



Population:

Approximately 800,000 people

Currency:

Euro, €1 = 100 cents

Opening hours:

Larger chains of shops have long opening hours. Smaller shops: Tue-Sat 8:00-20:30. Shops often close for a long lunch starting from 12:30 and running up until 15:00 or 16:00. If a shop is open on Sunday morning, it will be closed on Mondays.

Internet:

www.toulouse-tourisme.com

Newspapers:

La Dépêche
Toulouse Hebdo
Flash
Toulouse Culture

Emergency numbers:

SAMU (medical emergency): 15
Police emergency: 17
Fire Service emergency: 18
European emergency line: 112

Tourist information:

Office de Tourisme de Toulouse
Donjon du Capitole, Toulouse
Opening hours: Oct to May: Mon to Fri 9:00 to 18:00, Sat: 9:00 to 12:30 and 14:00 to 18:00, Sun and holidays: 10:00 to 12:30 and 14:00 to 17:00. June to Sep Mon to Sat: 9:00 to 19:00, Sun and bank holidays 10:30 to 17:15.
Tel : +33 (0)5 61 11 02 22
www.toulouse-tourisme.com

TOULOUSE

PUBLISHING DATE: **2009-03-10** | COUNTRY CODE: **FR**

Contents: The City, Do & See, Eating, Cafés, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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TOULOUSE

Take all the good bits from Paris; the sophisticated café society, culture, shopping and add a vibrant arty student population. Place the city in the south of France, close enough to Spain to absorb elements of its laidback, friendly and relaxed atmosphere. Then, if you add a wash of pink across this image, you'll have Toulouse.



THE CITY



Toulouse, or often known as Ville Rose – the “Pink City” - due to its red-brick buildings that seem to subtly change colour throughout the day, is one of France’s most vibrant provincial cities.

Once a city that inspired the medieval poets of courtly love; Toulouse has become a pioneering

centre of technology and aerospace development. Through all its many faces, Toulouse hangs on to a resolutely old-fashioned French soul, with its markets, regional cuisine and cafes interspersed between secondhand bookstalls and antique shops.

This 2000-year-old historical city shows off its brick and tile architecture, typical of the cities, villages and farms of the Midi-Pyrenees region. France’s fourth biggest city has a lot to offer and a stroll along the Garonne and the Canal du Midi is a perfect way to spend the day.

With a growing and buzzing student population, the city is certainly not stuck in a time warp. With an abundance of bars, cafes, shops and nightclubs, Toulouse offers a truly cosmopolitan experience.

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DO & SEE



Aerospatiale: Clement Ader Factory

If you have a passion for planes then this is the place for you. This is still a working factory- so you get to see the actual plane being constructed. Tours must be reserved and it is essential to bring ID or your passport.

Address: 10 Avenue Guynemer, Colomiers, 10 km from Toulouse.

Phone: +33 (0)561 15 44 00 to book tours

Basilique St-Sernin

Europe’s largest Romanesque church and contains the tomb of Saint Sernin, a martyr and bishop who helped spread Christianity into Toulouse and suffered a horrific death after being dragged to his death in 250 AD.

Address: 13 Saint-Sernin Place

Opening hours: 10am-6pm (Monday to Saturday) and 12:30pm-6pm (Sunday)

Price: Free admission or guided tours €7 (adults) and €5.9 (children)

Eglise des Jacobins

The Basilique St-Sernin church is worth a



visit. It's the ceiling that attracts the most attention, not least from the surrealist artist himself, the cit

Salvador Dali, who so enraptured by its array of red and green bricks, used the pattern in his Santiago El Grande painting.

*Address: 69 rue Pargaminières
Opening hours: daily, all year.
Phone: +33 (0)5 61 22 21 92 / (0)5 61 22 39 52*

Canal du Midi

Take a peaceful respite from the city with a walk, run or cycle along the canal and riverside pathways. Enjoy an energetic bike ride along the 40km bike path stretching from Toulouse to Port Lauragais on the south bank. There are also a number of operators who run trips along the

canal and the Garonne. Most trips depart from the Quai de la Daurade or Ponts Jumeaux.

