



# Dans les pas de...

THE MAGAZINE THAT TAKES YOU TOWARDS THE ESSENTIAL

## Travellers taking their time...



24  
25

EDITION  
MOISSAC - TERRES DES CONFLUENCES



Boating enthusiasts  
pilgrims, cyclists, hikers...  
in the footsteps of  
those who appreciate  
taking their time.

DISCOVER  
10 GOOD REASONS  
TO FOLLOW THEIR EXAMPLE



## PUBLICATION



Some travellers arrive by the Way of St. James (le chemin de Saint-Jacques-de-Compostelle). Cycle along idyllic trails. The more romantic among us prefer to take a relaxing trip down the river. Boating enthusiasts, pilgrims, cyclists, hikers... Travellers who value their time have it all figured out: Moissac is the ideal place to take it easy. Welcome to Moissac - Terres des Confluences (where the rivers join)!

## Here, we value the essential things in life

Visit our unspoilt countryside, appreciate the abundant orchards, explore world-renowned heritage, an abbey and its cloister, and other beautiful buildings.

*Jean-Pierre Grand*

President of the Moissac-Terres des Confluences  
Intercommunal Tourist Office

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OFFICE DE TOURISME  
MOISSAC-TERRES DES CONFLUENCES

TARN - ET - GARONNE

Visit Moissac,  
at the confluence of the Tarn and Garonne.

NATURE

HERITAGE

SERENITY

10 good  
very reasons





*In the footsteps of...*

## The little mariners of Saint-Nicolas



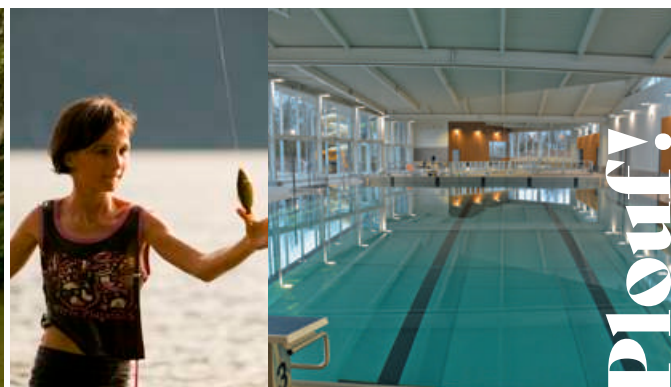
### 01 THE TARN AND GARONNE LEISURE PARK SAINT-NICOLAS-DE-LA-GRAVE

**Little mariners (between 6 and 12 years old) can go sailing on the small boats in Saint-Nicolas-de-la-Grave, if accompanied by an adult. For the little ones, not to worry, there are still family boat rides to enjoy together.**

**B**ut you don't have to be by the sea to go boating! Put the wind in your sails, on the largest body of inland water in the southwest (400 hectares). And the park offers a huge choice. Take a fun trip (Bateau Fun) to discover this 'Natura 2000' area from the comfort of a motorboat with a guide.

Whether a beginner or more practised, alone, with family or friends, learn to canoe or sail, supervised by qualified instructors.

Once the weather improves, pedalos and paddle boats make their appearance on the peaceful lake. So, why not take to the water?



**A multitude of activities are available in this park of more than 400 ha!**

**Strike out on your own:**

- ✓ Bike rides
- ✓ Fishing
- ✓ Hiking
- ✓ Water sports

**Some activities must be reserved in advance such as:**

- ✓ Canoe Kayak
- ✓ Bike rental
- ✓ Paddles
- ✓ Boat rentals
- ✓ Competitive recreational sports such as archery



### Lose track of time... All the better!

Escape the hustle and bustle of everyday life. Reconnect with your inner self: go fishing on the extensive lakes of the Tarn and Garonne and enjoy the wide range of family activities available at the Saint-Nicolas-de-la-Grave leisure park.

