



Toulouse

Photo: thieury / Shutterstock.com



João Paulo Carvalho/ArrivalGuides

Tinted in pink and lightened up by the Southern sun, Toulouse is a charming and lively city that often gets overlooked by tourists in favour of other French destinations. However, those who do visit will be treated to an enchanting experience. Toulouse boasts a rich history, modern vibrancy, and stunning architecture. The city is also an aerospace hub and takes pride in its strong culinary tradition. Its lush parks provide a peaceful escape while the Garonne River serves as a picturesque background for a delightful night stroll.



Semmick Photo / Shutterstock.com



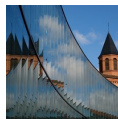
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THE CITY



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Toulouse, also known as the "Pink City" for its red-brick buildings that subtly change colour throughout the day, is one of France's most exciting provincial cities. Once a city that inspired the medieval poets of courtly love, it has now become a trailblazer in technology and aerospace development.

Despite its modern advancements, Toulouse retains a distinctly old-fashioned French soul, with its regional cuisine, traditional markets, and cosy cafes interspersed with antique shops and second-hand bookstalls. This historical city, which is over 2,000 years old, showcases the brick and tile architecture typical of the Midi-Pyrenees region's cities, villages, and farms. However, with a thriving and energetic student population, Toulouse is far from being stuck in a time warp. The city offers a cosmopolitan experience with a plethora of bars, trendy shops, cafés, and nightclubs.

DO & SEE



SergiyN / Shutterstock.com

Young, family-friendly, and with lots of cultural activities, Toulouse never gets boring. As France's fourth largest city, there is no shortage of things to see and do, and taking a leisurely stroll along the Garonne and Canal du Midi is an excellent way to spend the day.

Boasting a rich history spanning over 2,000 years, Toulouse is a haven for architecture and museum enthusiasts. However, for the more adventurous traveller, there are also plenty of options. Rent a bike and embark on the scenic 40km journey from Toulouse to Port Lauragais on the south bank or venture out of the city to explore one of the region's stunning parks.

Manatour – Let's Visit Airbus



As the world capital of aeronautics and the birthplace of the renowned Airbus, Toulouse is a hub for aviation enthusiasts. For a really exceptional visit, head to the Lagardère site, 10 km from Toulouse, and learn everything there is to know about how a plane is built, how a plane functions, and how it is tested. Several tours are organised on different themes: discovery experience, panoramic visit, and green tour.

Photo: tigristiara/Shutterstock.com

Address: Allée André Turcat, Blagnac

Public Transport: Tram: Palais de justice >

Beauzelle-aeroscopia

Opening hours: Mon–Sat 9am–6pm

Phone: +33 5 34 39 42 00

Internet: www.manatour.fr/en

More Info: 10 km from Toulouse

Basilica of Saint-Sernin



The Basilica of Saint Sernin, Europe's largest Romanesque church, is home to the tomb of Saint Sernin, a bishop and martyr who played a crucial role in the spread of Christianity in Toulouse. Designated as a UNESCO World Heritage site, this magnificent basilica is a must-visit destination that boasts impressive ceilings and marble decorations that serve as a testament to its illustrious history, including its significant role as a pilgrimage site.

Photo: Anibal Trejo / Shutterstock.com

Address: Basilique Saint-Sernin, Place Saint-Sernin, Toulouse

Public Transport: Metro station: Capitole or Jeanne d'Arc

Phone: +33 5 61 21 80 45

Internet: www.basilique-saint-sernin.fr

Church of the Jacobins



Comprised of a church, a convent, and a cloister, the Convent of the Jacobins houses the remains of its patron, St Thomas Aquinas. Its stunning walls and ceiling provide a beautiful backdrop for concerts and exhibitions that are regularly hosted in the building. If you only have time to visit one church in the city, this should be it.

Photo: Elena Elisseeva/Shutterstock.com

Address: Couvent des Jacobins, Place des Jacobins, Toulouse

Public Transport: Metro station: Capitole

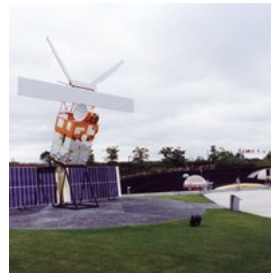
Opening hours: Tue–Sun 10am–6pm

Phone: +33 5 61 22 23 82

Internet: www.jacobins.toulouse.fr/anglais

Email: jacobins@mairie-toulouse.fr

Cité de l'Espace — Space City



Follow the stars and discover the mysteries of the universe in this fascinating scientific discovery centre located on the outskirts of Toulouse. Top sights and activities include the Astrea planetarium, real spaceships, the weather forecast planner you can partake in and the space training for adults and children.

Photo: Jamiecat/cc by 2.0/Flickr(image cropped)

Address: Avenue Jean-Gonord, Toulouse

Phone: +33 5 67 22 23 24

Internet: en.cite-espace.com

Musée des Augustins



Located in the heart of the city, this museum of fine arts provides visitors with a unique opportunity to stroll through the historic surroundings of an Augustinian monastery and marvel at its impressive collection of sculptures and paintings from the Middle Ages to the early 20th century.

Photo: Jean-Pierre Dalbéra/cc by 2.0/Flickr(image cropped)

Address: 21 Rue de Metz, Toulouse

Public Transport: Metro station: Esquirol, Carmes, or

François Verdier

Phone: +33 5 61 22 21 82

Canal du Midi



Take a peaceful break from the city with a walk along the canal banks pathways or an energetic bike ride on the 40km bike path stretching from

Toulouse to Port Lauragais on the south bank. Don't forget to bring your camera!

Photo: Rrrainbow / Shutterstock.com

Address: Canal du Midi, Toulouse

Public Transport: Metro station: Canal du Midi

Place du Capitole



Impossible to miss — all the roads in Toulouse lead to this beating heart of the city. Plenty of dining options, shopping, and entertainment are

available in and around the square. You can also have a look at the Capitole theatre and its entertaining program.

Photo: xc / Shutterstock.com

Address: Place du Capitole, Toulouse

Public Transport: Métro: Capitole

Museum of Toulouse



The Museum of Toulouse is an interdisciplinary institution that bridges the fields of science, culture, education, and social issues. Serving as a

means for exchanging and questioning knowledge, the museum offers a platform for informed discussions and information-sharing that delves into the relationship between humans, nature, and the environment.

Photo: yvon52/Shutterstock.com

Address: 35 Allées Jules Guesde, Toulouse

Public Transport: Metro: line B, station Carmes or Palais-de-Justice. Bus: number 31, station Jardin Royal - number 44, station Grand Rond.

Opening hours: Tue-Sun 10am-6pm

Phone: +33 5 67 73 84 84

Internet: www.museum.toulouse.fr/accueil

Jardin Japonais



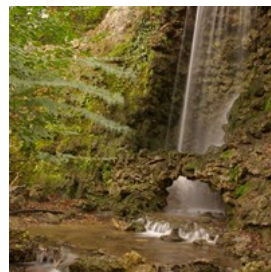
Nestled in the heart of Compans-Caffarelli park, the Jardin Japonais is a charming Japanese garden that features a tranquil pond crossed by

a picturesque red bridge and a tea pavilion that overlooks the serene landscape.

