

Parties, workshops, shows, meals, hikes, cinema... There's something for everyone and every age !



THIS SUMMER WILL BE ALL ABOUT NEW THINGS!

From July 4 to August 31, every day during summer school vacation, Micropolis offers a brand-new program of events.

Exclusively, dive into the heart of our brand-new temporary exhibition: **"Underground Curiosities"!**

Visit the park and take part in our brand-new activities and must-see events. Take this opportunity to visit Jean-Henri Fabre's house and join our activities in English!

From July 14 to August 20, on Tuesdays and Thursdays until 10 p.m., enjoy the "Nocturnes de la Cité" with special entertainment and a selection of tapas and flatbreads at the restaurant.

On-site, take advantage of all the amenities for a stress-free family day out: free parking, a restaurant, a gift shop, playgrounds, and designated picnic areas...

New: The Croc'cinelle snack offers quick and local meals, in addition to the restaurant!



more info !



FAIRS AND MARKETS

ARVIEU

Market on wednesday from 9 a.m to 12 pm

PONT DE SALARS

Market on wednesday evening from 6 pm to 9:30 pm

SALLES-CURAN

Market on thursday evening from 5:30 pm to 9 pm

Market on saturdays morning from 8:00 am to 12:30 pm

VILLEFRANCHE DE PANAT

Market on friday from 8 am to 12:30 pm 8h à 12h30

Market on sunday from 8 am to 12:30 pm

ST LEONS

Market on friday evening from 6 pm to 11 pm

EXHIBITIONS

ARVIEU - ODEYUS

During the opening hours of Le Cantou. Discover textile art and graphic design through the traditional craft of tufting with Audrey, a local tufting artist from Arvieu. Learn about this unique textile-making technique through demonstrations and exchanges.

VILLEFRANCHE DE PANAT - Watercolour Exhibition : Angéline Cottinie et Paul Roelants

During the opening hours of the Espace Panatois. Discover a selection of refreshing watercolours by Flemish artists Angeline Cottinie and Paul Roelants. Inspired by the surrounding countryside, the couple creates vibrant, colourful compositions that capture the beauty of the local landscape.

ALRANCE - Acrylic, Watercolour & Pastel Painting Exhibition

Every afternoon from 2:00 pm to 7:00 pm - Maison du Patrimoine.

Exhibition of paintings by the Cassagnes-Bégonhès Art Club, featuring acrylics, watercolours and pastel works.

SATURDAY, JULY 11TH

VILLEFRANCHE DE PANAT - Lake Festival

7:00 pm - Bodega with entertainment by Les Dés Accordés - 11:00 pm - Free live concert by Wepa Wepa. Late evening - Entertainment with Pepitox.

ST-LEONS - A summer with Mister Fabre

At the Birthplace of Jean-Henri Fabre.
4:30 pm - Guided reading walk.
5:30 pm - Exhibition opening.
6:00 pm - Concert followed by a buffet.
Organised by the Friends of Jean-Henri Fabre Association.

PRADES DE SALARS - Village Festival

9:00 pm : Duo à deux
11:00 pm : DJ thit Anim'
Food available on site

SALLES CURAN - Hunters' Dinner

8:30 pm - Les Canabières. Dinner organised by the Le Bois des Dolmens Hunting Association. Menu: €18 (salad, aligot, venison steak, cheese and dessert). Children under 12: €10. Reservations: +33 6 30 25 64 85 or +33 6 45 87 76 35.

SUNDAY, JULY 12TH

PRADES DE SALARS - Village Festival

8:30 am to 12:00 pm - Traditional tripoux breakfast. 1:00 pm to 5:00 pm - Board games with Jeu Fait un Tabac. Throughout the day - Introduction to maillet (traditional Aveyron skittles), wooden games and bouncy castles. 8:00 pm - Sautéed chicken and retortillat dinner, with entertainment by the Véronique Pomiès Orchestra. Reservations from 6:00 pm.

VILLEFRANCHE DE PANAT - Lake Festival

2:00 pm - Doubles pétanque competition (€150 prize money + entry fees). 7:30 pm - Gourmet night market with musical entertainment by Les Contres Temps.