### Observe the abundant birdlife.

Many species of birds settle, migrate and nest at the confluence of the Tarn and the Garonne - an ornithological reserve to admire and preserve.



### Dive in!

#### CONFLU'O AQUATIC CENTER CASTELSARRASIN

Built with sustainable energy performance in mind, Conflu'O offers options for the whole family: a 190 m<sup>2</sup> leisure pool, water games, water slide, wellness area (hammam, sauna, sensory showers, jacuzzies).





*In the footsteps of...*

## The skills of the Chasselas growers

Passion

### 02 PDO ZONE | CHASSELAS DE MOISSAC

**MOISSAC, Chasselas: Chasselas has been listed in the National Inventory of Intangible Cultural Heritage as CDO (Controlled Designation of Origin) since 1971, and PDO (Protected Designation of Origin) since 1996.**

**Moissac has been classified as a Remarkable Site of Taste (Site Remarquable du Goût) since 2003.**

This uniquely delicious golden grape grows on the gently sloping south-facing hillsides of Moissac. Chasselas takes full advantage of the sun and the semi-oceanic climate vital to its cultivation. This succulent golden grape is the flagship of our internationally renowned fruit production based on ancestral expertise. Situated between Bordeaux and Toulouse, it is a symbol of our rich regional gastronomy. In the 1930s, Moissac became a therapy centre where guests enjoyed the proven benefits of the Chasselas grape monodiet.



CHASSELAS  
de MOISSAC  
AOP

50  
ans  
d'un raisin  
irrésistible



*Discover  
our recommended recipes  
using the Chasselas grape.*



## The golden touch!

Each hectare planted with Chasselas requires about 1200 hours of manual labour to produce, on average, 13 tons of fruit per year.

From cutting to serving, the Chasselas grape requires particular attention. It is picked and separated from any damaged pips and is finely hand-chopped

Its golden waxy bloom is a guarantee of quality care.

The Chasselas grape is an exceptional organically grown product which respects the soil and the natural environment.



#### The work of 4 seasons:

- ✓ 196 producers
- ✓ 419 hectares PDO
- ✓ 76 municipalities
- ✓ 2,500 to 3,000 tons on average per year
- ✓ Cost of production: €2/kg

## Meet the Chasselas growers...

Numerous Chasselas growers have established themselves on the slopes of Moissac, preserving this unique knowledge in Tarn-et-Garonne.

*'We are proud to be farmers, because the work is hard, and the profession is rare.'*



# 03 MARKETS & CULTIVATION TERRES DES CONFLUENCES

**Tarn-et-Garonne is the leading national producer of fruits for eating: apples and kiwis, and the second for plums, hazelnuts and grapes.**

**T**he department produces 80% of the fruit grown in Occitania and is ranked fourth in France for the production of fruit trees. The apple gets the lion's share of the 300,000 tonnes of fruit produced annually. The mild climate is perfect for their cultivation.



NATURE



## Visit our local markets!

Be sure to visit our open-air markets to experience the colours and smells of delicious traditional dishes made with fresh local produce. Our producers offer fruit and vegetables, poultry, cheeses, juices and wines but also flowers and plants, such as at the Salicaire Festival in Saint-Nicolas.