Photo: Shkanov Alexey / Shutterstock.com

Address: Jardin Compans Caffarelli, Boulevard Lascrosses, Toulouse

Jardin des Plantes



This public garden has abandoned its medicinal functions to become a popular family outing in Toulouse. It offers a breath of fresh air in the

centre of the city and a large range of sights and activities such as playgrounds, ponds with swans and ducks, a small coffee place, pony rides, and beautiful bridges.

Photo: Adam Baker/cc by 2.0/Flickr(image cropped)

Address: 31 Allée Jules Guesde, Toulouse

Public Transport: Metro/tram station: Palais de Justice

Opening hours: Daily 8am-9pm

Internet: metropole.toulouse.fr/mon-environnement/nature-et-climat/nature-en-ville/parcs-et-jardins

Animaparc



Animaparc offers a large range of activities such as trampolines, water activities, and amusement rides in a 14-ha park. It is an attraction for all ages but especially great for young children who will be able to discover over 150 animals and even dinosaur reproductions.

Photo: KARI K / Shutterstock.com
Address: Animaparc, Le Burgaud
Phone: +33 5 62 79 37 01
Internet: www.animaparc.com

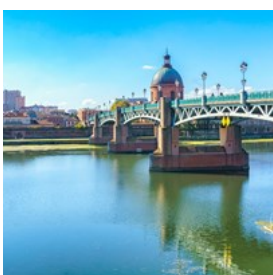
Les Abattoirs



Former slaughterhouse turned museum of modern and contemporary art, Les Abattoirs hosts exhibitions, concerts, and performances as well. Located by the river and sided by a garden, this impressive brick building is not to be missed when visiting Toulouse. Its masterpiece is a Picasso from 1936.

Photo: Pistolero31/cc by 2.0/Flickr(image cropped)
Address: 76 Allées Charles de Fitte, Toulouse
Public Transport: Metro station: St Cyprien-Republicue
Opening hours: Wed-Sun noon-6pm
Phone: +33 5 62 48 58 00
Email: lesabattoirs@lesabattoirs.org

Garonne



Whether you decide to take a walk on the river banks or to book a cruise, which you can combine with lunch on board, the Garonne offers plenty of sights for a delightful afternoon or early evening.

One company that offers cruising activities in the city is Les Bateaux Toulousains and they have three boats located at Port de la Daurade, Port de l'Embouchure and Port Saint-Sauveur.

Photo: PK.Inspiration_06 / Shutterstock.com
Address: Port de la Daurade, Toulouse
Phone: +35 5 61 80 22 26
Internet: www.bateaux-toulousains.com/en
Email: contact@bateaux-toulousains.com

Le Chateau d'Eau



The Château d'Eau, a 19th-century brick water tower located on the banks of the Garonne river was once used to supply 90 fountains. It has been repurposed as a photography gallery hosting exhibitions and a library selling books on photography.

Photo: Anibal Trejo / Shutterstock.com
Address: 1 Place Laganne, Toulouse
Public Transport: Metro station: St Cyprien-Republicue
Phone: +33 5 34 24 52 35
Internet: chateaud'eau.toulouse.fr/en

Cave of Niaux



Nestled in the northern foothills of the Pyrenees, the Niaux Cave stands out as one of Europe's most remarkable Palaeolithic rock art galleries, featuring an array of awe-inspiring cave paintings. The cave extends over a vast expanse of two kilometres, comprising spacious galleries, low vaults, and underground lakes. The walls and ground of the cave bear a hundred or so animal representations and several hundred signs, showcasing the exceptional creativity and talent of our ancient ancestors.

Photo: Sigit Adhi Wibowo/Shutterstock.com
Address: Ariège

Grotte du Mas d'Azil



The Grotte du Mas d'Azil is a significant prehistoric site, renowned globally for its importance during the Magdalenian and Azilian periods. The cave boasts impressive illumination that showcases its natural beauty, and with the help of virtual techniques, visitors can explore the inaccessible decorated galleries. The tour also includes an educational experience that covers the geological formation of the cave, the lives of prehistoric humans, the work of the first diggers, the challenging construction of the road, and many other exciting surprises.

Photo: Pinpin/cc by-sa 2.5/Wikimedia(image cropped)
Address: D119, Avenue de la Grotte, Le Mas-d'Azil
Phone: +33 5 61 05 10 10
Internet: www.sites-touristiques-ariege.fr/en/patrimoine-culturel/grotte-du-mas-dazil

Natura Game



Only 15 minutes away from Toulouse, this natural park offers a variety of activities that will delight families and groups of friends. These include climbing, jumping, playing, zip-lining, and a 20-hectare paintball field.

Photo: Daniel Chetroni/Shutterstock.com
Address: 1 Route de Gragnague, Castelmaurou
Phone: +33 5 61 70 80 00
Internet: www.natura-game.fr/#popup
Email: contact@natura-game.fr

Zoo African Safari



Close to Toulouse, there is a zoo that has an African safari theme. The animals are in semi-freedom and often cohabited, so it feels very natural. The excursion begins with a two-kilometre drive along the trail where you can observe creatures such as lions and ostriches from your car, then continues on foot where you'll encounter 600 animals, including farm animals.

Photo: InnaVar / Shutterstock.com
Address: 41 Rue des Landes, Plaisance-du-Touch
Opening hours: Daily 10am-6pm
Phone: +33 5 61 86 45 03
Email: communication@zoo-africansafari.com

DINING



Visionsi / Shutterstock.com

Toulouse boasts a vibrant and exciting food scene with quality offerings to satisfy every type of foodie and any budget. Don't leave without trying some of the local specialities like the delectable cassoulet and the renowned Toulouse sausage. One of the best places to enjoy a delicious yet affordable lunch is the covered market at Place Victor Hugo, where several restaurants perch above the marketplace, serving up tasty meals made from the freshest local produce, straight off the stalls below.

Les Jardins de l'Opéra



Les Jardins de l'Opéra is a Michelin-starred restaurant located in the Grand Hôtel de l'Opéra, right in the heart of Toulouse. It specializes in organic, local, and seasonal cuisine, with an emphasis on fresh ingredients and sustainability. From the delectable lobster cassoulet to the refreshing basil ice cream and the hay-smoked aubergine, the menu of Les Jardins de l'Opéra is full of taste sensations that are sure to impress. Its interior is modern and chic, creating a sophisticated atmosphere that perfectly complements the exceptional cuisine.

