



© D. Miglani - LPO Hérault - European Bee-eater / Vespadier



# WHERE TO WATCH BIRDS

## in Haut-Languedoc regional nature Park - France

*Parque natural regional de Lengadòc Naut*



**Parc**  
naturel  
régional  
du Haut-Languedoc  
Lengadòc Naut

Une autre vie s'invente ici

**The Haut-Languedoc regional nature Park** has Mediterranean, Atlantic and Mountain influences that have had an impact on the areas' landscape, wildlife, culture and history.

247 bird species have been recorded in the Park to date; they're resident or migratory, inhabitants of the countryside, towns, mountains, forests, cliffs, ubiquitous, Mediterranean...

They symbolise what a great variety of wildlife occurs within Haut-Languedoc regional nature Park, witness to its biodiversity and the Parc authorities commitment to its preservation for the greatest pleasure for our villages, gardens and we hope, visitors.



# Birds in the Haut-Languedoc regional nature Park

## FOREST SPECIES



© D. Alquier - LPO Tarn



© A. Calvet - LPO Tarn

Marsh Tit/*Mongeta*



© C. Aussaguel - LPO Tarn

Black Woodpecker/*Picatàs*

A large part of the Haut-Languedoc is covered by forest. Depending on the altitude, the soil types, the climate and human activity, we can find beech groves and artificial plantations of conifers at high altitude, oak and chestnut groves on the slopes of the valleys, and holm oak forests in the Mediterranean area. Among the different species living in these areas, we can spot the **Crested Tit** and the **Common Crossbill** in the coniferous forests, the **Black Woodpecker** in the mountains and, more commonly, the **Marsh Tit**, the **Firecrest** and the **Short-toed Tree-creeper**. The **Bonelli's Warbler** is attracted to the sunny, low lying oak and pine woodlands.

## UPLANDS SPECIES



© LPO Hérault



© D. Alquier - LPO Tarn

Alpine Accentor /*Cercavòra aupin*



© A. Calvet - LPO Tarn

Alpine Swift /*Balestrièr*

Cliffs and rocky environments are to be found across the Haut-Languedoc region and include the limestone cliffs of Minervois, the shale and granite Massif of Caroux, the outcrops jutting over the valleys of the Lacaune mountains and the Black Mountain... Such environments attract the **Peregrine** (rare), the **Golden Eagle** (very rare), the **Eagle Owl** (rare), the **Raven**, the **Crag Martin** and, in winter, the **Wallcreeper** and the **Alpine Accentor**. The **Red-rumped Swallow** (very rare), the **Alpine Swift** and the **Blue Rock Thrush** can be seen in the Mediterranean area.

# Birds in the Haut-Languedoc regional nature Park

## SPECIES FROM THE LANDES MOORS AND GRASSY AREAS



© A. Calvet - LPO Tarn



© C. Aussaguel - LPO Tarn

Red-backed Shrike/*Margassa comuna*



© C. Aussaguel - LPO Tarn

Skylark/*Lauseta*

Some species common to the Haut-Languedoc prefer natural habitats like the moors covered in heather and broom and dry, grassy areas. These include the **Subalpine Warbler** and other skylarks and the discreet **Red-backed Shrike**.

## MEDITERRANEAN SPECIES



© PNRHL - A. Guillaume



© C. Rambal

Hoopoe/*Puput*



© C. Aussaguel - LPO Tarn

European-Bee-eater/*Vespadièr, Abelhòla*

From the *garrigue* scrubland to the limestone hillsides, the Mediterranean environment is today shaped by the culture of vines which makes the most of the wonderful sunny terroir. Between the fragrance of thyme and the sea, you can find the **European Bee-eater**, the **Roller** and the **Hoopoe**.

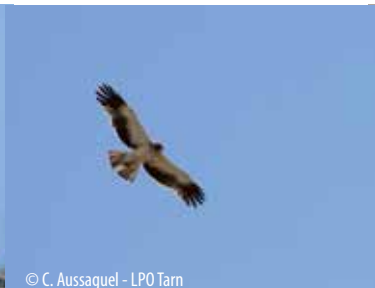
# Birds in the Haut-Languedoc regional nature Park

## SPECIES DURING MIGRATION



© C. Aussaguel - LPO Tarn

Montagu's Harrier/*Göila blanca*



© C. Aussaguel - LPO Tarn

Booted Eagle/*Agla calçada*



© Lopes - LPO Hérault

Short-toed Eagle/*Paire-blanc*

The end of summer and the beginning of autumn are excellent moments to observe bird migration in the Haut-Languedoc region. From mid-August to the end of October, many birds of prey can be seen, as well as a few **Black Stork**. The **Honey Buzzard** and the **Black Kite** are the most common (August-September). The **Red Kite**, the **Marsh Harrier** and the **Montagu's Harrier**, the **Osprey**, the **Booted Eagle**, the **Short-toed Eagle**, and the **Hobby** are regular visitors. The **Griffon Vulture** is frequently seen, especially during the summer, while the **Black Vulture**, the **Golden Eagle** and the **Eleonora's Falcon** are much rarer (but are regular visitors, especially in the Lacaune mountains).