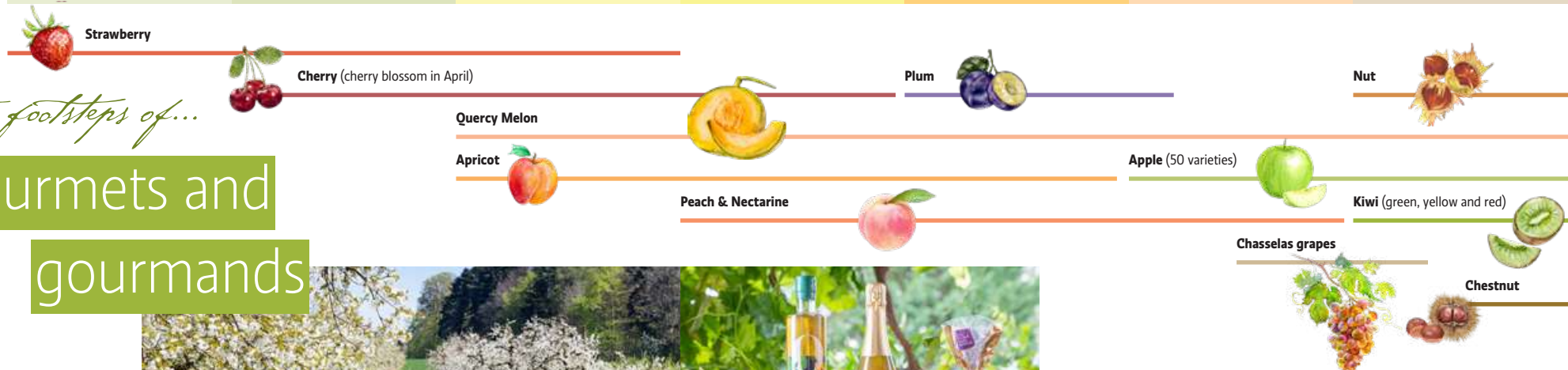
**Find them in the market from 7 a.m. to 1 p.m.:**

- ✓ Monday in Saint Nicolas-de-la-Grave
- ✓ Thursday in Castelsarrasin
- ✓ Saturday in Cordes-Tolosannes
- ✓ Saturday and Sunday in Moissac
- ✓ Sunday in Angeville

Hummm

The Harvest Schedule

April	May	June	July	August	September	October
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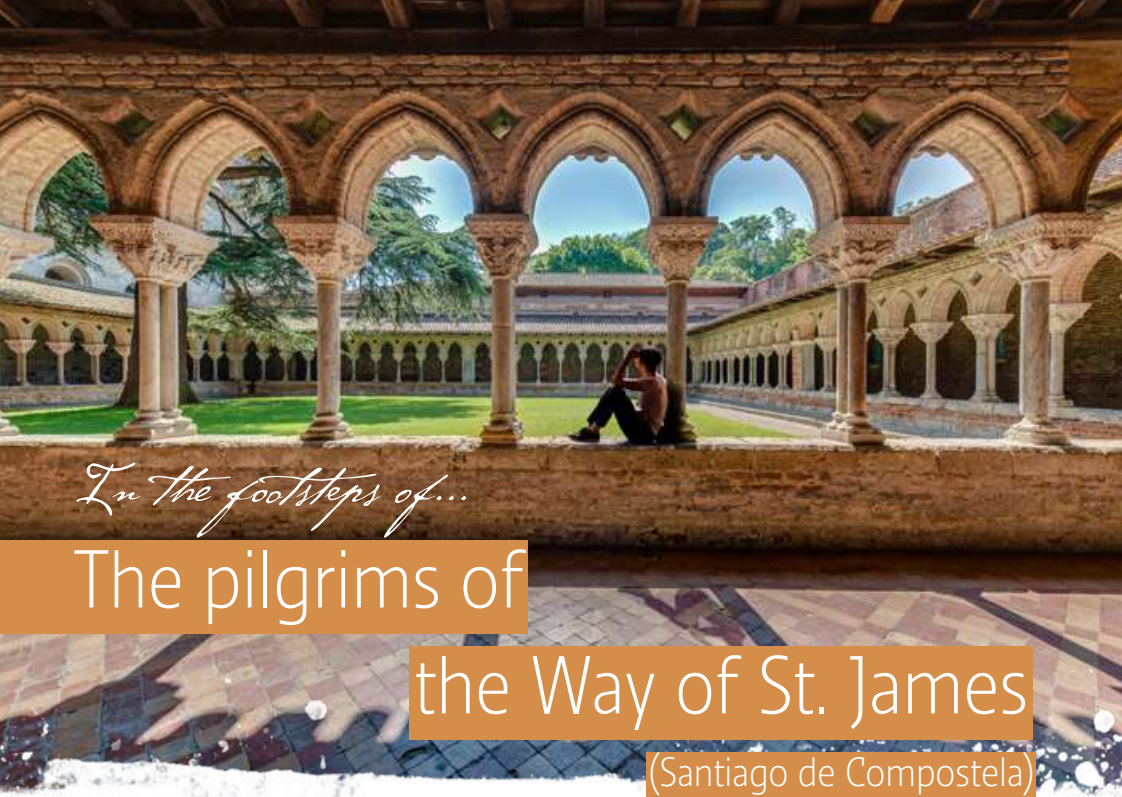


