

## The region

We would be pleased to suggest places for you to visit : picturesque villages and 'bastides,' châteaux, and abbeys...Year long exhibitions at the Abbey at Flaran and the Château at Lavardens.

Numerous activities are spread throughout the region : walking (guides and maps available,) horse riding, cycling, canoeing, quad-biking, swimming (leisure lakes) and thermal baths at Castera Verduzan and Barbotan-les-Thermes. But also and above all is the gastronomy of the region and the pleasure of discovering the regional wines, the Floc de Gascogne and the Armagnac..... Many festivals animate this verdant part of France including: - Salsa, Jazz, Country Music, Spanish/Southern French, night markets, the St. Mont wine festivals, bandas ...