© A. Calvet - LPO Tarn

Black Kite/*Nibla*



© A. Calvet - LPO Tarn

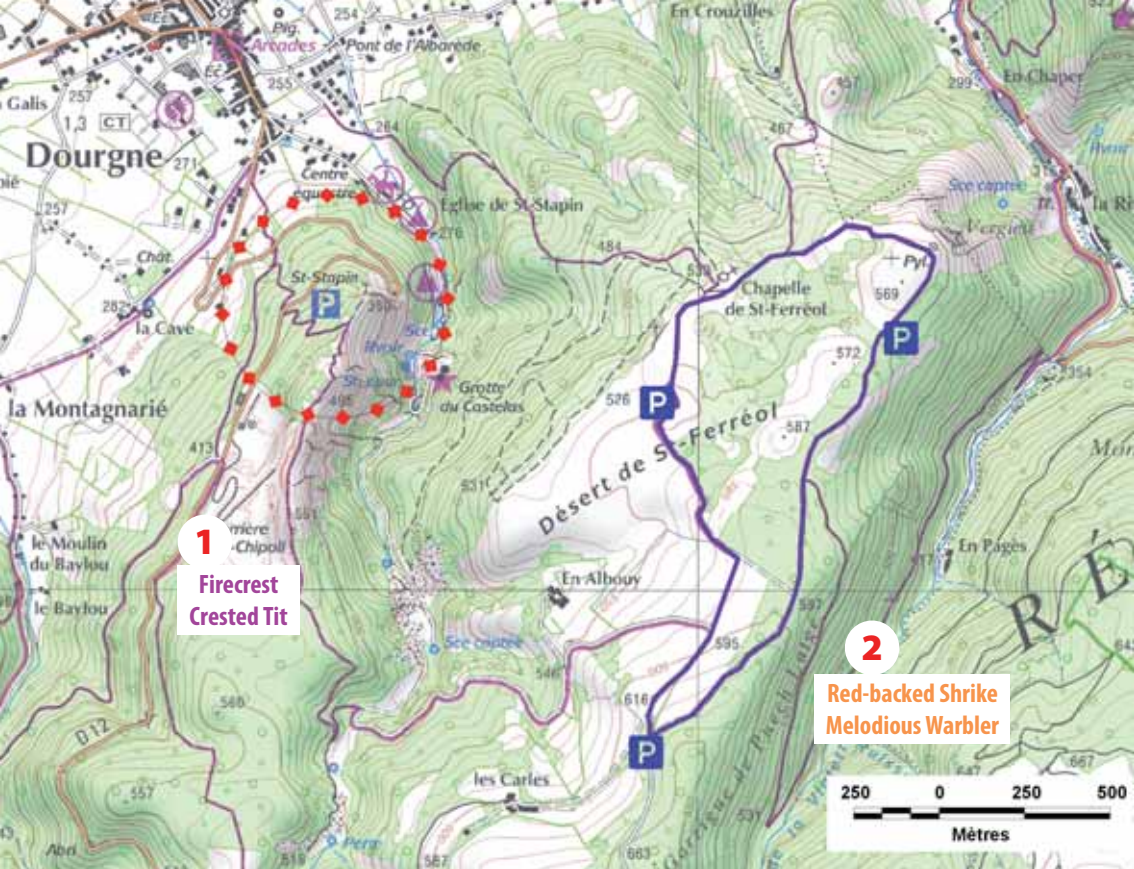
Red Kite/*Coaforcat*



© C. Aussaguel - LPO Tarn

Griffon Vulture/*Voltoràs*

Alpine Accentor	p. 2, 6, 14, 16, 20	Marsh Tit	p. 2, 6, 10
Alpine Swift	p. 2, 14	Melodious Warbler	p. 6, 10, 14, 16, 18, 20
Black Kite	p. 4, 8, 14, 16, 18, 20, 22	Merlin	p. 22
Black Stork	p. 4, 20	Montagu's Harrier	p. 4, 6, 10, 20
Black Vulture	p. 4, 20	Nightingale	p. 8
Black Woodpecker	p. 2	Nightjar	p. 6, 8
Blue Rock Thrush	p. 2, 14, 16	Nuthatch	p. 16, 18
Bonelli's Warbler	p. 2, 8, 16, 18	Orphean Warbler	p. 14
Booted Eagle	p. 4, 8, 20, 22	Ortolan Bunting	p. 14
Cattle Egret	p. 8	Osprey	p. 4, 18, 20, 22
Common Buzzard	p. 14, 22	Peregrine	p. 2
Common Crossbill	p. 2	Quail	p. 6
Corn Bunting	p. 14	Raven	p. 2
Crag Martin	p. 2	Red Kite	p. 4, 18, 20, 22
Crested Tit	p. 2, 6, 10, 18	Red-backed Shrike	p. 3, 6, 7, 10, 16, 18, 20
Eagle Owl	p. 2	Red-rumped Swallow	p. 2
Eleonora's Falcon	p. 4, 20	Rock Sparrow	p. 14
European Bee-eater	p. 1, 3, 14, 15, 20, 22	Roller	p. 3
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Goshawk	p. 22	Short-toed Eagle	p. 4, 6, 8, 9, 10, 14, 16, 18, 20, 22, 23
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Hen Harrier	p. 6, 10, 20, 22	Tawny Pipit	p. 8, 14
Hobby	p. 4, 22	Wallcreeper	p. 2, 6, 14, 16
Honey Buzzard	p. 4, 6, 10, 14, 18, 20, 22	White Stork	p. 20
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Lesser Spotted Woodpecker	p. 8, 10	Woodchat Shrike	p. 14
Little Owl	p. 10	Woodlark	p. 8, 10
Marsh Harrier	p. 4, 20, 22	Wryneck	p. 16, 20



**1**  
Firecrest  
Crested Tit

**2**  
Red-backed Shrike  
Melodious Warbler

◆◆ Observation Area  
— Trail  
P Car park

N

Source : © IGN 2007, PNR HL, LPO ; R alisation : SE, PNRHL, 2013

## >> Birds to be seen

■ Spring and summer  
 ■ Winter  
 ■ Resident

**1** Firecrest, Crested Tit, Short-toed Eagle, Honey Buzzard, Alpine Accentor, Wallcreeper, Marsh Tit, Short-toed Treecreeper

**2** Red-backed Shrike, Melodious Warbler, Short-toed Eagle, Honey Buzzard, Hen Harrier, Montagu's Harrier, Subalpine Warbler, Nightjar, Quail

This small limestone plateau perched on the slopes of the Montagne Noire offers a remarkable panorama over the plains and hillsides of southern Tarn and is an excellent spot for observing the local birds of prey and also migrating birds at the end of summer time: **Short-toed Eagle, Honey Buzzard, Montagu's Harrier, Hen Harrier.**

Dry prairies, marshes and fields bordered by thorny bushes play host to a wide variety of passerines such as the **Melodious Warbler** and the **Red-backed Shrike.**

In the pine forests close to the St. Stapin Oratory overlooking the village of Dourgne, one can observe the **Crested Tit** and the **Firecrest.** In winter, the **Alpine Accentor** and the **Wallcreeper** can be spotted in the rocky outcrops.

>> See areas map on p.12-13

# La Capelette (Désert de Saint-Ferréol) - Dourgne

## Holiday cottages

### Le Moulin Bas



Philippe HERLIN  
81110 Verdalle  
☎ 00 33 563 986 076

contact@moulin-bas.com

### Gîte Le Mouscaillou



Mauna et Eric ALEXANDRE  
La Blancarié - 81290 Escoussens  
☎ 00 33 563 502 186 - ☎ 00 33 688 880 804

marinaalexandre39@gmail.com  
<http://lemouscaillou.free.fr>



## B&Bs

### Chambres d'hôtes Les Peyrounels



Françoise CORCELLE  
81110 Dourgne  
☎ 00 33 563 742 987

fr.corcelle@wanadoo.fr  
[www.lespeyrounels.com](http://www.lespeyrounels.com)

## Hotel

### La Montagne Noire Hotel-Restaurant



Monsieur GELY  
15 place des promenades - 81110 Dourgne  
☎ 00 33 563 503 112

hotel.restaurant.montagne.noire@wanadoo.fr  
[www.hotelmontagnenoire.net](http://www.hotelmontagnenoire.net)