*In the footsteps of...*

**Gourmets and gourmands**





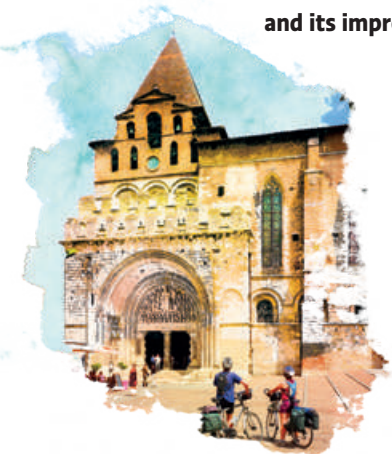


*In the footsteps of...*

## The pilgrims of the Way of St. James (Santiago de Compostela)

### 04 THE ABBEY OF SAINT-PIERRE | MOISSAC

**Make sure you visit the Abbey of Saint-Pierre de Moissac! Since the 12th-century it has been famous the world over for its beautiful cloister and its impressive portal, a masterpiece of Romanesque art.**



The site is listed as a UNESCO World Heritage Site, along with the Way of St. James. And it's no coincidence! The forest of 76 column capitals displays a richly sculpted mixture of religious history, and sumptuous floral and animal decor. Forty-six capitals (column heads) recount the historical scenes of the Bible and the lives of the saints.

The decor of the tympanum was inspired by the Apocalypse (written by the Apostle St. John) and represents the glorious return of Christ in triumph of Good over Evil, and thereby establishing the kingdom of God on earth. The figure of Christ is surrounded by the symbols of the four evangelists: the bull, the angel, the eagle and the lion, and by twenty-four crowned elders playing the rebec to glorify the divine. On the side of the trumeau (central pillar) stands the prophet Jeremiah, one of Moissac's most famous figures.

## History



### Go further and higher...

And to complete this festival of the senses, pilgrims can enjoy the nightly singing of the nuns at vespers. Or by chance, discover the feast of Saint Jacques in Moissac, and the forgotten treasures of medieval music as delivered by the choir of the Organum ensemble.

### Appreciate the silence!

Shh... as for generations of monks, the cloister and the church are privileged places to appreciate the silence, recharge, find peace, and contemplate.



### Look up and contemplate.

Behold the majestic cedar tree in the cloister, which extends its protection over the richly sculpted decorations, and the surprising monumental portal, witness to the imagination and talent of medieval artists. The beauty of the Romanesque Christ and the finesse of the many Gothic sculptures will leave visitors with a lasting impression.







## Advertising: child's play!

Firmin Bouisset understood early on that featuring a child in an advert could embody a uniquely clean brand message. He swept away previously stuffy and confusing publicity and reinvented the use of art in advertising.

Genius

*In the footsteps of...*

## Firmin Bouisset, a revolution in advertising!



05

### CASTELSARRASIN FIRMIN BOUISSET MUSEUM

**Firmin Bouisset designed many of the brand icons of the era such as Lu's Little Schoolboy, Menier Chocolate's Little Girl, and Poulain Chocolate's Pierrot. These are the familiar icons created by Firmin Bouisset, one of the pioneers of modern advertising.**

**A**t the heart of a small pink brick mansion called the 'House of Spain', a museum is dedicated to this brilliant poster artist born in Moissac in 1859. You will find here the timeless works of this native of the region, who has become one of the most famous artists of the richly romantic 'Belle Epoque' period. Relive some of these childhood memories!