Cimetière de Terre-Cabade

Take a wander through the city's cemetery high above the metropolis and providing the visitor with spectacular views of the cityscape. There is also a World War One memorial here.

*Opening hours: 8am-6pm
Price: Admission free.*

Cite de l'Espace

Here you can escape to the stars and discover the mysteries of the universe. Top sights include the Mir space station displays and the gravity-defying bathrooms! Plus, you can also get the chance to see the new planetarium, the 'Astralea'.

*Address: Avenue Jean-Gonord
Phone: +33 (0)5 62 71 64 80
Price: Adults €12; Teenagers 13-25 €10; children 6-12 €9.
Internet: www.cite-espace.com*

Musée Augustins

Visitors can wander through the historic

surroundings of an Augustinian monastery building, admiring works of art from the Italian renaissance and French paintings from the 17th century.

*Address: 21, Rue de Metz
Opening hours: every day from 10.00 to 18.00. Open late on Wednesdays until 21.00.
Phone: +33 (0)5 61 22 21 82
Internet: www.augustins.org*

EATING



Rich, decadent and delicious, Toulouse is definitely not the place to head if you're intending to shed few pounds. And who would want to when you can enjoy meaty cassoulets, luxurious foie gras, duck, and the famous Toulouse sausage. One of the best places to enjoy a delicious yet cheap lunch is the covered market at Place Victor Hugo, where you've got at least five or six restaurants above the marketplace, serving up delicious meals made from the freshest local produce, straight off the stalls below.

Bistrot Le van Gogh

Try some of the traditional fare such as meat and bean cassoulet. A great place to enjoy an informal dinner or lunch.

*Address: 21 Place St Georges, Toulouse
Phone: +33 (0)5 6121 0315*

Jardin de l'Opera

This is one of the restaurants in the upper end of the dining market and found in the city's "Le Grand Hotel" and where the much celebrated and aptly named Dominique Toulousy has created a menu



bursting with gourmet delights.

Phone: +33 (0)5 61 23 07 76

Emile

Another hotspot on the Place St Georges, it is a perfect place to sample excellent regional specialities in a picturesque setting. You can opt from dishes such as foie gras, roast lamb, fresh fish, rich cassoulets or filets of duck, as well as fresh vegetables from the region.

*Address: 13 Place St Georges, Toulouse
Phone: +33 (0)5 61 21 0356*

Capoul

Another restaurant offering high quality traditional fare. Regional delicacies on offer include potted rabbit with mustard sauce or creamed peas with poached eggs.

*Address: 13, Place Wilson, Toulouse
Phone: +33 (0)5 6110 7070*

Le Bruit qui Court

This is an inexpensive option for an evening meal on a budget getaway, with platters of snails, scallops and carpaccio on offer.

*Address: 11 rue Jean Suau , Toulouse
Phone: +33 (0)5 61 23 68 38*

Bateau Restaurant la Daurade

Dine on the Garonne river from la Daurade house boat restaurant which, unsurprisingly, serves up large platters of fish, to complement the gorgeous river views.

Cave au Cassoulet

This is yet another little spot specialising in regional cuisine, but it offers well priced delicious meals in a cosy setting near the church and cloisters of the Jacobins.

*Address: 54, rue Peyrolieres, Toulouse
Phone: +33 (0)5 61 13 60 31*

Restaurant Michel Sarran

The main attraction of this eatery is the

fantastic southern cuisine created by the hands of one of the Michel Sarran, one of the top chefs from Michelin's culinary schools.

*Address: 21 Boulevard Armand Duportal
Phone: +33 (0)5 6112 3232*

Brasserie des Beaux-Arts

Recommended for all lovers of fresh fish and seafood as well as incredible desserts and situated in the heart of the city in the Hotel des Beaux-Arts.

*Address: 1 Quai de la Daurade, Toulouse
Phone: +33 (0)5 6121 1212*

J'Go

A fabulous spot for meat lovers where you can really get your teeth into succulent and fresh local meat. To prove the high quality of the meat, the names of all the producers are scribbled up on the blackboard.