Photo: Andrey_Popov / Shutterstock.com
Address: 1 Place Capitole, Toulouse
Public Transport: Metro station: Capitole
Opening hours: Tue 8am-11pm; Wed-Sat noon-2:30pm / 8pm-11pm
Phone: +33 5 61 23 07 76
Internet: lesjardinsdelopera.fr
Email: contact@lesjardinsdelopera.fr

Chez Emile



Don't miss out on the culinary adventure that Chez Emile, a Michelin-starred restaurant in Toulouse, has to offer. Located in the picturesque Place St. Georges, the restaurant provides outdoor seating, allowing you to soak up the charming ambience of the square while enjoying your meal. The menu features a range of creatively crafted regional specialities, including fish and meat dishes, as well as classic desserts, all perfectly complemented by a selection of fine wines. Their cassoulet is particularly noteworthy — rich,

tasty, and justifiably famous. And be sure to save room for dessert - their mouth-watering soufflé is not to be missed. With such care and precision put into every dish, your dining experience at Chez Emile is sure to be deliciously memorable.

Photo: jabiru / Shutterstock.com
Address: 13 Place Saint-Georges, Toulouse
Public Transport: Metro station: Jean Jaures, Capitole, Esquirol, or Francois Verdier
Opening hours: Tue-Sat noon-2pm / 7:30pm-10pm
Phone: +33 5 61 21 05 56
Internet: www.restaurant-emile.com/en

Le Bibent



Le Bibent, which translates to 'drink good' in Occitane, is a culinary masterpiece created by celebrity chef Christian Constant. Located in the heart of Place du Capitole, this historic brasserie offers both opulent indoor seating and charming outdoor seating options.

The decor is a stunning collision of styles from the 1890s and the era of Art Deco, creating a unique atmosphere that is both luxurious and inviting. But it's not just the ambience that sets Le Bibent apart; it's the high-end fare that they serve. From delectable entrees to sumptuous desserts, the menu offers a range of options to suit all tastes.

Photo: Alena Haurylik/Shutterstock.com
Address: 5 Place Capitole, Toulouse
Public Transport: Metro station: Capitole
Opening hours: Daily 8am-midnight
Phone: +33 6 48 71 73 65
Internet: www.bibent.fr
Email: contact@lebibent.com

Michel Sarran



One of the top restaurants in Toulouse, this Michelin-starred eatery remains at the forefront of the local food scene. Its main draw is

the exceptional southern cuisine crafted by renowned chef Michel Sarran, a graduate of Michelin's esteemed culinary schools. With its sophisticated ambience and delectable gourmet offerings, this establishment promises a truly memorable dining experience.

Photo: Bernd Juergens / Shutterstock.com

Address: 21 Boulevard Armand Duportal, Toulouse

Public Transport: Metro station: Compans Caffarelli

Phone: +33 5 61 12 32 32

Internet: www.michel-sarran.com/fr

Email: contact@michel-sarran.com

Le J'Go



For those who love meat, this is the perfect place to indulge in fresh, locally sourced meat in a relaxed and casual atmosphere.

The quality of both the meals and drinks is top-notch, making a visit to this spot well worth it. And if you have a sweet tooth, be sure not to miss out on the desserts at J'Go — their French toasts are particularly delectable.

Photo: Shebeko / Shutterstock.com

Address: 16 Place Victor Hugo, Toulouse

Public Transport: Metro stations: Jean Jaures or Jeanne d'Arc

Opening hours: Mon-Fri noon-2:30pm / 6:30pm-11pm; Sat & Sun 11:30am-3pm / 6:30pm-midnight

Phone: +33 5 61 23 02 03

Internet: lejgo.com

Email: toulouse@lejgo.com

Le Bistrot des Carmes



For a truly authentic French cuisine experience in Toulouse, Le Bistrot des Carmes is a must-visit. The portions are generous and the

food is excellent, with the meat specials being particularly noteworthy. Served with flavorful sides of potatoes and vegetables, the Pork Abanico and Duck Magret are not to be missed.

Photo: siamionau pavel/shutterstock

Address: 1 Rue des Filatiers, Toulouse

Public Transport: Metro station : Carmes or Esquirol

Opening hours: Tue-Sat noon-3pm / 7:30pm-11pm

Phone: +33 5 62 17 70 14

Burger'N'co



Burger'N'co has become a staple in the Toulouse fast food scene. So, if you're a burger lover, you can't miss this place. In addition to their delicious

burgers, Burger'N'co also offers a selection of draft beers to complement your meal.

Photo: MariaKovaleva / Shutterstock.com

Address: 20 Rue Pierre-Paul Riquet, Toulouse

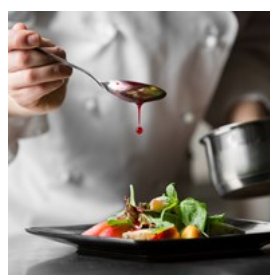
Public Transport: Metro station: François Verdier

Opening hours: Daily 11:45am-2:30pm / 7pm-10:30pm

Phone: +33 5 67 68 74 06

Internet: www.burgernco.fr

Les P'tits Fayots



Les P'tits Fayots is an acclaimed gourmet restaurant that serves modern and creative dishes featuring organic produce, especially

vegetables from the Gers region. The restaurant

offers a unique experience as its kitchen is open to the dining area. This allows patrons to watch the chef prepare their beautiful and exquisite dishes and enjoy the choreography of the kitchen staff while savouring your tasty meal.

Photo: Semen Kuzmin / Shutterstock.com

Address: 8 Rue de l'Esquile, Toulouse

Public Transport: Metro station: Jean Jaurès or Capitole

Opening hours: Mon & Tue 7:30-10pm; Wed-Fri noon-2pm / 7:30-10pm

Phone: +33 5 61 23 20 71

Internet: www.lesptitsfayots.com

Email: lesptitsfayots@gmail.com

Boca — Bar à montaditos



Boca is a small but vibrant tapas bar located in the heart of Toulouse.

The moment you step inside, you'll be greeted by the tantalizing aroma

of Spanish spices and the lively beat of traditional Spanish background music. The menu boasts a range of delicious tapas, as well as creative and tasty salads, and mouthwatering nachos that are perfect for sharing. But the star of the show is undoubtedly their signature Tinto de Verano — a refreshing cocktail made with red wine and lemon soda that is sure to transport you straight to the streets of Madrid.

Photo: Nacho Carretero Molero/Unsplash

Address: 45 Rue Peyrolières, Toulouse

Public Transport: Metro station: Esquirol or Capitole

Opening hours: Sun-Thu 7pm-midnight, Fri & Sat 7pm-1am

Phone: +33 9 83 01 14 41

Zen-Sai



If you're craving some Japanese cuisine while in Toulouse, then Zen-Sai is the place to be. This delightful restaurant serves up a range of

classic and creative sushi rolls, sashimi, and yakitori skewers, all prepared with the freshest ingredients. The simple, whitewashed space adds to the peaceful and calming ambiance of Zen-Sai.

Photo: Oruj Mammadov / Shutterstock.com

Address: 2 Rue Jean Suau, Toulouse

Public Transport: Metro station: Esquirol

Opening hours: Tue-Fri noon-2:30pm / 7pm-10:30pm; Sat noon-5:30pm / 7pm-10:30pm

Phone: +33 5 61 12 00 00

Internet: zen-sai.com

Email: zen.sai2013@gmail.com

CAFES



Kichigin / Shutterstock.com

In buzzing Toulouse, taking a break between visits and shopping sessions is a pleasant necessity. Whether you like luxurious cafes with Chef-made French pastries or relaxed and trendy coffee shops, Toulouse has all your sweet-tooth needs covered.