In 2015 Pierre Perret, native of Castelsarrasin, unveiled nineteen panels of a new heritage trail.

*Discover it!*



## A small town with a rich heritage.

An active river port, excellent regional wines, enticing cuisine, a colourful market and rich in history, make Castelsarrasin a popular holiday destination for travellers and sailors alike.

Not to be missed is the 12th-century church of Saint Sauveur, filled with exceptional architecture, woodwork and statues. Many of its major pieces are classified as Historic Monuments.





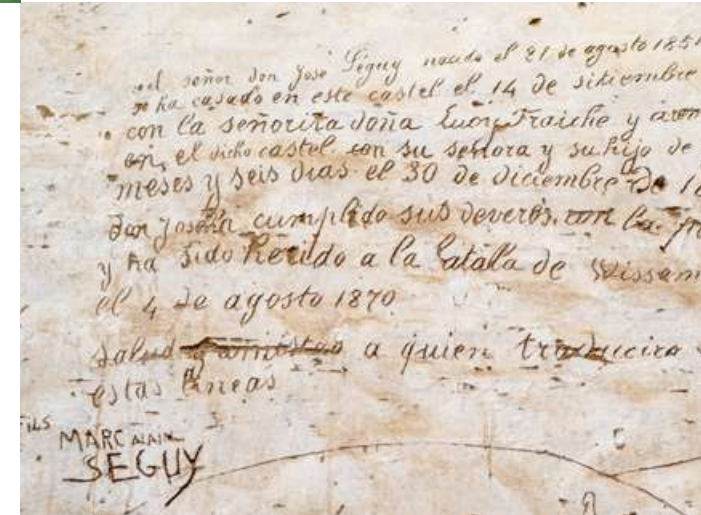
## The Monks' Fountain.

Built in the 17th-century with medieval materials taken from the Belleperche abbey church, visit the mysterious Monks' Fountain on one of the many peaceful walks through the region.



## A giant guestbook!

The walls of the graffiti gallery are a testimony to the monks, hosts, soldiers, refugees, artisans, and peasants who visited the Abbey, and marked their presence fifty years, a century, or two centuries before us. Stroll through time in Belleperche Abbey!



## 06 BELLEPERCHE ABBEY | CORDES-TOLOSANNES MUSEUM OF TABLEWARE & GALLERY OF GRAFFITI

**Belleperche Abbey was founded in 1143 as a Cistercian monastery and rebuilt in the 18th-century.**

After the French Revolution, the monastery was closed and sold. Visit the places where high-ranking guests were welcomed, wine and dined, by monks during the monastic era. The Tarn-et-Garonne Council chose to draw on the Abbey's history of welcoming travellers, by celebrating the culinary arts, a theme that spans the centuries, countries and cultures.

The collections illustrate the evolution of traditional table decoration from the Middle Ages to the 21st-century, and include crockery, glassware, cutlery, utensils and accessories, for daily or festive use, popular, bourgeois or noble, artisanal and industrial.



## An impressive feast!

The Arts de la Table museum is a journey into the surprising world of table art and customs, from the late Middle Ages to the present day.







*In the footsteps of...*

## The architects who reinvented Moissac

### 07 ART DECO | MOISSAC

**The Art Deco architectural style, in vogue in the 1930s, flourished in Moissac. It developed in Moissac following a tragic event that shook the city...**

**O**n the night of 3rd March 1930, torrential rains caused the waters of the Tarn to swell. Its main dike gave way, waves 9 metres high surged through the town to devastate the clay-built houses. The damage was catastrophic: The resulting flood destroyed eighty percent of the town's 750 houses. Moissac was left in ruins but would benefit from an outpouring of support from individuals and institutions, such as the City of Paris and the Kingdom of Morocco.