*Address: 16 Place Victor Hugo, Toulouse
Phone: +33 (0)5 61 23 0203*

7 Place St Sernin

Enjoy more modern and creative twists on French cuisine here and enjoy the views of the Basilique St- Sernin.

*Address: 7 St Sernin
Phone: +33 (0)5 62 30 05 30*

CAFÉS



Aux delices de l'Oasis: Patisserie Orientale

This Middle Eastern style teashop makes a nice change to the typically French cafes. Relax on an array of cushions surrounding small tables and enjoy sweet mint tea.



*Address: 3 Rue Pevras, near Place Esquirol
Phone: +33 (0)5 61 23 40 15*

Le Bibent

Recommended for people watching in rather glamorous surroundings with its collision of styles from the 1890s and the era of Art Deco.

*Address: 5 pl Capitole, Place du Capitole
Phone: +33 (0)5 61 23 89 03*

Keur Pastel

This is a bright breezy café/restaurant serving up all kinds of delicious world cuisine.

*Address: 1 Bis Rue Du May
Phone: +33 (0)5 61 21 66 57*

Tarte Julie

As the name suggests, this café specialises in tarts and is absolutely ideal for a light lunch or quick afternoon snack.

*Address: Galerie Mercure, Rue Paul-Vidal
Phone: +33 (0)5 61 23 44 07*

Autre Salon de The

This is a discreet yet charming little café/restaurant, offering light lunches and dinners. For a quick lunch to rest your feet on a hectic shopping trip, opt for a foie gras salad, salmon with lentils or a savoury tart.

*Address: 45, rue des Tourneurs
Phone: +33 (0)5 61 22 11 63*

El Canaille

Serves a delicious array of Spanish tapas, including manchego cheese and a range of salted pork specialities such as Serrano.

*Address: 39 Place des Carmes
Phone: +33 (0)5 6132 7607*

Soledad

A delicatessen/café where you can stop off for a light Mediterranean style bit or grab something en route.

*Address: 21 Place Victor Hugo
Phone: +33 (0)5 6121 776*

BARS & NIGHTLIFE



Toulouse has a buzzing vibrant bar scene with somewhere to quench your thirst around every corner. Its massive student population has helped contribute to the high number of bars springing up in the city.

Whatever mood you're in you'll probably be able to find something suitable in a city that offers glamorous champagne drinking hotspots, causal ska-playing Aussie themed bars, late night underground dance clubs or relaxed nights in Jazz haunts.

Café des Artists

Very near the art school and found right next to the river, you can relax and unwind with a Belgian beer.

*Address: 13 Place Daurade
Phone: +33 (0)5 6112 0600*

Bar du Matin

Enjoy a drink on the terrace right into the early hours of the morning.

*Address: 16 Place des Carmes
Phone: +33 (0)5 6152 7227*

Le Breughel

Dark décor, loud music and a wide choice of beer to order by the pitcher make this a great place for a party.

*Address: 30, rue de la Chaîne, Arnuaud-Bernard
Phone: + 33 (0)5 6121 6654*



Café Wilson

Enjoy an early evening beer or cocktail in comfy chairs or indulge in one of their scrumptious ice cream.

*Address: Place Wilson
Phone: +33 (0) 5 6121 4661*

Café Populaire

A smoky and fun watering hole, it has a relaxed atmosphere during the day and early evening.

*Address: 9 Rue de la Colombe
Phone: +33 (0)5 6163 0700*

Frog & Rosbif

A French take on a British-style pub with English beer and the chance to play the odd game of darts.

*Address: 14 Rue Industrie
Phone: +33 (0)5 6199 2857*

L'Overture Jazz Club

Enjoy a meal in this bar/restaurant complete with piano, live jazz and great staff.

*Address: 43 Rue Roland Garros
Opening hours: Tuesday to Saturdays with live jazz sets on
Thursdays and Saturdays.
Phone: +33 (0)5 6126 0512*

Les Coulisses

Glam nightclub for a sophisticated thirty something crowd, where you'll need to dress to impress to get in.