LE VIBAL - Starlit Sophrology Session

9:00 pm - 504 Route d'Arques. Relax under the stars with a guided sophrology session. Admission: €15 per person. Reservations: +33 6 50 54 63 88.

MONDAY, JULY 13TH

PONT DE SALARS - French National Day Celebration

Enjoy an aperitif concert, dinner and DJ entertainment.
Dinner: €16. Advance booking required: +33 7 62 76 47 09 or +33 7 72 29 50 03.

VILLEFRANCHE DE PANAT - Festival Lake

6:00 pm to 8:00 pm - Face painting stand.
7:30 pm - Traditional dinner featuring truffade and Aveyron veal (€19).
8:00 pm - Live performance by Trio Lol.
11:30 pm - Free concert by La Deryves.
1:30 am - Entertainment with Piston.

TUESDAY, JULY 14TH

SALLES CURAN - Concert & Football Match Screening

At Vernhes Beach.
From 7:00 pm - Live concert by Les Contretemps, followed by a screening of the FIFA World Cup semi-final at 9:00 pm. Grilled skewers, duck breast and truffade served throughout the evening.

VILLEFRANCHE DE PANAT - Festival Lake

2:30 pm - Doubles pétanque competition (€200 prize money + entry fees).

WEDNESDAY, JULY 15TH

ARVIEU - Bingo

8:30 pm - R. Almès Hall.
Organised by the Arvieu, Art de Vivre Association.
Over €6,000 in prizes to be won.
Accessible bingo with Braille magnetic cards and magnetic counters (available for up to 17 participants), as well as large-print cards.

ARVIEU - Painting, Colour & Light Workshop

10:00-11:00 am or 11:15 am-12:15 pm - Jardin d'Arvieu, Grange Hall.
A colourful creative workshop encouraging self-expression through face painting and artistic exploration on different surfaces.
Admission: €15 per child or €25 for a parent-and-child duo.
Reservations with Clés de Ciel'Sol (E. Saleil): +33 6 85 07 47 37.

ST LAURENT DE LEVEZOU - Traditional Veal Head Lunch

Did you know that the trails of the Monseigne Massif are full of edible and medicinal plants? Join a certified herbalist for a 2½-hour guided walk through nature and discover the hidden treasures of the local flora.
Advance booking required: +33 6 45 70 23 63.

WEDNESDAY, JULY 15TH

SALLES CURAN - Concert at Bellevue

Two voices, great music and a lively atmosphere with Duo Alliance.
Food available on site. Reservations and information: +33 6 87 70 02 05.

THURSDAY, JULY 16TH

VILLEFRANCHE DE PANAT - Concert at the Fountains: Monday Jazz Band

9:00 pm. A 20-piece amateur Big Band united by a shared passion for swing and the golden age of jazz.

Free admission.

Information: +33 5 65 46 46 53.

In case of bad weather, the concert will take place at the Village Hall.

ARVIEU - Sound Journey

10:00 am to 11:00 am.

A relaxing and rejuvenating session inspired by the energies of the July 14 New Moon. Using world instruments such as the drum and the voice, embark on an inner journey of relaxation and self-discovery.

Admission: €15.

Advance booking required: +33 6 85 07 47 37.

SALLES CURAN - Guided Meditation

8:00 pm - Sentier de la Vierge des Lacs.

A guided session focusing on body awareness and deep relaxation, led by Laurence Bousquet, psychopedagogue specialising in ecotherapy.

Admission: €15.

Advance booking required: +33 6 24 26 20 42.

LE VIBAL - Night Hike

Departure from the Le Vibal Village Hall at 8:00 pm.

Route: Le Vibal - Saint-Martin-de-Cormières.

Distance: 12 km · Walking time: 3½ hours ·

Difficulty: Easy · Elevation gain: 220 m.

Please bring a head torch or flashlight.

Organised by the Découverte en Pays de Salars Association.

Registration: +33 5 65 46 89 90.

CANET DE SALARS - Escape game at La Gourde Lake

The Guardians of the Lake - Help save the lakeshore before it's too late!

