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WELCOME TO LES DEUX RIVES !

Tuesday morning is market day in Valence d'Agen, a tradition that dates back to 1283, when the walled village was founded. Delicious smells, combine with good humour, in a colourful setting. A whole range of regional produce is on display: sun-drenched fruit and vegetables from the Garonne valley, farm-reared chickens, local cooked meats and, of course, the stars of the South-West food scene, a region renowned for the art of good eating and living: duck confit and foie gras! Every Saturday morning, a farmers' market is held in the covered market in Place Nationale.



Stage on the way to Saint-Jacques de Compostelle, Auvillar is easily identified by its surprising circular grain market in the heart of the village. A warm and special atmosphere emanates from the traditional dwellings made of a mixture of red bricks and white stones. The ancient Gallo-Roman city experienced its golden age with earthenware and the quill pen industry. In addition to the Place de la Halle, take the time to stroll through the streets to admire the clock, the church, the castle square and its viewpoint over the Garonne, the rue des Nobles, the washhouse and go down to port to admire the Sainte Catherine chapel. Be sure to explore the art and craft galleries, the exhibition at the Tourist Office, the Vieil Auvillar museum, and take a break in the many restaurants in this pretty village. Every Sunday morning, the producers await you in the square for the traditional market. And the first Sunday of the month, in addition to the market, come and enjoy the small flea market in the village. During the summer period, find the organic market on Wednesday evening.



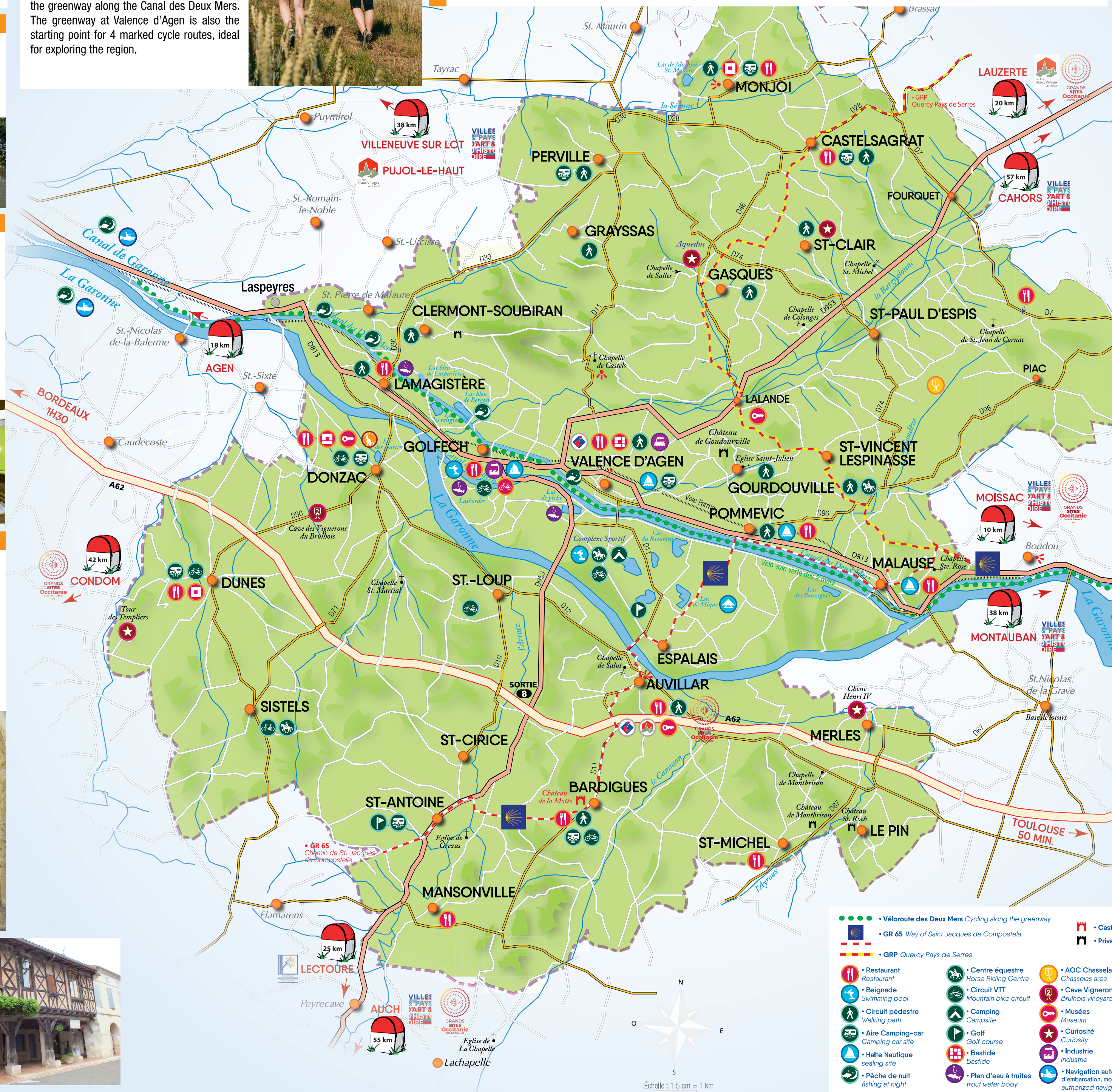
A 13th-century walled village, is built around the old central covered market. Explore the old weavers' district, place des Martyrs, and the half-timbered houses. In the foyer of the town hall, you can learn the history of the men of the village hanged during the Second World War and visit the archaeological collection uncovered at the site of the Tour des Templiers (Knights Templar Tower). Monday to Friday, 9am to 12.30pm and Wednesday 9am to 12.30pm and 4 to 7pm. Pamphlet available from the town hall reception. Contact : +33 (0)5 63 39 90 51.



The region features 20 different hiking trails and is traversed by the GR65, the Santiago de Compostela pilgrimage trail. Set off and explore this iconic route, along the stage linking Moissac to Auvillar, and then Saint-Antoine. If, however, you prefer to cycle, you can follow the greenway along the Canal des Deux Mers. The greenway at Valence d'Agen is also the starting point for 4 marked cycle routes, ideal for exploring the region.



From May to September: Wednesday to Sunday, 2 to 6pm July and August: open everyday, 10am to 12.30pm and 2 to 6.30pm



Montjoï is a 13th century, walled town, perched on a hilltop overlooking the Seoune valley. You can take a tour of the town, along the sentries' walkway, using the orientation table to identify landmarks, then wander around the small streets and admire the magnificent half-timbered houses. During the summer season, don't hesitate to push open the doors of the Maison des Arts!



The Merles oak tree is a genuine curiosity: a gigantic, ancient relic. On the 10th July 1579, Henri de Navarre, escorted by 44 cavalymen, his wife, Queen Margo, and a succession of noble knights and ladies, stopped under the shade of the oak tree, which bears his name, in Merles. The full story of the huge meal, that he had the previous day, is chronicled just a few metres from this centuries-old tree.



Delightful 13th century walled village with 14th century covered arcades lining the main square and 14th century church with magnificent reredos from the Saint Raymond de Toulouse college chapel. Castelsagrat was built according to a geometric design, typical of walled villages : central square with flower lined well, covered arcades and a fortified church etc.



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