*Address: 5 Boulevard de Strasbourg
Phone: +33 (0)5 6230 8251*

Café Rex

Casual night time haunt with a distinct Aussie theme and an eclectic range of music including ska, rap house and rock.

*Address: 15 Avenue Honore-Serres
Phone: +33 (0)5 6112 1639*

Le Frigo

A small and crowded basement club open until dawn, playing mainly dance music all night long.

*Address: 2 Rue des Tros-Journees
Phone: +33 (0)5 6121 7525*

Le Mandala

Laid back jazz bar. You can also catch some Latin American music here as well.

*Address: 23, rue des Arnidonniars
Phone: +33 (0)5 6121 1005*

Shanghai Express

A fun and friendly nightspot for the gay and lesbian scene open to the small hours of the morning.

*Address: 12 rue de la Pomme
Phone: +33 (0)5 6123 3780*

SHOPPING



To get to the real essence of Toulouse, the covered markets at Place Victor Hugo are definitely worth a visit. Ideal for a morning of browsing, you can wander past the stalls, burgeoning with fresh fish, vegetables, garlic and ripe flavoursome cheese.

But if the skies are clear, and the sun is shining, it might be worth making the most of it heading to the outdoor markets. The Marche Cristal, known as the Market of the Boulevard by the locals, is a friendly little market, where the stalls are shaded by the plane trees. The Sunday market

of the Place Saint-Aubin is also very typical of Toulouse, with stalls scattered around the basilica of San- Aubin.

However, if you're after something to feed your mind rather than your stomach, it's



worth checking out Toulouse's many second-hand book markets.

The older historic area of the city known as Les Carmes, near to the Capitol is worth visiting for its bohemian air and wealth of antique shops waiting to be discovered. For the more serious the main shopping street, the Rue de Rome, is the best place to head. Here, you'll find a wealth of shoe shops and clothing stores, with the odd designer boutique, second-hand jewellery shops and intriguing little kitsch stores thrown in.

For something really "typical" of Toulouse, then you should look out for scarves and other accessories dyed with woad, a type of dye wellknown

throughout the region that produces a beautiful shade of indigo.

Market of the Place Saint-Aubin – Open air market on Sunday mornings. Found at the basilica of Saint-Aubin. Victor-Hugo Market – Covered

market open everyday except Mondays from 6.00 am to 1.00pm at Place Victor Hugo.

Marche Cristal – Open air market everyday except Mondays from 6.00am to 1:00pm.
Market of the Place Saint-Etienne – second hand booksellers found in front of Saint-Etienne cathedral. Open on Saturdays between 9:30am to 6:00pm.

SLEEPING



EXCLUSIVE

Crowne Plaza Hotel

One of the more luxurious places to rest your head, the Crowne Plaza is found in the grandiose Capitole Square.

*Address: 7 Place du Capitole
Phone: +33 (0)5 61 61 19 19
Price: Double room: from €155
Internet: www.ichotelsgroup.com*

Grand Hôtel de l'Opera

Found in the very heart of the city, this converted 17th century convent offers accommodation in the most opulent surroundings.

*Address: 1, Place du Capitole
Phone: +33 (0)5 61 21 82 66
Price: Double room: from €120
Internet: www.grand-hotel-opera.com*

GOOD VALUE

Hotel des Beaux-Arts

A three-star hotel on the banks of the River Garonne. Built over 250 years ago, the historic pink-brick façade hides a contemporary and well-equipped hotel.

*Address: 1 Place du Pont-Neuf
Phone: +33 (0)5 34 45 42 42
Price: Double room: from €103
Internet: www.hoteldesbeauxarts.com*

Hotel de Brienne

A warm and welcoming hotel with a friendly atmosphere. As soon as you walk in you get a sense of the city's history with a collection of watercolours by Isidore Dufis scattered around the walls.



Address: 20, boulevard Marechal-Leclerc
Phone: +33 (0)5 61 23 60 60
Price: Double room: from €78
Internet: www.hoteldebrienne.com

BASIC **Hotel Beausejour**

Offers basic accommodation with friendly service. Within walking distance from the railway station.