Red-backed Shrike/Margassa comuna

© C. Aussaguel - LPO Tarn

## Tourist offices

### Aux sources du Canal du midi tourist office

Halle Centrale - Place Philippe VI de Valois  
31250 Revel

☎ 00 33 534-666 768

contact@tourisme-revel.com

<http://www.revel-lauragais.com>

### Pays de Dourgne tourist office

1 rue du Maquis - 81110 Dourgne

☎ 00 33 563 742 719

contact@paysdedourgne-tourisme.com

<http://www.paysdedourgne-tourisme.com>

### Labruguière tourist office

Place de l'Hôtel de Ville - 81290 Labruguière

☎ 00 33 563 501 721

<http://www.ville-labruguiere.com>

tourisme@ville-labruguiere.com

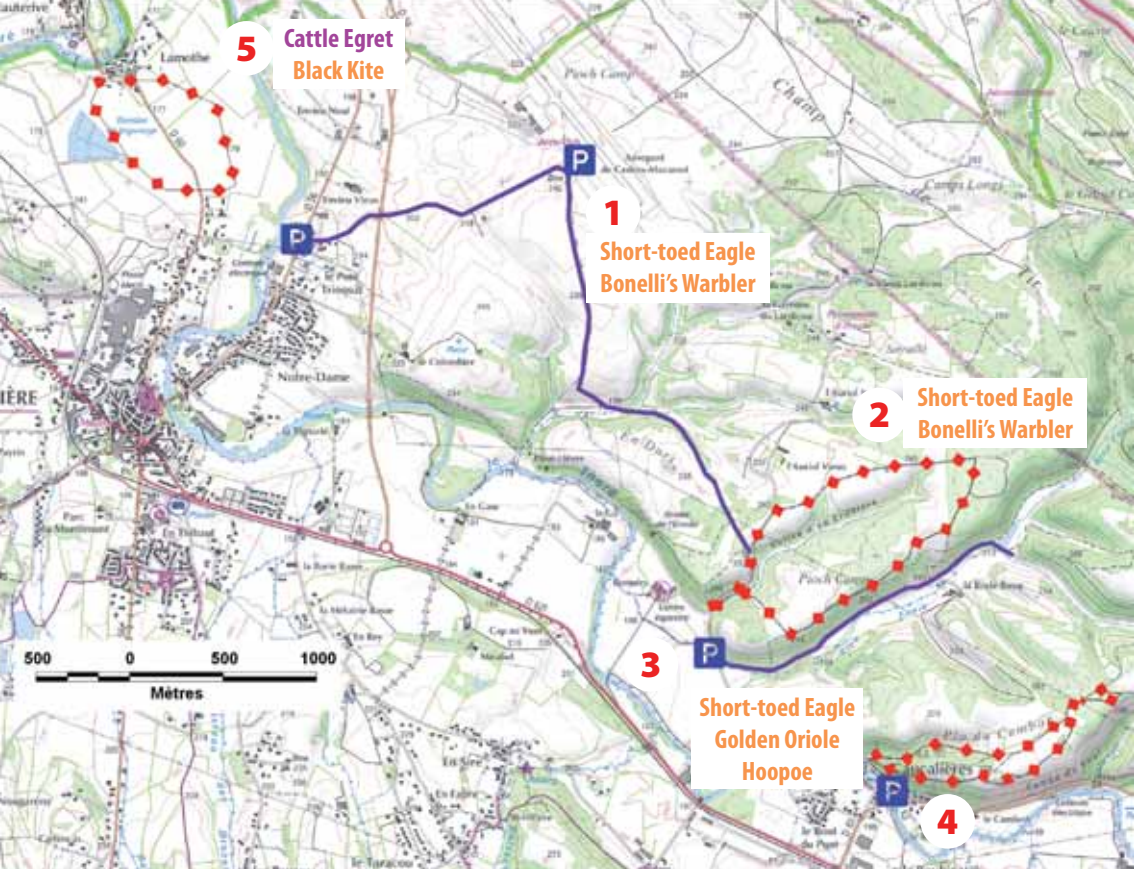
### Sorèze Saint-Ferréol tourist office

Rue Saint-Martin BP 18 - 81540 Sorèze

☎ 00 33 563 741 628

tourisme@ville-soreze.fr

<http://www.ville-soreze.fr>



**5** Cattle Egret  
Black Kite

**1** Short-toed Eagle  
Bonelli's Warbler

**2** Short-toed Eagle  
Bonelli's Warbler

**3** Short-toed Eagle  
Golden Oriole  
Hoopoe

**4**

Observation Area  
 Trail  
 Car park

Source : © IGN 2007, PNR HL, LPO - Réalisation : SE, PNRHL, 2011

## >> Birds to be seen

**Spring and summer**   **Resident**

- 1** Short-toed Eagle, Bonelli's Warbler (south), Sardinian Warbler (south), Hoopoe, Booted Eagle, Black Kite, Stone Curlew, Subalpine Warbler(south), Woodlark, Tawny Pipit, Serin
- 2** Short-toed Eagle, Bonelli's Warbler, Sardinian Warbler, Hoopoe, Booted Eagle, Stone Curlew, Subalpine Warbler, Nightjar, Woodlark, Tawny Pipit, Firecrest, Serin
- 3** Short-toed Eagle, Golden Oriole, Hoopoe, Booted Eagle, Woodlark, Lesser Spotted Woodpecker, Nightingale, Firecrest, Serin

A remarkable natural site. This plateau offers an inviting Mediterranean atmosphere, nestling between the forests of the Montagne Noire to the south and the Sidobre to the north. It has a wide variety of habitats and consequently a large number of species can be spotted here.

The **Stone Curlew** and the **Tawny Pipit** can be seen on the prairies and fields. Boxwood and juniper heath lands host several species of Mediterranean warblers (**Sardinian Warbler, Subalpine Warbler...**).

This is also the playground for several birds of prey, including the **Short-toed Eagle**, the **Black Kite** and the **Booted Eagle**.

>> See areas map on p.12-13

- 4** Short-toed Eagle, Bonelli's Warbler, Golden Oriole, Sardinian Warbler, Hoopoe, Booted Eagle, Black Kite, Subalpine Warbler, Nightjar, Woodlark, Nightingale, Firecrest, Serin
- 5** Cattle Egret, Black Kite



