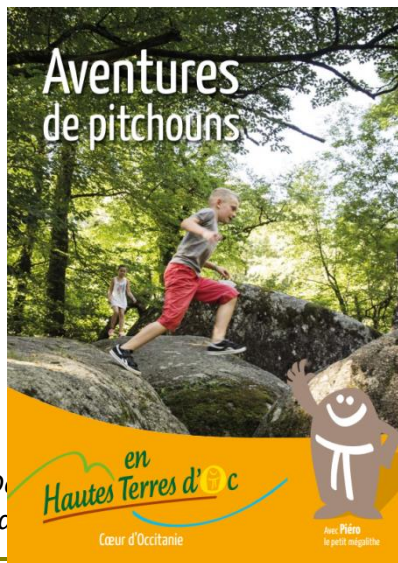
This little megalith knows the Oc Highlands on his fingertips!
Choose what you want to do: move, discover, imagine or even be surprised... and follow Piéro's instructions! Thanks to him, your stay will be full!

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Your companion is also very greedy! He loves all the restaurants that prepare delicious dishes for children. He also loves to play and draw while waiting for the meal to be ready.



A la découverte de la bande dessinée

A partir de 6 ans
 Tout au long de l'année nous te proposons de nombreuses animations afin de découvrir le 9^{ème} Art : la bande dessinée (concours de planches BD, stages thématiques, expositions...)
 Du 12 juillet au 27 août 2016, du mardi au samedi de 14h30 à 18h30 : A VOIR - Exposition : La Galerie d'Art Fénelon te présente une exposition "Jumpy" autour de la BD. Contacte-nous pour les dates et horaires 2017 - Ateliers - Après avoir été initié aux "différents" techniques, tu pourras également participer à un atelier de création de BD. A toi de créer ton personnage, d'imaginer ton scénario, d'illustrer l'histoire de ton choix... RDV à 14h30 avec Christophe !

3, rue du Barriès - Lacaune-les-Bains - 82420
 * Programmation animée de la BD à consulter sur notre site : www.tourisme-montsetlacs.com
 * Inscription gratuite - ☎ 05.63.37.04.80

Que fabrique Didier le charcutier ?

De 3 à 6 ans
 Apprends à reconnaître les différents produits de charcuterie... touche, regarde, sens et goûte les différents produits de charcuterie que fabrique « Didier le charcutier ». Pendant que papa et maman suivent le guide pour découvrir la fabrication du jambon de Lacaune, tu apprendras à reconnaître, par deux ateliers, le jambon, la saucisson et le saucisson fabriqués par Didier.

De 9h à 18h de mardi jusqu'à samedi de 9h à 18h
 * Réservation obligatoire par téléphone au 05.63.37.04.80 * Prix : gratuit pour les enfants de moins de 12 ans. Equipement fourni par nos soins - Via Barriès et Fila - Chemin de Goussier - Lacaune-les-Bains

Sais-tu ce qu'est un dérivé ?
 Pour savoir, relève les points de 1 à 25.

1	10	1
2	11	2
3	12	3
4	13	4
5	14	5
6	15	6
7	16	7
8	17	8
9	18	9
10	19	10
11	20	11
12	21	12
13	22	13
14	23	14
15	24	15
16	25	16
17	26	17
18	27	18
19	28	19
20	29	20
21	30	21
22	31	22
23	32	23
24	33	24
25	34	25

A la recherche du trésor «EMON» de Lacaune

Un jeu de piste au cœur de Lacaune-les-Bains à découvrir en famille
Activité extérieure à partir de 7 ans
 Après des mois et des mois de recherche, et grâce à tes petits camarades, le Diabolo connaît enfin l'identité des voleurs de son trésor : les Masquiers ! En apprenant la nouvelle, ces derniers sont prêts pour et se sont empressés de cacher les écus aux quatre coins de la ville. Le Diabolo, quant à lui, est aujourd'hui bien trop vieux pour partir à la recherche de son trésor éboulé. Mais peut-être qu'un jeune aventurier comme toi pourrait l'aider ? Parcours les rues de Lacaune-les-Bains, observe attentivement autour de toi et répond correctement aux questions. Si tu réussis ce défi, le Diabolo te promet une belle récompense ! Ah, à toi de jouer !

Ouvert toute l'année à partir de mai 2016 - Tarif : gratuit
 Durée : 1h30 - Départ du jeu de piste devant l'Office de Tourisme touristique de Lacaune - Jeu de piste à faire librement (les enfants doivent être accompagnés d'un adulte et restent sous son entière responsabilité) - ☎ 05.63.37.04.80
 * Site : www.tourisme-montsetlacs.com
 * A prévoir : bonnes chaussures et eau.

L'Espace des Sources Oraoules

Une piscine à Lacaune, remplie d'eau chaude, c'est le programme pour l'été et toute l'année quand je veux.

A partir de 4 mois
 Et hop du toboggan, et zou du pentagone, un tour dans la rivière et hop un plongeon à l'intérieur et tout ensemble c'est reparti, éclats de rire des enfants à l'appel. Maman nous regardé d'un œil amusé, allongée sur son transat. Omg, le goûter avec les crêpes ou les Parfaits au cacao les meilleures filles du coin au petit Saint Michel. Une glace et un plongeon, une descente sur la pelouse whassa ! Encore de l'eau toujours de l'eau comme ça et ça, du soleil, de la douceur et du rire... voilà un été que j'aime !

Domaine Saint Michel - Lacaune-les-Bains - Tarif et horaires à consulter sur lacs.com
 * Ateliers, les piscines sont interdites sur les plages * Poussoirs, table à langer, prêt de crochets, de transats, mat de massage, mat, distributeur de matériel de natation (maillots enfant/adulte), ventes en boutique en grande entrée - ☎ 05.63.37.04.80 * Internet : <http://piscine.lacaune-pitchouns.com> * A prévoir : crème solaire, T-shirt, casquette pour se protéger.

De Hautes Terres d'Occitanie aux

Office de Tourisme des Monts et Lacs en

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