Address: 4 rue Caffarelli
Phone: +33 (0)5 61 62 77 59
Price: Double room: from €18
Internet: http://en.federal-hotel.com/hotels_toulouse_23705.htm

Hotel Albert 1er

The hotel is within short walking distance of Place du Capitole and the city's main sights. Family rooms for 3 and 4 people are also available.

Address: 8 Rue Rivals
Phone: +33 (0)561 21 17 91
Price: Double room: from €77
Internet: www.hotel-albert1.com

ESSENTIAL INFORMATION



Airport

The Toulouse-Blagnac International Airport is approximately 8km to the northwest of the city centre. Toulouse is easily accessible via Paris, with over 30 flights running daily between the two cities. Flights to and from other cities in France and across Europe.

Address: +33 (0)5 61 42 44 00
Internet: www.toulouse.aeroport.fr

Buses connect the airport to the city station and they depart every 20 minutes

between 7.35am to 12.15 am. You can catch the service back

to the airport every 20 minutes from 5am to 8.20pm. You can pick up the shuttle bus from the bus or train station, outside the Jean Jaures

metro station or place Jeanne d'Arc.

Phone: +33 (0)5 34 60 64 00
Price: €3.90 (single), €5,90 (return)

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Public transport

Taxi

From the airport you can get a taxi from the arrivals level by door C. Price: It will cost around 20 Euros to get to the centre of the city.

Phone: +33 (0)5 61 30 02 54 or +33 (0)6 07 41 29 33

Post

The main post office is at 9 rue Lafayette, near the Place Capitole. Opening hours are between 8:00am- 12:00pm and then 2:00pm to 6.00pm

weekdays and it's open to noon on Saturdays.

Pharmacy

An all-night pharmacy is open between 8pm to 8am near Place Wilson and the pharmacists are trained and permitted to carry out first aid in case of an emergency. Pharmacie de Nuit.