Perlette



Decorated in vintage style with pink velvet armchairs and small café tables, Perlette serves fresh salads, tasty sandwiches, and delicious pastries. This refined and elegant tearoom also hosts baking classes where Chef Nicolas Buche will teach you how to bake French specialities such as macaroons.

Photo: airobody / Shutterstock.com

Address: 2 place de la Bourse, Toulouse

Public Transport: Metro station: Esquirol

Opening hours: Mon-Sat 10am-7pm, Sun 11am-7pm

Phone: +33 5 61 21 67 60

Internet: www.perlette.fr

Email: info@perlette.fr

Bapz



Indulge in a variety of freshly baked pastries at Bapz, a charming British-inspired tea and coffee shop. Whether you're in the mood for a satisfying brunch or a relaxing afternoon tea, Bapz has got you covered. Their menu also includes classic cakes, savoury pies, and a daily English brunch, all served in a quirky and vintage atmosphere.

Photo: Andrey Smirnov / Shutterstock.com

Address: 13 Rue de la Bourse, Toulouse

Public Transport: Metro station: Esquirol or Coutelier-Metz

Opening hours: Tue-Sat 11:30am-7pm

Phone: +33 5 61 23 06 63

Internet: www.bapz.fr

La Fiancée



La Fiancée is a trendy brunch destination, which also has an on-site bakery, located near Couvent des Jacobins. Here, you can enjoy a range of breakfast staples, including pancakes and eggs, alongside coffee-based drinks.

Photo: JayMantri/Pixabay

Address: 54 Rue Peyrolières, Toulouse

Public Transport: Metro station: Esquirol or Sainte Ursule

Opening hours: Mon-Fri 9:30am-6pm, Sat 10am-6pm, Sun 10am-5pm

Phone: +33 9 83 46 70 56

Internet: cafelafiancee.com

Le Salon d'Eugénie



Tea lovers will delight in this tea party extravaganza! In addition to an array of tea options, indulge in a selection of homemade desserts and sweets. Be sure to sample the delicious Banoffee pie, lemon pie, or Eugénie pie, which are sure to impress your taste buds.

Photo: Serhiy Kobayakov / Shutterstock.com

Address: 16 Rue des Lois, Toulouse

Public Transport: Metro station: Capitole & Lois

Opening hours: Mon-Fri noon-6:30pm, Sat noon-7pm, Sun noon-4:30pm

Phone: +33 5 62 30 84 52

Internet: www.lesalondeugenie.fr/en

Email: lesalondeugenie@gmail.com

Cafe Den



Located in the heart of downtown Toulouse, Cafe Den is a classic coffee shop that offers a vast selection of drinks, including Bubble Tea. The

menu boasts a variety of American pastries, including the colourful rainbow cake, and for those who crave something more substantial, there are also tasty sandwiches and salads.

Photo: Kolpakova Svetlana/shutterstock

Address: 51 bis Rue du Rem Saint-Etienne, Toulouse

Public Transport: Metro station: Jean Jaurès or Capitole

Opening hours: Mon-Sat 8am-7pm

Phone: +33 5 61 12 22 57

Flower's Café



This shop is so popular you might have to queue to get it, but be assured the hot chocolates, teas and pastries are well worth the wait. Or try out

the sweet and salty tarts that are served in a French way or just have a healthy salad. If the weather permits, enjoy your drink and food on the lovely terrace while people watching.

Photo: Juriah Mosin / Shutterstock.com

Address: 6 Place Roger Salengro, Toulouse

Public Transport: Metro station: Capitole

Opening hours: Mon-Sat 10am-8pm, Sun 2pm-8pm

Phone: +33 5 34 44 93 66

Internet: www.theflowerscafe.com

Dip's Tea



Dip's Tea offers over 80 tea varieties for you to choose from, plus a tasty selection of homemade pastries and cakes to accompany them. Get

cosy in this English-inspired atmosphere for an inexpensive tea break, lunch, or its all-day Sunday brunch.

Photo: stockcreations / Shutterstock.com

Address: 28 Rue Pharaon, Toulouse

Public Transport: Metro station: Carmes

Opening hours: Tue-Sun 11am-7pm

Phone: +33 5 61 32 68 16

Le Bol Bu



Nestled in the heart of Old Toulouse, Le Bol Bu has been the go-to destination for tea and crêpes in Toulouse since 1975, making it the city's

oldest tea room and crêperie. The principles of authenticity and simplicity have been at the heart of this charming establishment since its inception. Its menu features a range of savoury and sweet crêpes, as well as over 60 different types of tea, ranging from classic to flavoured options.

Photo: koko rahmadie/Pexels

Address: 8 Rue du May, Toulouse

Public Transport: Metro station: Esquirol

Opening hours: Tue & Wed, Sat & Sun noon-7pm, Thu & Fri noon-10pm

Phone: +33 5 61 21 11 31

Internet: www.instagram.com/le_bolbu

Les Saisons du Thé



Les Saisons du Thé is the perfect destination for those seeking an authentic tea house experience. Their collection of over 250 tea varieties is impressive, with each one being of the highest quality and sourced from terroirs that honour traditional tea-making practices. Their small tea room boasts a tranquil zen decor, where you can indulge in tea tasting using the traditional Chinese method. The experienced team is always available to guide you and provide recommendations before you make your purchase.

Photo: romeovip_md / Shutterstock.com

Address: 16 Rue Jacques Cujas, Toulouse

Public Transport: Metro station: Esquirol

Opening hours: Mon 2:30pm-7pm, Tue-Sat 10:30am-7pm

Phone: +33 5 61 12 24 57

Email: contact@saisonsduthethe.com

Florian's Coffee



Not only does this charming bike-pulled mobile café offer the unique experience of enjoying your coffee on the street, but it also provides a range of scrumptious specialty coffees made with passion and precision by a highly skilled barista. From coffees to frappes, lattes of all kinds, and delectable chocolates, you can indulge in a variety of delightful beverages and even choose from different types of milk.

Photo: Peter Kotoff / Shutterstock.com

Address: 28 Rue d'Alsace Lorraine, Toulouse

Public Transport: Metro station: Jeanne d'Arc or Jean Jaurès

Opening hours: Mon-Sat 9am-3pm, Sun 9am-5pm

Phone: +33 6 09 52 25 67

Internet: www.florianscoffee.com

Email: contact@florianscoffee.com

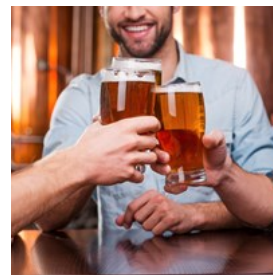
BARS & NIGHTLIFE



CSLD / Shutterstock.com

You will never stay thirsty long while walking the streets of Toulouse at night. From pubs to clubs, cocktail bars and concert halls, you can drink, dance, and sing all around town. Toulouse's nightlife scene provides enough diversity to entice everyone and enough originality to catch even the most seasoned night revellers off guard.