# Causse de Caucalières - Labruguière

## Holiday cottages

**Alain PUECH et Madame VEAUTE-BORDES**



La rive

81200 Aiguefonde

puech.alain@gmail.com

## Gîte de Marican



Eric BASCOUL

81660 Pont-de-l'Arn

☎ 00 33 610 012 024

gite-de-marican@neuf.fr



© C. Aussaguel - LPO Tam

Short-toed Eagle/Paire-blanc

## Tourist office

### Labruguière tourist office

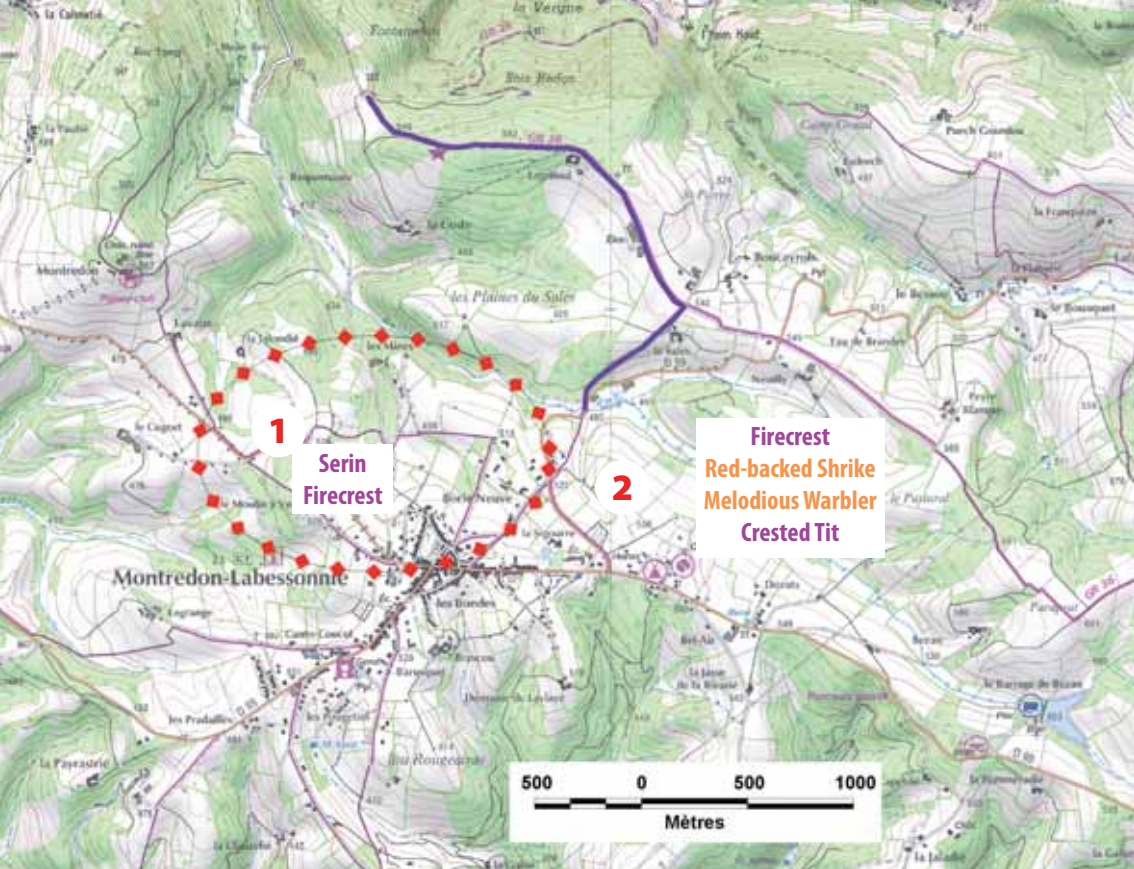
Place de l'Hôtel de Ville - 81290

Labruguière

☎ 00 33 563 501 721

<http://www.ville-labruguiere.com>

[tourisme@ville-labruguiere.com](mailto:tourisme@ville-labruguiere.com)



**1**  
Serin  
Firecrest

**2**  
Firecrest  
Red-backed Shrike  
Melodious Warbler  
Crested Tit

 **Observation Area**  
 **Trail**

Source : © IGN 2007, PNR HL, LPO ; Réalisation : SE, PNRHL, 2013

>> **Birds to be seen**

**Spring and summer**   **Resident**

**1** Serin, Firecrest, Marsh Tit, Short-toed Treecreeper, Woodlark, Lesser Spotted Woodpecker

**2** Firecrest, Red-backed Shrike, Melodious Warbler, Crested Tit, Short-toed Eagle, Honey Buzzard, Hen Harrier, Montagu's Harrier, Marsh Tit, Short-toed Treecreeper, Woodlark, Lesser Spotted Woodpecker

This sector of agricultural plains and wooded valleys offers landscapes typical of the western extremity of the Lacaune Mountains.

The gardens in Montredon play host to the **Serin** (March to October) and also the **Little Owl**. The **Firecrest** and the **Short-toed Treecreeper** are frequent visitors to the leafy copses, while the **Crested Tit** is present in the coniferous plantations to the north. You can see the **Woodlark**, the **Red-backed Shrike** and the **Melodious Warbler** in the hedgerows.

Just a few kilometres outside the village, the sunken valleys of the Dadou (to the north) and the Agout (to the south) offer interesting sites for observing birds of prey.

>> See areas map on p.12-13



## Holiday cottage

### Granquié Panda Holiday cottage



Martine PAGÈS

Granquié - 81360 Montredon-Labessonnié

☎ 00 33 563 751 392



[www.gites-granquie.com](http://www.gites-granquie.com)

[pages.martine2@orange.fr](mailto:pages.martine2@orange.fr)

2 cottages : 2 ears/3 bedrooms/7 people  
and 3 ears/2 bedrooms/6 people

## Tourist office

### Pays Montredonnais tourist office

2, avenue des Pyrénées

81360 Montredon-Labessonnié

☎ 00 33 563 705 291

[otpaysmontredonnais@hotmail.fr](mailto:otpaysmontredonnais@hotmail.fr)

## Other activities

### Planetarium-astronomical observatory

Route de Lacaune

81360 Montredon-Labessonnié

☎ 00 33 563 756 312

[planetarn@wanadoo.fr](mailto:planetarn@wanadoo.fr)



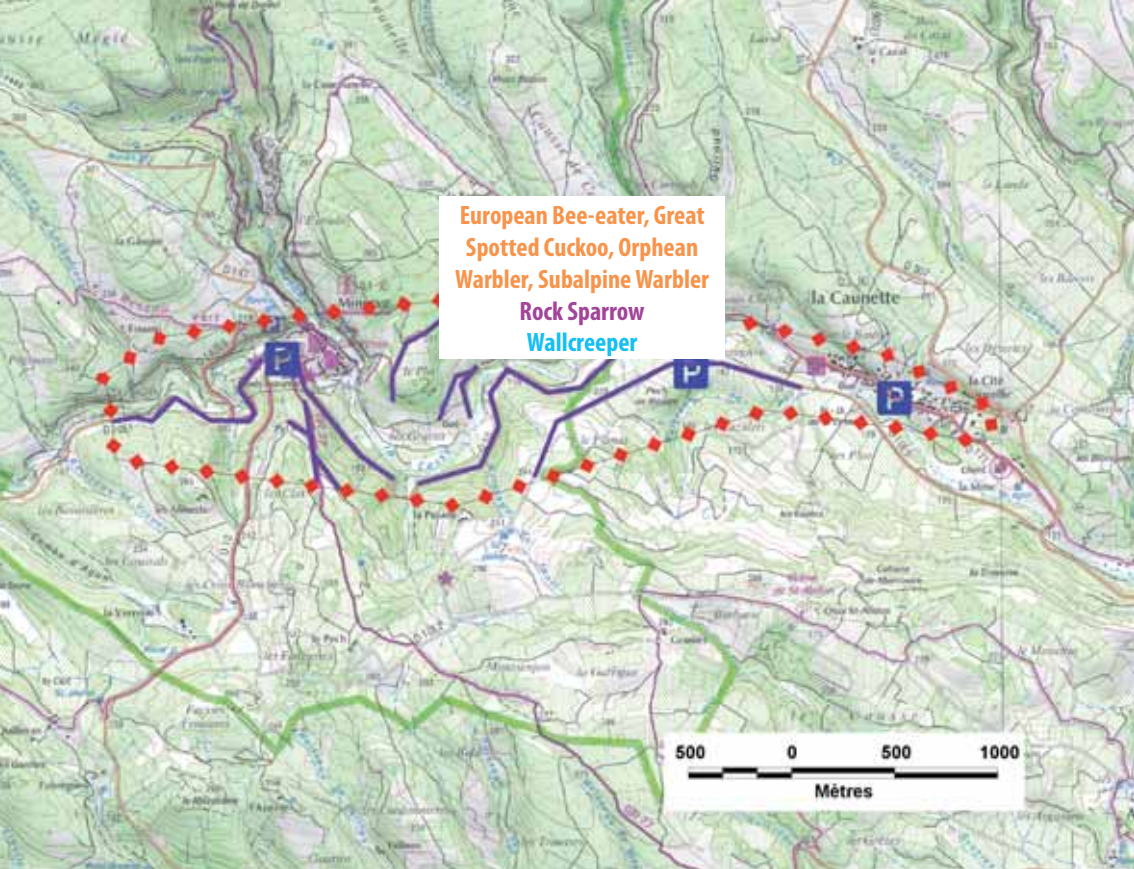


Parc  
naturel  
régional  
du Haut-Languedoc  
Lengadòc Naut



la Livinière





European Bee-eater, Great Spotted Cuckoo, Orphean Warbler, Subalpine Warbler, Rock Sparrow, Wallcreper