Address: 70-76 allees Jean Jaures
Phone: +33 (0)5 61 62 38 05



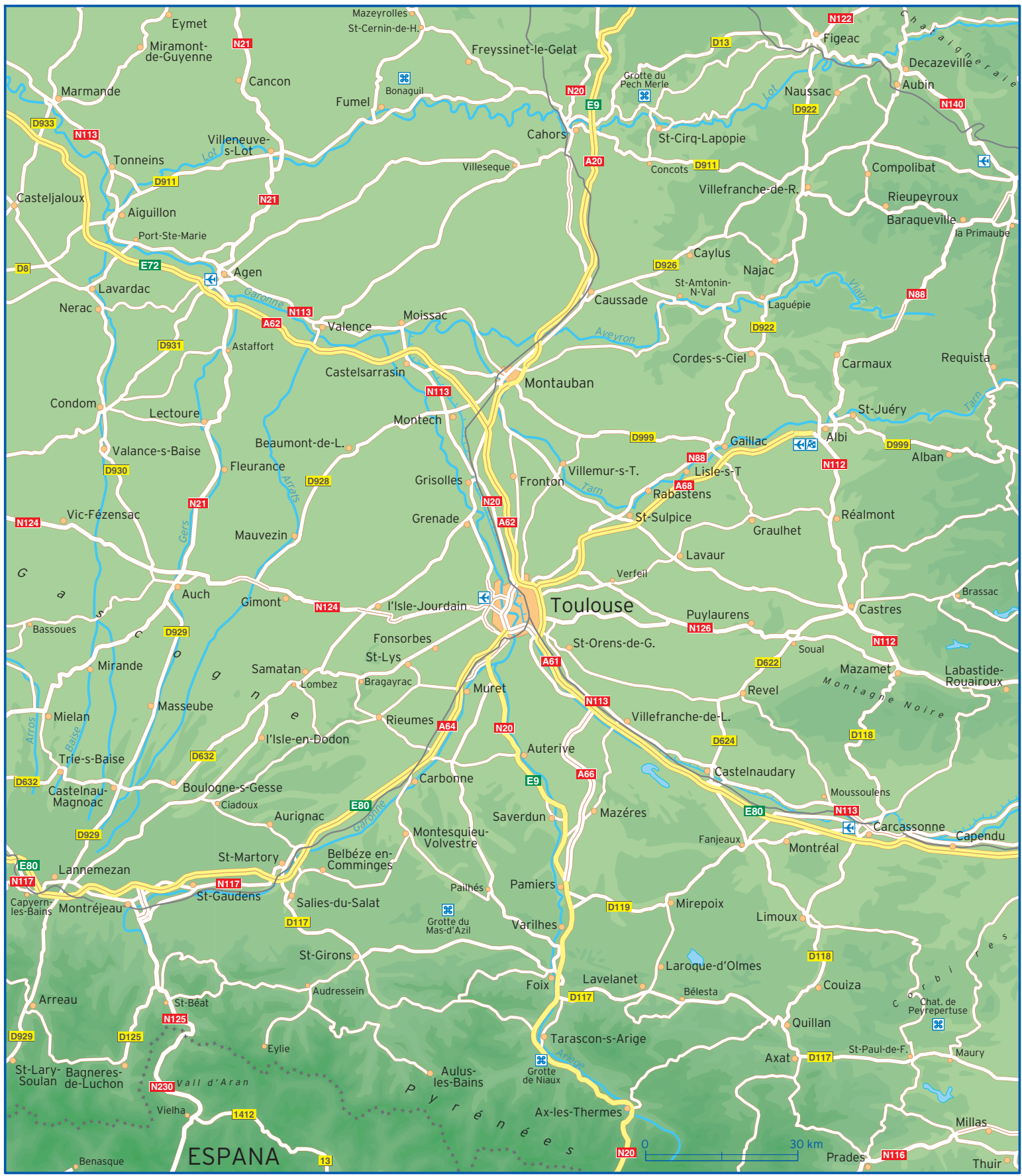
Telephone

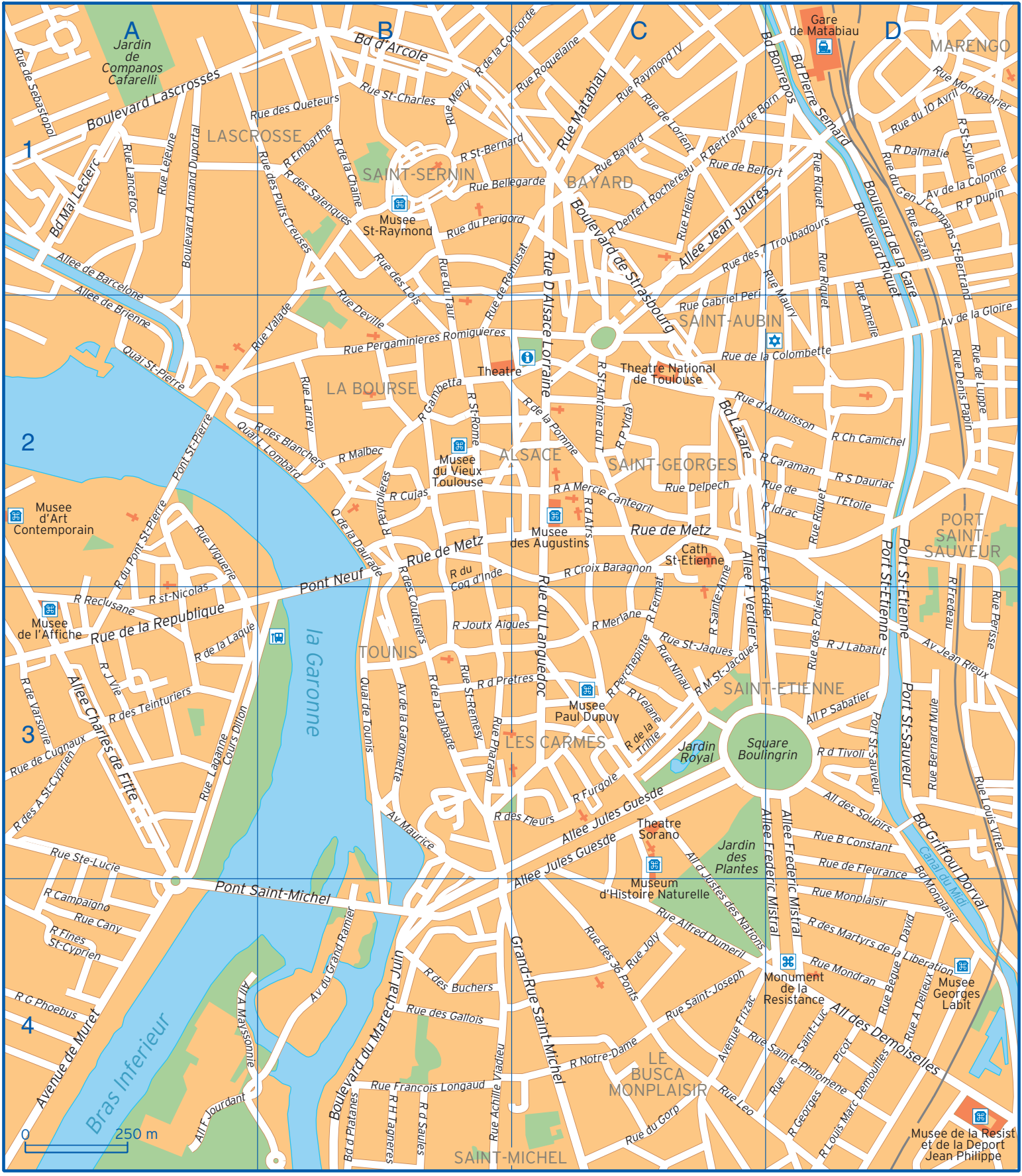
Country code +33

Area code: 05

Electricity

230 V/50Hz







Allee A Mayssonnie	A4	Rue Croix Baragnon	C2	Rue Gabriel Peri	C2
Allee Charles de F.	A3	Rue Cujas	B2	Rue Gambetta	B2
Allee d Justes des.	C3 C4	Rue D Alsace Lorra.	C1 C2	Rue Gazan	D1
Allee de Barcelone	A1 A2	Rue d Atrs	C2	Rue Georges Picot	D4
Allee de Brienne	A1 A2	Rue d Pretres	B3 C3	Rue H Tagneres	B4
Allee des Demoisel.	D4	Rue d Saules	B4	Rue Heliot	C1
Allee des Soupirs	D3	Rue d Tivoli	D3	Rue Idrac	C2 D2
Allee F Jourdant	A4	Rue d'Aubuisson	C2 D2	Rue J Labatut	D3
Allee F Verdier	C2 C3	Rue Dalmatie	D1	Rue J Vie	A3
Allee Frederic M.	C3 D3 D4	Rue de Belfort	C1 D1	Rue Joly	C4
Allee Jean Jaures	C1 D1	Rue de Cugnaux	A3	Rue Joutx Aigues	B3 C3
Allee Jules Guesde	C3 C4	Rue de Fleurance	D3 D4	Rue Laganne	A3
Allee P Sabatier	D3	Rue de l'étoile	C2 D2	Rue Lancefoc	A1
Avenue de la Colon.	D1	Rue de la Chainé	B1	Rue Larrey	B2
Avenue de la Garon.	B3	Rue de la Colombet.	C2 D2	Rue Lejeune	A1
Avenue de la Gloir.	D2	Rue de la Concorde	B1 C1	Rue Leo	C4
Avenue de Muret	A4	Rue de la Dalbade	B3	Rue Louis Marc Dem.	D4