Café des Artistes



This café, with its traditional façade, is located between a music school and an art school. Although it may seem like a spot for the artsy crowd, don't worry - anyone can enjoy unwinding here with a Belgian beer while watching a game of football or taking in the stunning view of La Garonne.

Photo: g-stockstudio / Shutterstock.com

Address: 13 Place de la Daurade, Toulouse

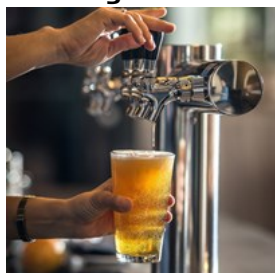
Public Transport: Metro station: Esquirol

Opening hours: Daily 10am-2am

Phone: +33 5 61 12 06 00

Internet: www.instagram.com/cafedesartistes_tlse

Le Breughel



Dark décor, loud music, Mojitos and a wide choice of beers to order from make this a great place for a party and a night of dancing. Famous among students and young professionals for its free snacks and warm service, Le Breughel also regularly hosts live music.

Photo: Ricwinter24/Pixabay

Address: 30 Rue de la Chaîne, Toulouse

Public Transport: Metro station: Compans Caffarelli

Opening hours: Mon-Fri 5pm-2am, Sat 5pm-3am

Phone: + 33 5 61 21 66 54

The Frog & Rosbif



The Frog & Rosbif was the first English pub and microbrewery of its kind to open in the city centre of Toulouse. With its distinctive interior, complete with a vintage phone booth, Union Jack flags, and English memorabilia, The Frog & Rosbif offers a delightful ambience for patrons to enjoy home-brewed beers, cocktails, and shots. The food menu features classic pub grub such as fish and chips and juicy burgers. However, it's the Loaded Fries that steal the show, making them a must-try for anyone visiting The Frog & Rosbif.

Photo: Joshua Resnick / Shutterstock.com

Address: 14 Rue de l'Industrie, Toulouse

Public Transport: Metro station: Jean Jaurès

Phone: +33 5 61 99 28 57

Internet: www.frogpubs.com/pub-the-frog-rosbif-toulouse-toulouse-6.php

Email: tory@frogpubs.com

Café Populaire



Café Populaire is a vibrant bar located in the heart of Toulouse, known for its cheap drinks and relaxed atmosphere, making it a popular spot among students. Upstairs, there's a room perfect for dancing, which adds to the liveliness of the bar. Whether you're a seasoned dancer or just looking to let loose, the upbeat music and energizing ambience make it an excellent place to get your groove on.

Photo: Kzenon / Shutterstock.com

Address: 9 Rue de la Colombette, Toulouse

Public Transport: Metro station: Jean Jaurès

Opening hours: Mon-Fri noon-2am, Sat 3pm-3am, Sun 5pm-2am

Phone: +33 5 61 63 07 00

The London Town



Situated in the trendy Carmes shopping district, The London Town is a quintessentially British pub. Its street-side tables are perfect for people-watching while enjoying a cold draft beer and delicious bar snacks. With darts and televised sports, it's a great spot for a casual get-together with friends.

Photo: Syda Productions/Shutterstock.com

Address: 14 Rue des Prêtres, Toulouse

Public Transport: Metro station: Carmes

Opening hours: Mon 5pm-1am, Tue-Fri 5pm-2am, Sat 4pm-3am, Sun 4pm-midnight

Phone: +33 5 62 26 53 10

Internet: www.londontownpub.fr

The Dispensary



Great choice when it comes to evening drinks in Toulouse, The Dispensary, a British-inspired pub, entices with its ambience,

drink selection, and food choices ranging from fish and chips to burgers. Join them for quiz night every Tuesday or Sunday brunch. And, don't miss their Happy Hour specials, available every day.

Photo: Minerva Studio / Shutterstock.com

Address: 1 Rue Marthe Varsi, Toulouse

Public Transport: Metro station: St Cyprien

Opening hours: Tue-Thu 11am-12:30am, Fri & Sat

11am-1:30am, Sun 11am-5:45pm

Phone: +33 5 61 42 00 88

Internet: www.thedispensarypub.com

Email: thedispensary@hotmail.fr

La Couleur de la Culotte



La Couleur de la Culotte, situated in the heart of Place Saint-Pierre, is an iconic establishment that is known for its lively atmosphere and is a

popular destination among party-goers. During the day, you can relax and sip cocktails while enjoying platters of sausage in the shade of the trees, with a stunning view of the Garonne. But as night falls, La Couleur de la Culotte transforms into a party haven, and it's a favourite among Toulouse's student population.

Photo: Pressmaster / Shutterstock.com

Address: 14 Place Saint-Pierre, Toulouse

Public Transport: Metro station: Compans Caffarelli

Opening hours: Mon-Fri 8am-2am, Sat 9am-3am, Sun

9am-2am

Phone: +33 5 34 44 97 01

Email: contact@lacouleurdelaculotte.com

Le 5 Wine Bar



Le 5 is widely recognized as the top wine bar in Toulouse, with an impressive collection of over 16,000 bottles and 2,300 references. The

manager, a former oenology teacher, is more than happy to share his expertise in the field, and you should definitely take advantage of his knowledge when visiting. Additionally, Le 5 serves typical French tapas paired with wines, which are available in tasting menus. The ambience is sophisticated, making for a truly memorable experience.

Photo: Epicantus/Pixabay

Address: 5 Rue de la Bourse, Toulouse

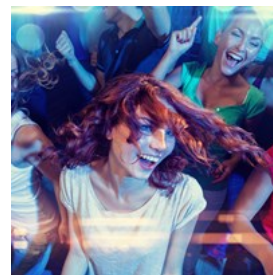
Public Transport: Metro station: Esquirol

Opening hours: Tue-Sat 6pm-midnight

Phone: +33 5 61 38 44 51

Internet: www.le5winebar.fr

Moloko



The Moloko Bar, a Toulouse nightlife staple, is situated in the dynamic Carmes neighbourhood. With an impressive

collection of both classic and inventive cocktails, skillfully crafted by the Moloko team, this bar is a must-visit. Furthermore, you can unwind in their cosy lounge while sipping your cocktail, or head down to the cellar to enjoy live music from DJs and concerts. Don't forget to take advantage of their Happy Hours specials as well.

Photo: Syda Productions / Shutterstock.com

Address: 6 Rue Joutx Aigues, Toulouse

Public Transport: Metro station: Carmes

Opening hours: Mon-Fri 6pm-2am, Sat 6pm-3am

The Petit London



Petit London is a beloved Rock'n'roll pub, featuring an extensive selection of finger food, draft beer, and cocktails. The atmosphere is delightful and welcoming, making it a great spot to unwind and enjoy a night out.

Photo: RestaurantAnticaRoma/Pixabay

Address: 7 Rue Pierre-Paul Riquet, Toulouse

Public Transport: Metro station: Francois Verdier.