 **Observation Area**
 **Trail**
 **Car park**


Source : © IGN 2007, PNRH HL, LPD | Réalisation : SE, PNRHL, 2013

## >> Birds to be seen

 **Spring and summer**
 **Resident**
 **Winter**

European Bee-eater, Great Spotted Cuckoo, Orphean Warbler, Subalpine Warbler, Ortolan Bunting, Short-toed Eagle, Hoopoe, Golden Oriole, Alpine Swift, Scops Owl, Woodchat Shrike, Honey Buzzard, Black Kite, Melodious Warbler, Tawny pipit, Rock Sparrow, Blue Rock Thrush, Corn Bunting, Common Buzzard, Wallcreper

The Caunette massif has a wonderful diversity of bird life. One can contemplate the graceful gliding of the **Golden Eagle**, the **Griffon Vulture** or the **Short-toed Eagle**. In the scrub lands you can spot the **Sardinian Warbler** hopping from branch to branch while its predators are elsewhere. By observing the rocky outcrops carefully in Minerve you might spot the **Alpine Accentor** and the **Blue Rock Thrush**.

>> See areas map on p.12-13

## Holiday cottages

### Cartouyre



Aline VIGUIER  
34220 Saint-Pons-de-Thomières  
☎ 00 33 467 971 671

www.cartouyre.fr  
viguier.pierre@gmail.com

### Gîte de séjour des Rescousses



Maryse et Jean-François SALVO-ROUX  
Hameau des Cousses  
34220 Rieussec

☎ 00 33 467 971 512  
rouxje@west-telecom.com  
www.res-cousses.com



European Bee-eater / Vespadièr

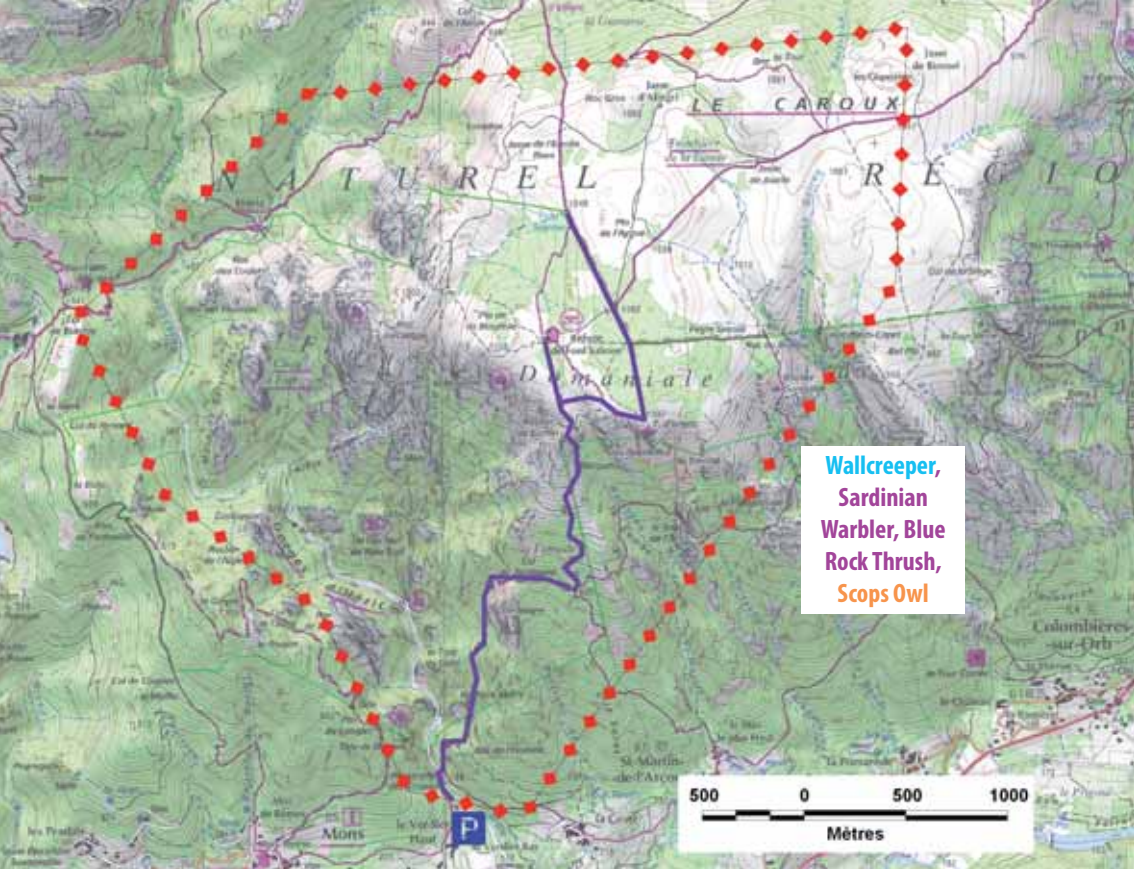
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## Tourist office

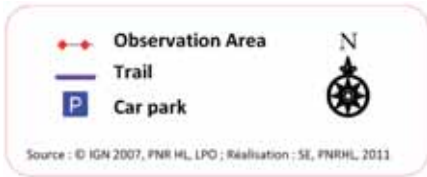
### Le Minervois Tourist office

9, rue des Martyrs - 34210 Minerve  
☎ 00 33 468 918 143  
minervois.accueil@orange.fr  
www.minerve-tourisme.com





Wallcreeper,  
Sardinian  
Warbler, Blue  
Rock Thrush,  
Scops Owl



## >> Birds to be seen

■ Spring and summer
 ■ Resident
 ■ Winter

Short-toed Eagle, Rock Thrush, Scops Owl, Sardinian Warbler, Blue Rock Thrush, Griffon Vulture, Goldcrest, Golden Eagle, Wallcreeper, Alpine Accentor, White-winged Snowfinch

Mont Caroux represents the eastern limit of the Espinouse mountains. There is a rich forestry area where one can listen to the **Wryneck**, the **Melodious Warbler** or the **Bonelli's Warbler**, which you might even spot, while the **Short-toed Tree-creeper** and the **Nuthatch** play acrobatics up high. Walking on a little further you will discover the delightful colours of the heath, which is home to the **Red-backed Shrike**, the **Black Kite** and the **Griffon Vulture**.