A free outdoor escape game for families and all ages at Lac de la Gourde.

Advance booking required: +33 5 65 61 06 57 or by email: tguerinot.cpie.rouergue@orange.fr.

THURSDAY, JULY 16TH

PRADES DE SALARS - Under the Stars at Ferme du Griffoul

At Le Viala de Saugane.

8:00 pm - Farm visit (free participation).

9:30 pm - A magical evening under the stars with Capétoiles.

Admission: €5 per person.

Advance booking required: +33 5 65 46 89 90.

FRIDAY, JULY 17TH

PONT DE SALARS - Sophrology discovery session

9:00 am - Plage des Rousselleries.

A discovery session featuring dynamic relaxation and guided visualisation exercises to help you relax, feel grounded and find inner calm.

Admission: €10 (ages 7 and over).

Advance booking with Élodie Saleil - Clés de Ciel'Sol: +33 6 85 07 47 37

PONT DE SALARS - Sophro'Storytelling & Musical Awakening

10:00 am to 11:00 am - Plage des Rousselleries.

An introduction to sophrology through storytelling, music and the discovery of musical instruments from around the world, ending with a relaxing session.

For children aged 2 to 6 years (younger children must be accompanied by an adult).

Admission: €10 per session.

Advance booking: +33 6 85 07 47 37.

PONT DE SALARS : St Georges Musical Gatherings

8:30 pm - Saint George's Church, Camboulas.

Concert for lyric soprano, trumpet and organ. Enjoy traditional fouace and a friendship drink after the concert.

Free admission. Donations welcome.

Information: +33 6 80 72 40 50.

PONT DE SALARS : Roselyne Courtial Concert

8:30 pm - Village Hall.

Concert celebrating the release of Roselyne Courtial's new album, accompanied by Guillaume Fric (accordion), Roselyne Courtial (vocals) and Frédéric Lestang (guitar).

FRIDAY, JULY 17TH

ST MARTIN DES FAUX - FÊTE Faus'sol y fuego

Evening at the Saint-Martin-des-Faux Village Hall.

Enjoy bandas, dinner and a dance evening organised by the Saint-Martin-des-Faux Festival Committee.

Free admission.

ALRANCE - Bingo

8:00 pm - Alrance Village Hall.

In aid of the Alrance / Percile (Italy) Twinning Committee.

SALLES CURAN - Concert at Le Bellevue

Enjoy a festive evening with Isabelle Coelho, a jazz singer.

Food available on site.

Reservations and information: +33 6 87 70 02 05.

VEZINS DE LEVEZOU - Evening at the Ferme du Lévézou Guinguette

Tapas evening with refreshments and meals available on site, featuring a live concert by Pépé Prunes.

Advance booking: +33 6 75 74 99 94.

SATURDAY, JULY 18TH

COMPS LA GRAND VILLE - Village Festival

At Saint-Hilaire.

2:00 pm - Doubles pétanque competition at the Village Hall, with refreshments available.

8:00 pm - Musical aperitif with food available on site.

Organised by the Entertainment Committee.

PONT DE SALARS - Bingo Night

8:30 pm - Pont-de-Salars Village Hall.

Organised by the Lévézou Choir.

ST LEONS - Monts du Lévézou Endurance Ride

At Mas de Vinaigre.

Occitanie Club CDE Challenge 2026.

Saturday, July 18: 60 km and 80 km races.

Sunday, July 19: 10 km, 20 km and 40 km races.

Open to all. Saddle workshop visits available. Food and refreshments on site.

Information: +33 6 71 51 05 70.

SAINT-LÉONS - Evening Celebration for the Monts du Lévézou Endurance Ride

From 6:00 pm - A festive and friendly evening open to everyone at Gaston Mercier Saddlery, Mas de Vinaigre, Saint-Léons.

Advance booking required.

REGULAR EVENTS

ON REQUEST

SALLES CURAN - Escampar: Puzzle Trail and Gourmet Walk

A fun village-centre walk with riddles to solve and gourmet stops along the way.