Opening hours: Tue-Fri 4pm-2am, Sat 4pm-3am

Phone: +33 5 61 62 93 29

Email: petitlondon@gmail.com

The Dry Dock



Feel like a pirate in this pirate-themed bar, complete with decor and objects straight out of a Captain Flint story. Take your pick from a diverse selection of rums and rum-based cocktails, but be careful not to end the night with a wooden leg!

Photo: Brent Hofacker / Shutterstock.com

Address: 41 Rue Léon Gambetta, Toulouse

Public Transport: Metro station: Capitole

Opening hours: Daily 5:30pm-2am

Internet: www.la-cale-seche.fr

SHOPPING



Pierre-Selim/cc by-sa 2.0/Flickr (image cropped)

If you were not yet convinced, here is another area in which Toulouse excels and never disappoints: shopping. From traditional French farmers' markets to hipster and trendy boutiques, as well as a variety of antique and high-quality second-hand shops, you may find yourself unable to resist the temptation to indulge in some retail therapy. You might even consider leaving your wallet behind as the only way to escape this irresistible decadence.

The Cristal Market



Marché Cristal is a bustling outdoor market featuring a wide variety of farm-fresh goods including fruits, vegetables, cheese, bread, and delicious rotisserie chicken. You'll find plenty of locals shopping here for their daily or weekly needs. The market is open every day except for Mondays.

Photo: BlueOrange Studio / Shutterstock.com

Address: 33 Boulevard de Strasbourg, Toulouse

Public Transport: Metro station: Jeanne d'Arc

Opening hours: Tue-Sun 6:30am-1pm

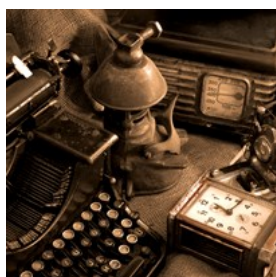
Rue de Rome



Rue de Rome is renowned as Toulouse's premier shopping street, where you can find a wide array of shoe stores and clothing retailers, as well as a few designer shops, second-hand gems, and some quirky and intriguing little boutiques.

Photo: Christian Mueller/Shutterstock.com
Address: Rue de Rome, Toulouse
Public Transport: Metro station: Capitole

Les Carmes



Located in the historical district of Toulouse, Les Carmes is arguably the most vibrant neighbourhood in Toulouse and is predominantly recognized for its numerous restaurants. During the daytime, it transforms into a haven for antique shops and a bohemian atmosphere. Come and experience it for yourself.

Photo: alexkatkov/Shutterstock.com
Address: Les Carmes, Toulouse
Public Transport: Metro station: Carmes

Victor Hugo Market



With over 80 stalls offering premium fish, meats, cheeses, and other fresh regional products, Marché Victor Hugo is a true food lover's paradise.

The abundance, variety, and vivid colours of the goods on offer are simply staggering, with endless rows of items to tantalize the senses. It's the perfect place to sample a few local specialities.

Photo: Goran Bogicevic / Shutterstock.com

Address: Place Victor Hugo, Toulouse
Public Transport: Metro station: Jean Jaurès or Jeanne d'Arc
Opening hours: Tue-Sun 7am-2pm
Phone: +33 5 61 22 76 92
Internet: www.marche-victor-hugo.fr

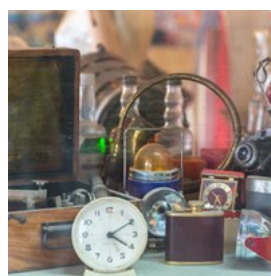
Galeries Lafayette



The Galeries Lafayette, France's most famous and prestigious department store, contains an extensive selection of various brands, mainly clothing and cosmetics. Bonus in Toulouse, the top floor offers what is possibly the best view in the city. Even if you're not there to shop, you can simply head upstairs and admire the view.

Photo: Pressmaster/Shutterstock.com
Address: 4-8 Rue Lapeyrouse, Toulouse
Public Transport: Metro station: Jean Jaurès, Capitole, Esquirol or Francois Verdier
Opening hours: Mon-Sat 10am-8pm
Phone: +33 5 34 45 98 98
Internet: www.galerieslafayette.com

Les Puces d'Oc



Closer to a bazaar than a boutique, Les Puces d'Oc is a joyful mess of... everything! From antique furniture pieces to random objects, the only thing they have in common is that they have nothing in common. For sure you will find a special item to bring back home.

Photo: PKpix / Shutterstock.com
Address: 98 bis Rue des Fontaines, Toulouse
Opening hours: Mon-Sat 10am-noon / 2:30-7pm; Sun 2:30pm-7pm
Phone: +33 6 07 52 26 60
Internet: pucesdoc.fr
Email: pucesdoc@aol.com

Artisans du Monde Toulouse



For ethical shopping, make sure to check out this fair-trade store, where you can find a wide range of products sourced from over 44 countries and the surrounding region of Toulouse. From food to craft items, everything is priced reasonably and produced with the assurance that the suppliers have been paid fairly. The staff, who are all volunteers, are incredibly welcoming and eager to assist you in making a selection.

Photo: tikiri / Shutterstock.com

Address: 1 Rue Joutx Aigues, Toulouse

Public Transport: Metro station: Esquirol

Opening hours: Mon-Thu 1:30pm-6:30pm, Fri & Sat 10:30am-6:30pm

Phone: +33 5 61 52 45 10

Internet: artisansdumondetoulouse.org

Email: artisans-du-monde-toulouse@orange.fr

La Cave Spirituelle



At La Cave Spirituelle, Toulouse's top wine cellar, you'll find a wide selection of wines from regions such as Bordeaux, Burgundy, Rhône, and Loire, as well as from all over the world. They also stock a range of champagnes and spirits, catering to all tastes and budgets. Whether you're a wine connoisseur or simply looking for a great bottle, this cellar is sure to have something for you.

Photo: WDnetStudio/Pixabay

Address: 31 Rue de la Concorde, Toulouse

Public Transport: Metro station: Jeanne d'Arc

Opening hours: Mon-Fri 9:30am-12:30pm / 2:30pm-7:30pm;
Sat 10am-1pm / 3pm-7:30pm

Phone: +33 5 61 22 64 55

Internet: www.cave-spirituelle.com

Email: contact@cave-spirituelle.com

TOURIST INFORMATION



Oleg_Mit / Shutterstock.com

Toulouse-Blagnac Airport (TLS)



The Toulouse-Blagnac International Airport is approximately 8 km northwest of the city centre. Transports to and from the airport: An airport shuttle connects the Airport to the city in about 20 minutes depending on the traffic, every day (except the 1st of May):

Airport > Toulouse: between 5:30 am and 0:15 am;

Toulouse > Airport: between 5:00 am and 9:20 pm;

Tickets can be purchased at the bus station or from any TISSEO agency.

Other buses:

Number 30: Fenouillet Centre Commercial — Toulouse-Blagnac Airport;

Number 88: Grenade, Ondes, Merville, Seilh, Beauzelle, Blagnac, Toulouse.

Tram:

Line T2 - Airport Station every 15 minutes.

Taxis are available on the ground floor of the airport.