>> See areas map on p.12-13



## Holiday cottages

### Le Caroux Panda holiday cottage



Marie-Noëlle MAGNALDI  
Hameau de Douch - 34 610 Rosis  
☎ 00 33 467 952 141



[www.gites-caroux.com](http://www.gites-caroux.com)  
[gitescaroux.com@wanadoo.fr](mailto:gitescaroux.com@wanadoo.fr)  
1 cottage : 2 ears/1 bedroom/4 people

### Les terrasses du Caroux



Christophe and Arielle ROMBEAUX  
Le Verdier haut - 34 390 Mons-La-Trivalle  
☎ 00 33 467 950 068



[www.lesterrassesducaroux.fr](http://www.lesterrassesducaroux.fr)  
[christophe.rombeaux@orange.fr](mailto:christophe.rombeaux@orange.fr)  
B&B 3 ears : 3 bedrooms  
Dinner with hosts



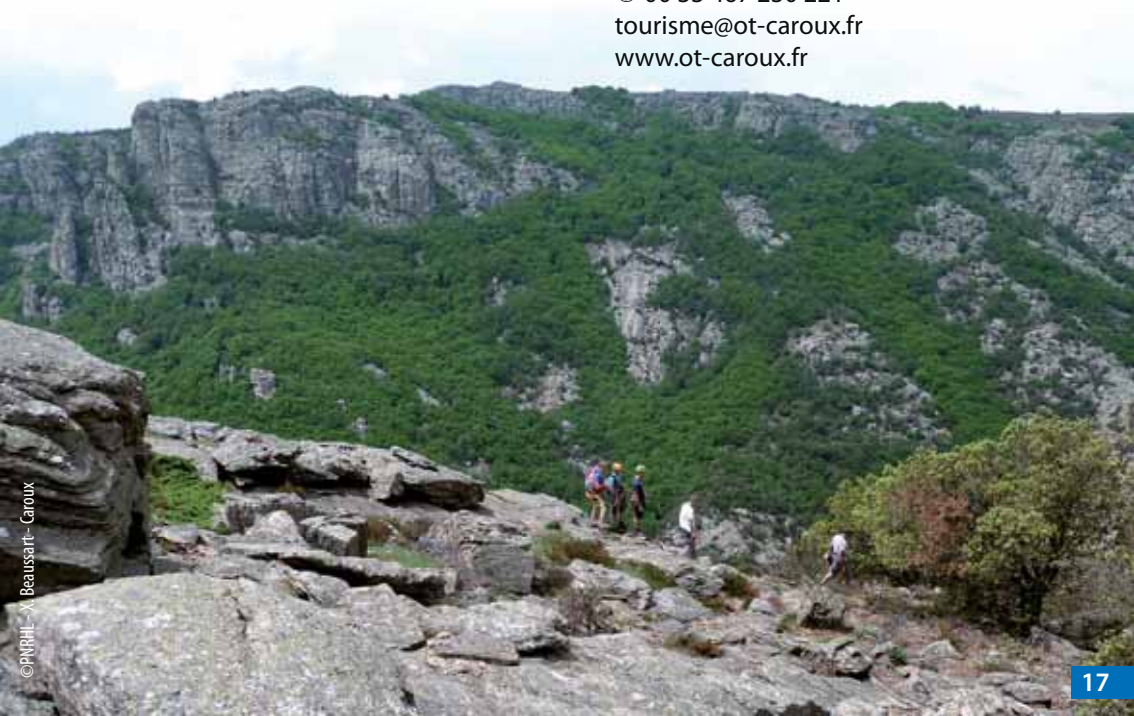
Sardinian Warbler / Bartairòl de cap negre

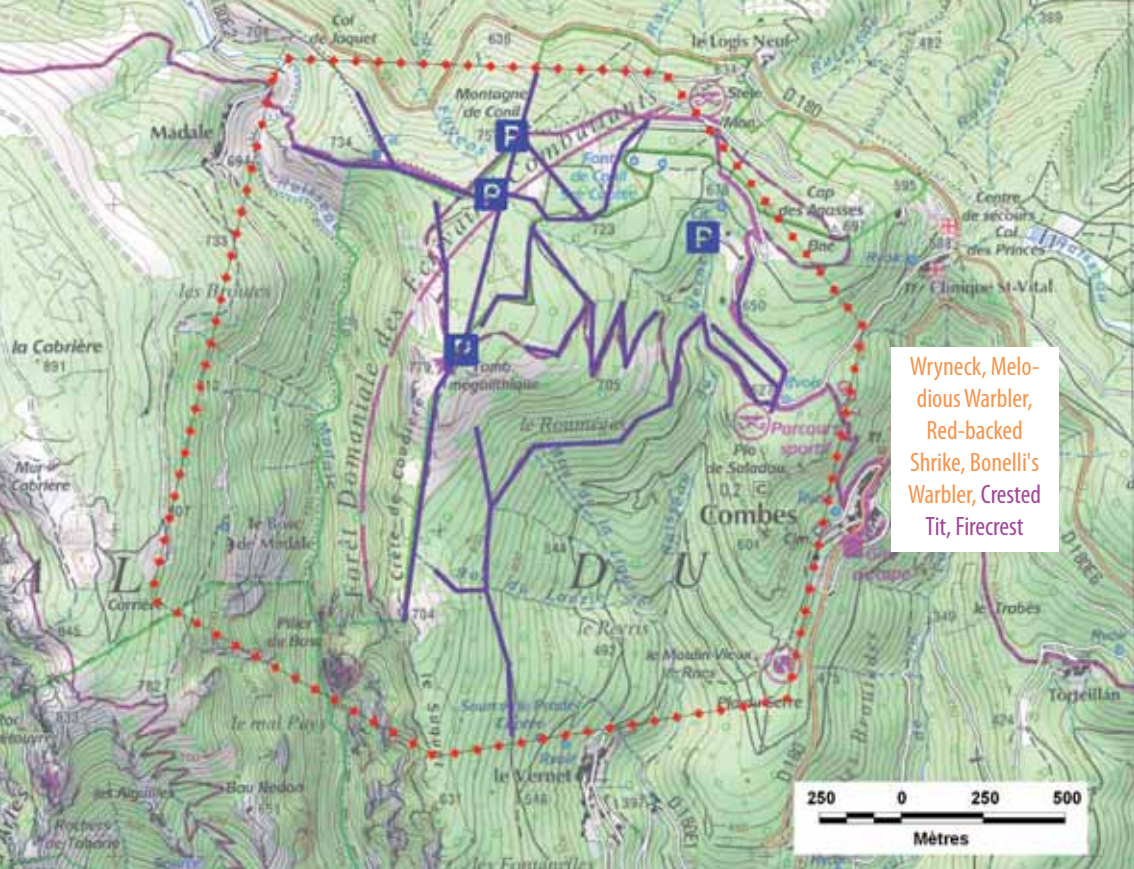
© P. Peralta

## Tourist office




### Caroux en Haut-Languedoc tourist office


Chemin des pialettes - 34 390 Olargues  
☎ 00 33 467 230 221  
[tourisme@ot-caroux.fr](mailto:tourisme@ot-caroux.fr)  
[www.ot-caroux.fr](http://www.ot-caroux.fr)





Wryneck, Melodious Warbler, Red-backed Shrike, Bonelli's Warbler, Crested Tit, Firecrest

 **Observation Area**  
 **Trail**  
 **Car park**

  
 N

Source : © IGN 2007, PNR HL, LPO ; Réalisation : SE, PNRHL, 2011

This 135 hectare forest is located on the mountainous massif of Caroux-Espinouse. As you stroll through the pine and cedar forest you can contemplate the **Honey Buzzard**, the **Golden Eagle**, the **Short-toed Eagle** or the **Griffon Vulture** as they prepare for hunting. During the migration period you can also see the **Red Kite** or the **Osprey**. Up in the branches of the trees you may catch sight of the **Firecrest** or the **Short-toed Treecreeper**.