A dozen Toulouse architects were dispatched to rebuild the town. They would bring their Art Deco style with them, very fashionable in this interwar period. And Moissac was reborn, thanks to the finances allocated by its generous donors! Four districts, and a hundred houses, adopted the Art Deco style.



## Style

### Art Deco is characterised by :

- ✓ Use of modern materials: metal, wrought iron, glass, concrete, steel and aluminium
- ✓ Panelled windows
- ✓ Oriel or Bow Windows (that jut out into the street)
- ✓ Buildings were extensively decorated in brick
- ✓ Wrought iron decorations (doors, breastwork and railings)
- ✓ Oculi (eye motifs)
- ✓ Roof Terraces
- ✓ Clean lines
- ✓ Discreet decor



*Take an enjoyable stroll  
 through the art deco  
 architecture in Moissac.*



## HERITAGE

### A return to a purist style.

Art Deco is different from Art Nouveau, which was a predominant style of the Belle Epoque period at the end of the 19th-century. The latter was more exuberant, named by its detractors as 'Noodle Art'! Art Deco is a return to purity, order, and symmetry. It aims to be modern and functional and seeks to be practical in an industrial style.



### Detox before its time!

Moissac became a grape therapy centre (Station Uvale) in 1931, a place to indulge in a monodiet of Chasselas.

A small polygonal pavilion, the Uvarium Kiosk, was part of an ambitious programme to redevelop the banks of the Tarn. People came from far and wide to taste the famous Chasselas grape, in bunches or as juice, under the delightful and decorative pergolas. The building has kept its Art Deco spirit, with its singular rounded shape, its metal frame, and colourful murals.

*The Uvarium Kiosk,  
 1933*





*In the footsteps of...*

The boats

that cross the Tarn

**The Garonne side canal**

connects Toulouse to Castets and Castillon near Bordeaux, where it joins the Garonne.

- ✓ Inaugurated in 1856
- ✓ Length: 193 km
- ✓ Elevation: 128 metres
- ✓ 53 locks
- ✓ 7 canal bridges

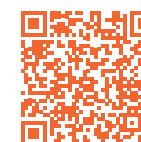
## 08 THE CANAL BRIDGE & THE CYCLE GREENWAY | MOISSAC

The magnificent **Cacor Canal Bridge** allows the Garonne side canal to cross the Tarn. It is the **third-longest canal bridge in France**: The bridge's **fifteen pink brick and limestone arches** gracefully span the three hundred and fifty-six metres across the canal.

**A**dmi re this spectacular structure, just a 20-minute walk from the city centre, which allows boats on the Garonne side canal to cross over... other boats. Sailing on the Tarn!



*Cycle to your heart's content*



**Walk in the shade. Or drive!**

In the shade of the plane trees, walk or cycle along the Canal des Deux Mers, which connects the Atlantic to the Mediterranean.

The cycle greenway crosses our department from East to West through orchards, vineyards, river ports and rich heritage, and should not be missed.





# In the footsteps of... The secret places of the whisperers



**The Vierge à Moissac viewpoint**

“Take the chemin du Calvaire or that of les Vignobles – beware, it’s a steep climb! Your efforts will be rewarded with a breathtaking view of the entire city. A real pleasure to see! An ideal spot if you want to stretch your legs... If the climb on foot doesn’t inspire you, rest assured, the site is also accessible by road.”

Shh... A secret whispered by Alain



## 09 VIEWPOINTS | TERRES DES CONFLUENCES



### The Boudou viewpoint

“Admire the landscape stretching as far as the eye can see. This is undoubtedly the best spot to see the confluence of the Tarn and Garonne rivers. You can even picnic here. It is a calm and timeless place, allow yourself to dream!”