Photo: Gyrostat/cc by-sa 4.0/wikimedia(image cropped)

Address: Aéroport de Toulouse-Blagnac, Blagnac

Phone: +33 8 25 38 00 00

Internet: www.toulouse.aeroport.fr/en

Passport/Visa



France can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen) travellers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport but must have a valid ID with them during their stay.

Photo: ConvertKit/Unsplash

Public Transport



Toulouse boasts a strong bus network, supplemented by two metro lines (A and B) and two trams (T1 and T2). The metros operate daily from 5:15 am until midnight on Sundays through Wednesdays, and until 3 am on Thursdays,

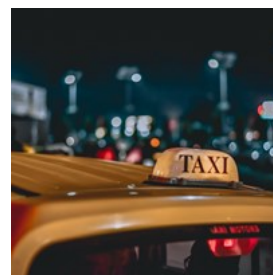
Fridays, and Saturdays.

Further details can be found on the Tisseo Agency website. Nonetheless, in downtown Toulouse, you can easily walk from one point to another.

Photo: Joshua Fernandez/Unsplash

Internet: www.tisseo.fr/en

Taxi



Toulouse has numerous taxi stands, including those located at Wilson square, Capitole, Esquirol, Saint-Cyprien, Carmes, Jeanne d'Arc, Boulevard de Strasbourg, and Compans. Two reputable taxi companies are The Taxi Toulouse Service (+33 6 03 46 03 54) and Taxi Toulouse (+33 6 52 48 26 22).

In addition to traditional taxis, Uber is also another option to get around in Toulouse.

Photo: Nijwam Swargiary/Unsplash

Post



There are several post offices in the city and you can buy stamps in vending machines inside these outlets or over-counter. Tobacco shops also sell stamps. The main post office is located near the Place du Capitole.

Photo: Ali Bakhtiari/Unsplash

Address: La Poste, 9 Rue Lafayette, Toulouse

Public Transport: Metro station Capitole

Opening hours: Mon-Fri 8am-6pm

Phone: +33 800 00 36 31

Internet: www.laposte.fr

Pharmacy



Pharmacies are widely dispersed throughout the city. To find an "on duty" pharmacy outside Toulouse, you can consult the website [3237.fr](https://www.3237.fr) or

call 3237.

Photo: Dima Mukhin/Unsplash

Address: Pharmacie de Nuit (Night Pharmacy), 76 Allée Jean Jaurès, Toulouse

Opening hours: Sun–Fri 8am–8pm, Sat 8am–9pm

Phone: +33 5 61 62 38 05

Internet: metropole.toulouse.fr/demarches/trouver-un-medecin-une-pharmacie-ou-un-dentiste-de-garde-toulouse

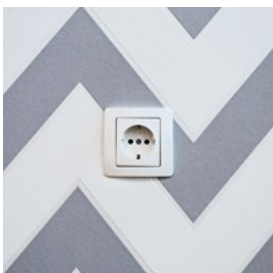
Telephone



Country code +33 Area code: 05

Photo: Wesley Hilario/Unsplash

Electricity



230 V / 50Hz

Photo: Neven Krcmarek/Unsplash

Population

Metro area: 1 million (2023)

Currency

Euro, €1 = 100 cents

Opening hours

Most shops are open between 10am–7pm from Monday to Saturday, with a lunch break usually between noon–2pm. Department stores and shopping centres have longer

opening hours (until 8pm) and no lunch break. Convenience stores and supermarkets are usually open between 8:30am–8:30pm or later with no interruption.