Avenue du Grand Ra.	B4	Rue de la Laque	A3	Rue Louis Vitet	D3
Avenue Frizac	C4	Rue de la Pomme	C2	Rue M St-Jacques	C3
Avenue Jean Rieux	D3	Rue de la Republiq.	A3	Rue Malbec	B2
Avenue Maurice	B3	Rue de la Trihle	C3	Rue Matabiau	C1
Boulevard Armand D.	A1	Rue de Lorient	C1	Rue Maury	C1 D2
Boulevard Bonrepos	C1 D1	Rue de Luppe	D2	Rue Merlane	C3
Boulevard d Platan.	B4	Rue de Metz	B2 C2	Rue Merly	B1
Boulevard d'Arcole	B1	Rue de Remusat	B2 C1	Rue Mondran	D4
Boulevard de la Ga.	D1 D2	Rue de Sebastopol	A1	Rue Monplaisir	D4
Boulevard de Stras.	C1 C2	Rue de Varsovie	A3	Rue Montgabrier	D1
Boulevard du Marec.	B4	Rue Delpech	C2	Rue Ninau	C3
Boulevard Griffoul.	D3 D4	Rue Denfert Rocher.	C1	Rue Notre-Dame	C4
Boulevard Lascross.	A1	Rue Denis Papin	D2	Rue P Dupin	D1
Boulevard Lazare	C2	Rue des 36 Ponts	C4	Rue P Vidal	C2
Boulevard Mal Lecl.	A1	Rue des 7 Troubado.	C1 D1	Rue Perchepinte	C3
Boulevard Monplais.	D3 D4	Rue des Arcs Saint.	A3	Rue Pergaminieres .	B2
Boulevard Pierre S.	D1	Rue des Blanchers	A2 B2	Rue Perisse	D3
Boulevard Riquet	D1 D2	Rue des Buchers	B4	Rue Peyrolieres	B2
Cours Dillon	A3	Rue des Couteliers	B2 B3	Rue Pharaon	B3
Grand-Rue Saint-Mi.	B4 C4	Rue des Fleurs	B3 C3	Rue Raymond IV	C1
Pont Neuf	B2 B3	Rue des Gallois	B4	Rue Reclusane	A3