Shh... A secret whispered by Christine

### And in the distance can be seen La Sauveté of Saint-Nicolas-de-la-Grave

Founded in 1135, Saint-Nicolas-de-la-Grave, nestled in its natural surroundings, is one of the oldest villages in the department. Visit its covered market with solid mouldings, its 17th-century church and Toulouse bell tower. Richard the Lion Heart’s castle dominates the Garonne Valley, which today houses the department’s administrative services.

A short distance away, discover the birthplace and museum of Lord Lamothe-Cadillac, which traces the extraordinary life of this atypical 17th-century Gascon, who founded the city of Detroit (Michigan - USA).



### Cordes-Tolosannes viewpoint

“And if you haven’t seen enough of the Terres des Confluences, treat yourself to a peaceful break in Cordes-Tolosannes. Admire the remarkable panoramic landscape from this viewpoint overlooking the Garonne. If the weather is fine, you can see as far as the slopes of Quercy and the Pyrenees.”

Shh... A secret whispered by Nicolas



Discover more secrets from our whisperers



secretspartagesautourdemoissac.fr







*In the footsteps of...*

Jean-Jacques  
Kugel

## 10 WATER TOWERS | TERRES DES CONFLUENCES

**Brighten up the grey facades of our water towers... Here's an original idea, imagined by Jean-Jacques Kugel, painter and sculptor from Montauban.**

**A**s a teenager, Jean-Jacques Kugel dreamed of being a stylist, but his path turned out to be quite different. He was not to tailor clothes for men and women, but instead enjoyed decorating buildings and facades with original paintings.

From village to village, explore les Terres de Confluences from a different angle: discover this fresco artist who left us brilliant and unexpected imprints of his work. His beautiful creations, paintings and sculptures, always relate a chapter of local history and teach us more about the identity of our region. See the amazingly colourful trompe-l'oeil, its gleaming landscapes, and enjoy its joyful scenes and characters.



### An artist in the sky!

Jean-Jacques Kugel works at a height of 40 m – an exercise in acrobatics. Perched at the top of these buildings on his scaffolding, the painter experienced a certain amusement to see passers-by raise their heads.

Makeover



SERENITY



### Contemporary art.

According to Jean-Jacques Kugel, art must relate to everyday life, 'in a rational world where everything is in its place.' Indeed, far from the traditional artistic circuits, his water tower frescoes allow him to access his work 24 hours a day, in any season!

#### CASTELSARRASIN

-  **Location:** Chemin de Notre Dame d'Alem  
82100 Castelsarrasin
-  **Things to see nearby:** Clairefont Park




#### LA VILLE DIEU DU TEMPLE

-  **Location:** Rue du Château d'eau  
82290 La Ville Dieu du Temple
-  **Things to see nearby:**  
A small recently restored washhouse

#### GARGANVILLAR

-  **Location:** Chemin du Château d'eau  
82100 Garganvillar
-  **Things to see nearby:** Traditional washhouse  
in the hamlet of La Marnière



#### COUTURES

-  **Location:** Rue de la Mairie - 82210 Coutures
-  **Things to see nearby:** Church of Saint-Martin,  
admire the view of the Quercy hills
-  **Further information** Picnic area next to  
the Water Tower

#### SAINT ARROUMEX

-  **Location:** Route du Château d'eau  
(about 1 km from the village)  
82210 Saint-Arroumex

#### CAUMONT

-  **Location:** Caulets - 82210 Caumont
-  **Things to see nearby:**  
Church of St. Laurent in the heart of the village



NATURE • HERITAGE • SERENITY



# HERE, AN AMAZING JOURNEY



OFFICE DE TOURISME  
MOISSAC-TERRES DES CONFLUENCES  
TARN - ET - GARONNE



For more information see [www.tourisme-moissac-terresdesconfluences.fr](http://www.tourisme-moissac-terresdesconfluences.fr) • +33 (0)5 32 09 69 36

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Chemins de Saint-Jacques-de-Compostelle en France  
inscrits sur la Liste du patrimoine mondial en 1996