>> See areas map on p.12-13

## >> Birds to be seen

■ Spring and summer    ■ Resident

Melodious Warbler, Red-backed Shrike, Bonelli's Warbler, Black Kite, Wryneck, Crested Tit, Firecrest, Short-toe Treecreeper, Griffon Vulture, Goldcrest, Nuthatch

# Forêt des écrivains combattants

## Holiday cottages

### Le Château



Thérèse SALAVIN  
34390 Colombières-sur-Orb

☎ 00 33 467 956 362

☎ 00 33 612 789 185

chateaulomb@wanadoo.fr

www.gites-de-charme-languedoc.com

### Douch



Mairie DE ROSIS  
34610 ROSIS

☎ 00 33 467 236 073

mairie.rosis@wanadoo.fr

www.rosis-languedoc.com



Griffon Vulture / Voltoràs

© C. Aussaguel - LPO Tam

## Tourist offices

### Caroux en Haut-Languedoc tourist office

(Olargues, Mons la Trivalle, Roquebrun)

Chemin des pialettes - 34 390 Olargues

☎ 00 33 467 230 221

tourisme@ot-caroux.fr

www.ot-caroux.fr

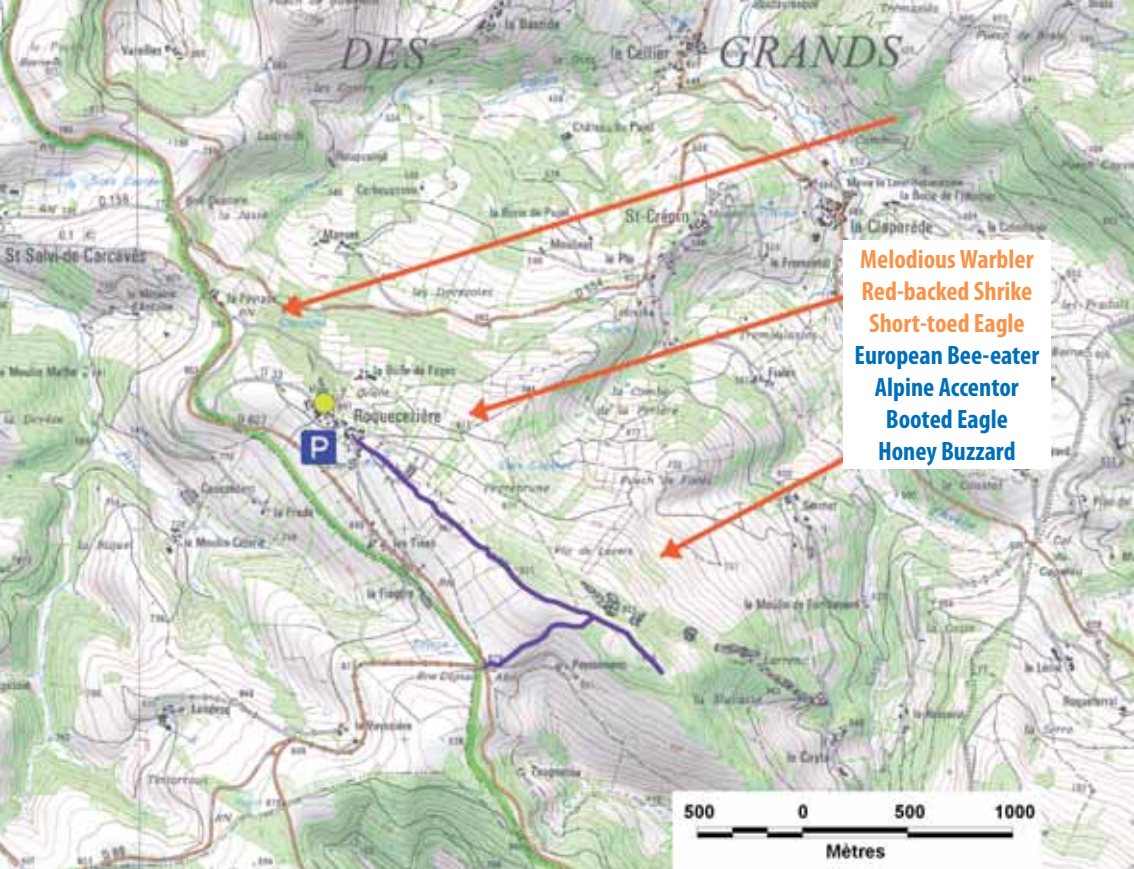
### Lamalou-les-Bains tourist office

1 avenue Capus

☎ 00 33 467 957 091

www.ot-lamaloulesbains.fr

omt.lamalou@wanadoo.fr



- Melodious Warbler
- Red-backed Shrike
- Short-toed Eagle
- European Bee-eater
- Alpine Accentor
- Booted Eagle
- Honey Buzzard

● Observation post for autumn migration  
← Main migration corridors  
— Trail  
P Car park

N

Source : © IGN 2007, PNR ML, LPO ; Réalisation : SE, PNRHML 2011

## >> Birds to be seen

- Spring and summer
- Migration

Honey Buzzard, Black Kite, Red Kite, Osprey, Marsh Harrier, Montagu's Harrier, Short-toed Eagle, Booted Eagle, Eleonora's Falcon, Black Stork, White Stork, European Bee-eater, Alpine Accentor, Griffon Vulture, Black Vulture, Golden Eagle, Short-toed Eagle, Hen Harrier, Melodious Warbler, Red-backed Shrike

Situated where the Haut-Languedoc and Grands-Causse regional nature Parks meet, the "crêtes de Roquecèzière" or Roquecèzière ridges are favourable for watching autumn migration, particularly that of birds of prey.

The best period : early August to mid-October with raptor passage at its best from late August to mid-September.

Very often migrants pass in the morning, movement dying in the early afternoon.

The site also allows for a spectacular panoramic view over the southern Aveyron and the Monts de Lacaune.