Pont Saint-Michel	A4 B4	Rue des Lois	B1 B2	Rue Riquet	D1 D2
Pont St-Pierre	A2	Rue des Martyrs de.	D4	Rue Roquelaine	C1
Port St-Etienne	D2 D3	Rue des Potiers	D3	Rue S Dauriac	D2
Port St-Sauveur	D3	Rue des Puits Creu.	B1	Rue Sainte-Anne	C2 C3
Quai de Tounis	B3	Rue des Queteurs	A1 B1	Rue Sainte-Philome.	C4 D4
Quai L Lombard	A2 B2	Rue des Salenques	B1	Rue Saint-Joseph	C4
Quai St-Pierre	A2	Rue des Teinturier.	A3	Rue Saint-Luc	D4
Quia de la Daurade	B2	Rue Deville	B1 B2	Rue St-Antoine du .	C2
Rue A Delieux	D4	Rue du 10 Avril	D1	Rue St-Bernard	B1 C1
Rue A Mercie Cante.	C2	Rue du Coq d'Inde	B2 B3	Rue St-Charles	B1
Rue Achille Viadie.	B4	Rue du Gen J Compa.	D1 D2	Rue Ste-Lucie	A3
Rue Alfred Dumeril	C4	Rue du Gorp	C4	Rue St-Jaques	C3
Rue Amelie	D1 D2	Rue du Languedoc	C2 C3	Rue St-Nicolas	A3
Rue B Constant	D3	Rue du Perigord	B1 C1	Rue St-Remesy	B3
Rue Bayard	C1	Rue du Pont St-Pie.	A2 A3	Rue St-Rome	B2
Rue Begue David	D4	Rue du Taur	B1 B2	Rue St-Sylve	D1
Rue Bellegarde	B1 C1	Rue Embarthe	B1	Rue Valade	A2 B2
Rue Bernard Mule	D3	Rue Fermat	C2 C3	Rue Velane	C3
Rue Bertrand de Bo.	C1 D1	Rue Fines St-Cypri.	A4	Rue Viguerie	A2
Rue Campaigno	A4	Rue Francois Longa.	B4		
Rue Cany	A4	Rue Fredeau	D2 D3		
Rue Caraman	C2 D2	Rue Furgole	C3		
Rue Ch Camichel	D2	Rue G Phoebus	A4		