Advance booking required: +33 6 60 64 50 37.

EVERY WEEK-END

SALLES-CURAN - Cinema

At Le Grenier de Monsieur: film screenings every Friday, Saturday and Sunday. Additional screenings available on request in case of bad weather. Programme available by email: cinemasallescuran@gmail.com

ARVIEU - Rowing Introduction Sessions

Organised by the Arvieu-Pareloup Rowing Club. Notre-Dame d'Aures Beach. For schedules and information: +33 6 08 81 82 25.

EVERY MONDAY

ARVIEU - Traditional Dance Workshop

8:30 pm - R. Almès Hall. Open to everyone.

Information: +33 6 74 51 47 93 (Arvieu Art de Vivre Association).

VEZINS-DE-LÉVÉZOU - Guides Hikes with Familles Rurales

Held on selected Mondays.

Information : +33 6 49 16 07 18

PONT-DE-SALARS - Pétanque Competition

From 8:30 pm - Pétanque ground, Place de la Rivière. Open doubles tournament played over three rounds and open to all. Registration on site. Organised by La Boule Joyeuse.

SALLES CURAN - Guided Village Tour

10:00 am - Departure in front of the Tourist Office. Discover the village with the Tourelles et Colombages Association. Free of charge. Information: Yves Coupé - +33 6 17 06 62 23.

SALLES CURAN - Beach Lévézou Tour

2:00 pm - Vernhes II Beach.

Friendly beach soccer tournament.

Registration on site.

Information: +33 6 30 26 62 6

EVERY TUESDAY

CANET DE SALARS - Tea dance

2:30 pm to 7:30 pm – Camping Le Caussanel.
Open to everyone, no reservation required.
Admission: €11, including complimentary pastries. Information: +33 6 80 56 34 98.
Lunch or dinner available on site by reservation: +33 6 59 20 05 62.

SALLES-CURAN – Pétanque Competition

8:30 pm – Pétanque ground.
Entry fee: €8 per team. Refreshments available on site.

PONT DE SALARS - Guided Tour of the Potions d'Oc Distillery

10:00 am to 12:00 pm.
Discover this young Aveyron distillery and learn about its craft and production methods.
Advance booking required: +33 7 89 59 08 96

ST LEONS - Birthplace of Jean-Henri Fabre

Open from 3:00 pm to 6:00 pm

SALLES CURAN - Eugène Viala Museum

Open from 5:00 to 8:00 pm

ARVIEU - Beach Lévézou Tour

2:00 pm – Notre-Dame d'Aures Beach.

Friendly maillet skittles tournament.

Registration on site.

Information: +33 6 30 26 62 64.

PONT-DE-SALARS – Guided Tour of the Bage Pumped-Storage Power Plant

10:00 am – Departure from the Lévézou Attractivité & Tourisme Tourist Office, Place de la Rivière.

Discover the history and operation of this impressive hydroelectric pumped-storage facility. Admission: €5 per adult, €3 for children under 12. Advance booking required: +33 5 65 46 89 90.

ARVIEU – Traditional Aveyron Dinner

Saint-Martin-des-Faux – Gaubert/Lacaze Hotel-Restaurant.

Every Thursday evening, enjoy a traditional aligot and sausage dinner with starter, main course, cheese and dessert.

Price: €27. Reservations: +33 5 65 46 35 00.

ARVIEU – Pascade Cooking Workshop & Farm Visit

Ferme de la Calmette. A 3-hour cooking workshop to learn how to make pascade in a traditional oven, followed by a visit to the dairy sheep farm and a snack for both adults and children. Admission: €12 per adult, €7 for children aged 3 to 12. Advance booking required: +33 6 24 24 03 83.

EVERY WEDNESDAY

CANET DE SALARS - Pétanque Competition

8:30 pm – Pétanque ground.
Doubles tournament played over three rounds.
Entry fee: €6 per team. Refreshment stand available throughout the evening.

VILLEFRANCHE DE PANAT – Pétanque Competition

9:00 pm – Sports area below the dam. Open doubles tournament played over three rounds.
Organised by Pétanque Bessoise. Registration closes at 8:50 pm. Entry fee: €5 per team.
Information: +33 6 30 82 21 64.

