

La grange et le petit gîte de Pinsou, Aleu.

Things to do in the area

Really local: relaxing on the gite terrace and enjoying the magnificent view of the mountains.

What you can do in spring, summer and autumn (or fall):

Once we know what your preferences are I will suggest the best local activities for you. These include :

- Walks/mountain treks departing from the gite itself, as well as numerous walks/treks in the high mountains and high-mountain pastures 40 or 50 minutes drive away. All ages and physical abilities are catered for. We have a wide range of maps, guides and books in the gite for you to use and consult.
- Mountain walks with donkeys.
- A refreshing swim in our local river (15 minutes drive away).
- Which mountain lakes and rivers you can swim in when doing your trek in the mountains.
- Canoeing, kayaking, mountain biking, fresh-water fishing, caving, and rock climbing – all about 30 – 50 minutes away from the gite.
- The thermal spa at Aulus-les-Bains. A massage can be booked at the barn too.
- Music festivals, concerts and village fetes during the summer (see official programme from the Tourist Office).

Winter activities:

- Local walks/treks in the mid-altitude mountains (depending on local conditions: we will advise on about these).
- Snowshoeing. We will advise you where best to do this.
- Alpine skiing and sledging/ tobogganing at our local ski resort of Guzet Neige (50 mins. drive away).
- Cross-country skiing and sledging/ tobogganing at the resort of Etang de l'Hers ((50 mins. drive away).
- Off-piste skiing (depending on local conditions: we will advise on about these).

Local markets and produce

- The evocative Saturday morning market at Saint Girons (all year, 30 minutes drive away). Plenty of locally-produced products of all kinds, and an opportunity to soak up the local atmosphere and get a feel for the local population.
- Other small local markets (Massat, Sunday mornings; Soueix, Thursday afternoons). Consult Tourist Office.
- Check out local producers on the website of the Region's National Park:
 - <http://www.produits-parc-pyrenees-ariegeoises.fr/la-marque-parc-pnr/2/les-produits-du-parc-des-valeurs-a-partager>

Caves:

Niaux (to see the actual – not facsimile – ancient rock paintings. Note: you have to book in advance to join a tour).

Mas d’Azil (for really spectacular rock caves – which you can drive through too).

Labouiche (caves to visit in a boat).

These caves are about 45-55 minutes drive away. The drive to all of these caves takes you through wonderful scenery, with stops at restaurants on the way.

Picturesque villages and their environs:

- Saint Pierre de Soulan (20 mins. drive).
- Soueix for Museum of the Colporteurs (local itinerant peddlars) (25 mins. drive).
- Vic d’Oust (25 mins. drive).
- Seix (30 mins drive).
- Massat (30mins. drive).
- Saint Lizier (35 mins. drive) – medieval town with 2 cathedrals, museums, and panoramic restaurant terrace.
- Ercé for Museum of Bear Trainers (40 mins. drive).
- And many others

Food shopping:

The nearest:

- The Paradis Païen at Castet d’Aleu (a 15 minute drive) on the bank of the the river Arac): drinks terrace, sale of local produce, and occasional concerts (opening due shortly).
- Vival mini-supermarket on the road to Oust-Seix (a 20 minute drive). Wide range of local produce (tel: +33561668271). Opening hours: **Monday 07:30-13:00, 15:00-19:30**
Tuesday 07:30-13:00, 15:00-19:30
Wednesday closed
Thursday 07:30-13:00, 15:00-19:30
Friday 07:30-13:00, 15:00-19:35\$
Saturday 07:30-13:00, 15:00-19:3
Sunday 07:30-13:00, 15:00-19:35
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- Local villages with shops: Seix, Oust, Massat (with an organic shop), and local markets at Massat, Soueix and St. Pierre de Soulan.
- Nearest large supermarkets: Saint Girons (30 minutes drive away).
- Honey sold at Quélébu (5 minutes walk).

Restaurants

All further information available at the tourist offices of Seix, Massat and Saint Girons as well as in the gites.