Newspapers

Actu Toulouse — actu.fr/toulouse

Le Journal Toulousain — www.lejournaltoulousain.fr

La Dépêche — www.ladepeche.fr/communes/toulouse

Emergency numbers

SAMU (medical emergency): 15

Police emergency: 17

Fire Service emergency: 18

European emergency line: 112

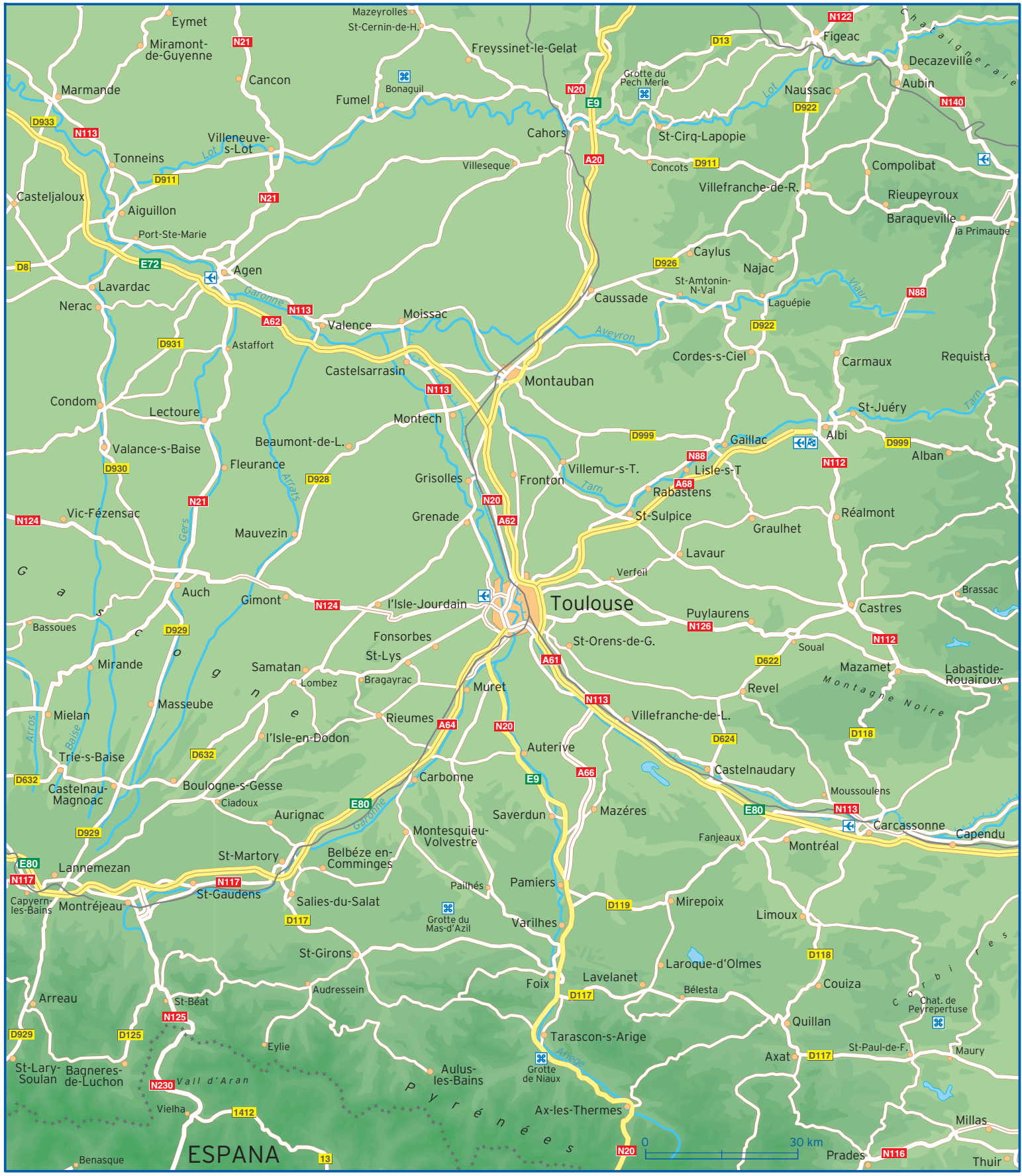
Tourist information

Tourist Information Center

Donjon du Capitole Square Charles de Gaulle, Toulouse

Open Mon–Sat 9:30am–6pm, Sun 10am–6pm

+33 5 17 42 31 31



Allee A Mayssonnie	A4	Rue Alfred Dumeril	C4	Rue des Lois	B1 B2
Allee Charles de Fitte	A3	Rue Amelie	D1 D2	Rue des Martyrs de la Liberation	D4
Allee d Justes des Nations	C3 C4	Rue B Constant	D3	Rue des Potiers	D3
Allee de Barcelone	A1 A2	Rue Bayard	C1	Rue des Puits Creuses	B1
Allee de Brienne	A1 A2	Rue Begue David	D4	Rue des Queteurs	A1 B1
Allee des Demoiselles	D4	Rue Bellegarde	B1 C1	Rue des Salenques	B1
Allee des Soupirs	D3	Rue Bernard Mule	D3	Rue des Teinturiers	A3
Allee F Jourdan	A4	Rue Bertrand de Born	C1 D1	Rue Deville	B1 B2
Allee F Verdier	C2 C3	Rue Campaigno	A4	Rue du 10 Avril	D1
Allee Frederic Mistral	C3 D3 D4	Rue Cany	A4	Rue du Coq d'Inde	B2 B3
Allee Jean Jaures	C1 D1	Rue Caraman	C2 D2	Rue du Gen J Compans St-Bertrand	D1 D2
Allee Jules Guesde	C3 C4	Rue Ch Camichel	D2	Rue du Gorp	C4
Allee P Sabatier	D3	Rue Croix Baragnon	C2	Rue du Languedoc	C2 C3
Avenue de la Colonne	D1	Rue Cujas	B2	Rue du Perigord	B1 C1
Avenue de la Garonnette	B3	Rue D Alsace Lorraine	C1 C2	Rue du Pont St-Pierre	A2 A3
Avenue de la Gloire	D2	Rue d Atrs	C2	Rue du Taur	B1 B2
Avenue de Muret	A4	Rue d Pretres	B3 C3	Rue d'Aubuisson	C2 D2
Avenue du Grand Ramier	B4	Rue d Saules	B4	Rue Embarthe	B1
Avenue Frizac	C4	Rue d Tivoli	D3	Rue Fermat	C2 C3
Avenue Jean Rieux	D3	Rue Dalmatie	D1	Rue Fines St-Cyprien	A4
Avenue Maurice	B3	Rue de Belfort	C1 D1	Rue Francois Longaud	B4
Boulevard Armand Duportal	A1	Rue de Cugnaux	A3	Rue Fredeau	D2 D3
Boulevard Bonrepos	C1 D1	Rue de Fleurance	D3 D4	Rue Furgole	C3
Boulevard d Platanes	B4	Rue de la Chaine	B1	Rue G Phoebus	A4
Boulevard de la Gare	D1 D2	Rue de la Colombette	C2 D2	Rue Gabriel Peri	C2
Boulevard de Strasbourg	C1 C2	Rue de la Concorde	B1 C1	Rue Gambetta	B2
Boulevard du Marechal Juin	B4	Rue de la Dalbade	B3	Rue Gazan	D1
Boulevard d'Arcole	B1	Rue de la Laque	A3	Rue Georges Picot	D4
Boulevard Griffoul Dorval	D3 D4	Rue de la Pomme	C2	Rue H Tagneres	B4
Boulevard Lascrosses	A1	Rue de la Republique	A3	Rue Heliot	C1
Boulevard Lazare	C2	Rue de la Trihle	C3	Rue Idrac	C2 D2
Boulevard Mal Leclerc	A1	Rue de Lorient	C1	Rue J Labatut	D3
Boulevard Monplaisir	D3 D4	Rue de Luppe	D2	Rue J Vie	A3
Boulevard Pierre Semard	D1	Rue de l'etoile	C2 D2	Rue Joly	C4
Boulevard Riquet	D1 D2	Rue de Metz	B2 C2	Rue Joutx Aigues	B3 C3
Cours Dillon	A3	Rue de Remusat	B2 C1	Rue Laganne	A3
Grand-Rue Saint-Michel	B4 C4	Rue de Sebastopol	A1	Rue Lancefoc	A1
Pont Neuf	B2 B3	Rue de Varsovie	A3	Rue Larrey	B2
Pont Saint-Michel	A4 B4	Rue Delpech	C2	Rue Lejeune	A1
Pont St-Pierre	A2	Rue Denfert Rochereau	C1	Rue Leo	C4
Port St-Etienne	D2 D3	Rue Denis Papin	D2	Rue Louis Marc Demouilles	D4
Port St-Sauveur	D3	Rue des 36 Ponts	C4	Rue Louis Vitet	D3
Quai de Tounis	B3	Rue des 7 Troubadours	C1 D1	Rue M St-Jacques	C3
Quai L Lombard	A2 B2	Rue des Arcs Saint-Cyprien	A3	Rue Malbec	B2
Quai St-Pierre	A2	Rue des Blanchers	A2 B2	Rue Matabiau	C1
Quia de la Daurade	B2	Rue des Buchers	B4	Rue Maury	C1 D2
Rue A Delieux	D4	Rue des Couteliers	B2 B3	Rue Merlane	C3
Rue A Mercie Cantegril	C2	Rue des Fleurs	B3 C3	Rue Merly	B1
Rue Achille Viadieu	B4	Rue des Gallois	B4	Rue Mondran	D4

Rue Monplaisir	D4	Rue Raymond IV	C1	Rue St-Charles	B1
Rue Montgabrier	D1	Rue Reclusane	A3	Rue St-Jaques	C3
Rue Ninau	C3	Rue Riquet	D1 D2	Rue St-Nicolas	A3
Rue Notre-Dame	C4	Rue Roquelaine	C1	Rue St-Remesy	B3
Rue P Dupin	D1	Rue S Dauriac	D2	Rue St-Rome	B2
Rue P Vidal	C2	Rue Saint-Joseph	C4	Rue St-Sylve	D1
Rue Perchepinte	C3	Rue Saint-Luc	D4	Rue Ste-Lucie	A3
Rue Pergaminieres Romiguieres	B2	Rue Sainte-Anne	C2 C3	Rue Valade	A2 B2
Rue Perisse	D3	Rue Sainte-Philomene	C4 D4	Rue Velane	C3
Rue Peyrolieres	B2	Rue St-Antoine du T	C2	Rue Viguerie	A2
Rue Pharaon	B3	Rue St-Bernard	B1 C1		