ARVIEU – Discover 3D Printing

1:00 pm to 6:00 pm – Notre-Dame d'Aures Beach.

Demonstrations and presentations introducing the world of 3D printing.

LE VIBAL - Beach Lévézou Tour

2:00 pm – Moulinoches Beach.

Friendly beach volleyball tournament.

Registration on site. Information: +33 6 30 26 62 64.

EVERY THURSDAY

ARVIEU - Traditional Aveyron Dinner

Saint-Martin-des-Faux – Gaubert/Lacaze Hotel-Restaurant. Every Thursday evening, enjoy a traditional veal head dinner including a starter, main course, cheese and dessert. Price: €27. Reservations: +33 5 65 46 35 00.

VILLEFRANCHE DE PANAT - Beach Lévézou Tour

2:00 pm – Granouillac Beach.

Friendly sandball tournament. Registration on site. Information: +33 6 30 26 62 64.

SALLES CURAN - Eugène Viala Museum

Open from 11:00 am to 12:30 pm

ST LEONS - Birthplace of Jean-Henri Fabre

Open from 3:00 pm to 6:00 pm

EVERY FRIDAY

FLAVIN - Pétanque compétition

9:00 pm. Open to everyone. Doubles tournament played over three rounds. Entry fee: €8 per team. Prizes in kind to be won.

SALLES CURAN - Brasucade

7:00 pm - Restaurant Aux Berges de Pareloup. Special €19 menu celebrating 20 years of the famous mussels and fries evening. Information and reservations: +33 5 65 46 35 09.

ARVIEU - Mussels and Fries Evening

At Le Carretou, Notre-Dame d'Aures Beach.
Reservations: +33 6 11 98 17 73.

PONT DE SALARS - Beach Lévézou Tour

2:00 pm - Plage des Rousselleries.
Friendly sandball tournament. Registration on site.
Information: +33 6 30 26 62 64.

ST LEONS - Birth place of Jean Henri Fabre

Open from 3:00 pm to 6:00 pm.

PRADES DE SALARS - Night Time Murder Mystery

At PopCorn Labyrinthe.
Step into a life-sized criminal investigation in the heart of a corn maze transformed into a crime scene.
Start: 10:00 pm.

EVERY SATURDAY

SALLES CURAN - Local Author Book signing

10:00 am to 12:00 pm - In front of the Eugène Viala Museum, Rue du Château, during the weekly market.
Meet a local author and have your books signed.

SALLES CURAN - Eugène Viala Museum

Open from 11:00 am to 12:30 pm

**Discover all our activities and guided tours in our Destination Guide!
Available at our Tourist Information Offices.**

EVERY SUNDAY

SALLES CURAN - Eugène Viala Museum

Open from 11:00 am to 12:30 pm

MONDAY TO FRIDAY

SALMIECH - Swimming lessons

Beginner and advanced swimming lessons during summer 2026 with Sylvain Geniez.
Information and registration: +33 6 70 87 64 40.

PRADES DE SALARS - Pottery Workshop

At Les Ateliers Saugane, discover the art of pottery in a welcoming and friendly atmosphere. Lisa will guide you through hand-building and wheel-throwing techniques in her studio.
By appointment only.
Information and bookings: +33 6 36 86 84 90.

ONE SATURDAY PER MONTH

VILLEFRANCHE DE PANAT - Creative Writing workshop

Open to everyone from middle school age and above. Registration at the Espace Panatois: +33 5 65 46 46 53.

WORKSHOP

ALRANCE - Holiday Science Workshop: "DNA Mission"

From July 15th to July 18th - At the Peyrebrune Lodge. For information, contact Catherine by email at peyrebrune.stage@gmail.com or visit www.peyrebrune.fr.

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Editorial content and copywriting: Lévézou Attractivité & Tourisme

Graphic design and illustrations: Lévézou Attractivité & Tourisme

Printed in-house - 200 copies - Free of charge - May 2026



Find us at
levevou-aveyron.com

Online event
programme