>> See areas map on p.12-13

# Migration : Laval - Roquecézière

## Hotels

### Relais de Fusies Hotel \*\*\*



Renaud JEANNE  
2, rue de la République - 81230 Lacaune  
☎ 00 33 563 370 203

contact@hotelfusies.fr  
www.hotelfusies.fr

### Claude Calas Hotel-Restaurant\*\*



4 place de la Vierge - 81230 Lacaune  
☎ 00 33 563 370 328  
hotelcalas@wanadoo.fr

www.pageloisirs.com/calas

## Holiday cottages

### Domaine le Clôt



Monsieur GRONERT  
Les Vidals - 81230 Lacaune  
☎ 00 33 563 370 359

campingleclot@orange.fr  
www.pageloisirs.com/le-clot/  
2 ears

### Centre de vacances du Ministère de l'écologie



Audrey GALIA  
Rue Bel Air - 81230 Lacaune  
☎ 00 33 140 819 600

serge.grimaud@i-carre.net  
www.cgcv.org  
2 ears - 13 rooms



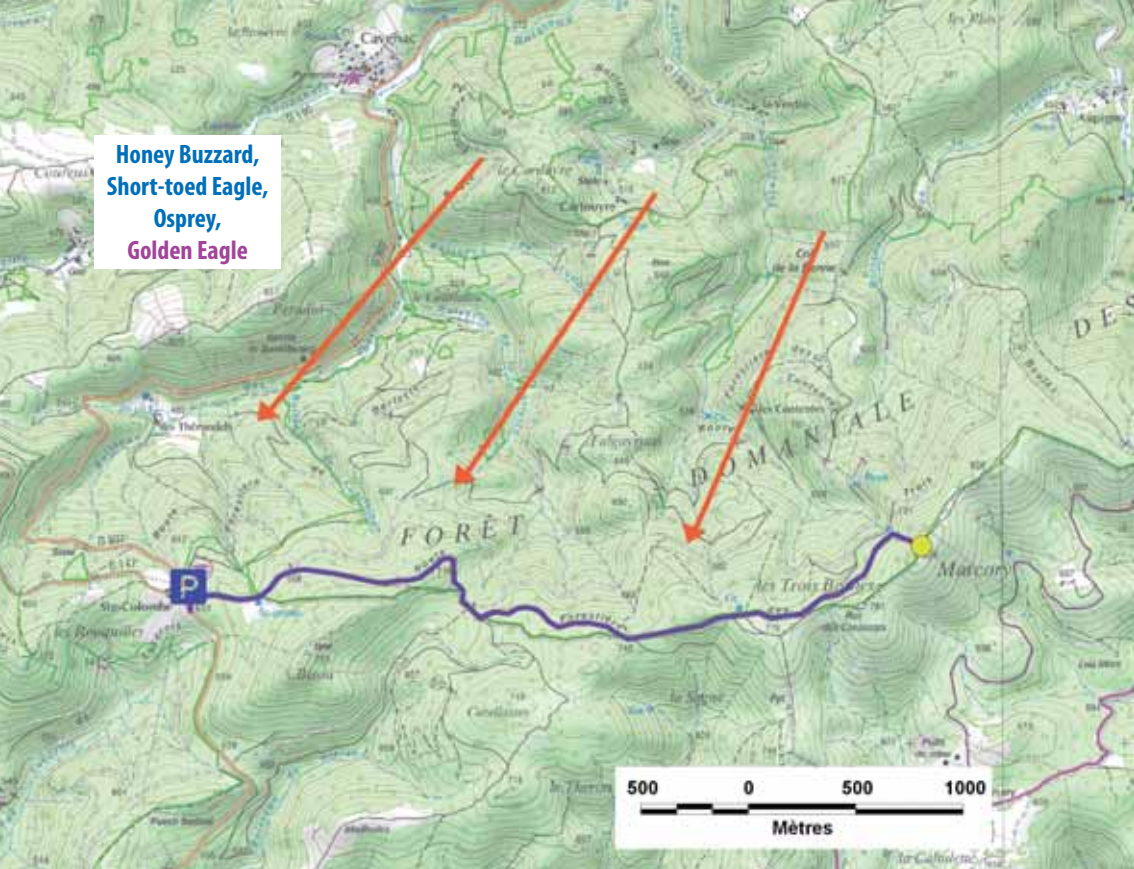
Honey Buzzard / Vespertière

© D. Alquier - LPO Tarn

## Tourist office

### Lacaune-les-Bains

Place Général de Gaulle  
81230 Lacaune les Bains  
0033 563 370 498  
office-tourisme@lacaune.com  
www.lacaune.com



At this migration site in the Hérault, the months of August to November are the post-nuptial migration period and the ideal moment for observing avifauna. You can observe the migration of the **Honey Buzzard**, the **Red Kite**, the **Osprey** and the **European Bee-eater** in this forestry environment dominated by sessile oaks and Mediterranean steppe vegetation.

>> See areas map on p.12-13

## >> Birds to be seen

■ Migration ■ Resident

Honey Buzzard, Short-toed Eagle, Booted Eagle, Black Kite, Goshawk, Osprey, Hen Harrier, Griffon Vulture, Common Buzzard, Marsh Harrier, Hobby, Merlin, Red Kite, Golden Eagle

# Migration : Col de Sainte-Colombe

## Holiday cottages

### Le four à chaux



Jean-Pierre ROUANET  
34220 Courniou-les-Grottes  
☎ 00 33 467 970 951

lefourachaux.free.fr

3 ears : 3 bedrooms - 5 people

### La Métairie Basse



Eliane et Jean-Louis LUNES  
Prouilhe 34220 Saint-Pons-de-Thomières  
☎ 00 33 467 972 159

www.metairie-basse.com

info@metairie-basse.com

### Cartouyre



Aline VIGUIER  
34220 Saint-Pons-de-Thomières  
☎ 00 33 467 971 671

www.cartouyre.fr

viguier.pierre@gmail.com

### Gîte de séjour des Rescousses



Maryse et Jean-François SALVO-ROUX  
Hameau des Cousses - 34220 Rieussec  
☎ 00 33 467 971 512

rouxe@west-telecom.com

www.res-cousses.com



© JLB Delauney - LPO Hérault

Short-toed Eagle / Paire-blanc

## Tourist office

### Pays du Saint-Ponais tourist office

Place du Foirail  
34220 Saint-Pons-de-Thomières  
☎ 00 33 467 706 665  
contact@saint-pons-tourisme.com  
www.saint-pons-tourisme.com

# Haut-Languedoc regional nature Park



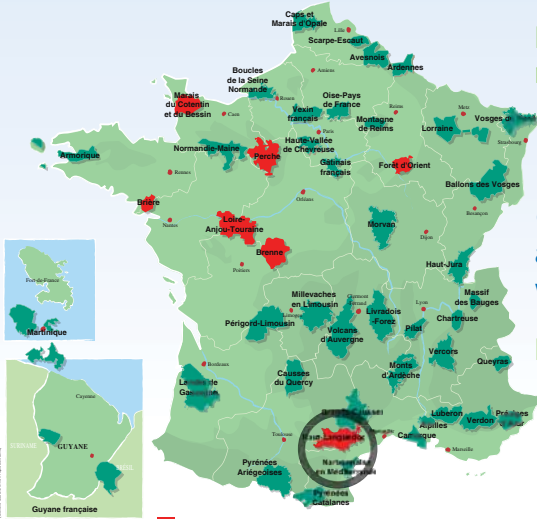
*Parque natural regional de Lengadòc Naut*

1 Place du Foirail - BP  
34220 Saint-Pons-de-Thomières  
☎ 00 33 467 973 822  
accueil@parc-haut-languedoc.fr  
www.parc-haut-languedoc.fr

## League for the Protection of Birds (LPO)



**In Tarn :** tarn@lpo.fr  
<http://tarn.lpo.fr>  
<http://faune-tarn-aveyron.org>  
**In Hérault :** herault@lpo.fr  
<http://herault.lpo.fr/>



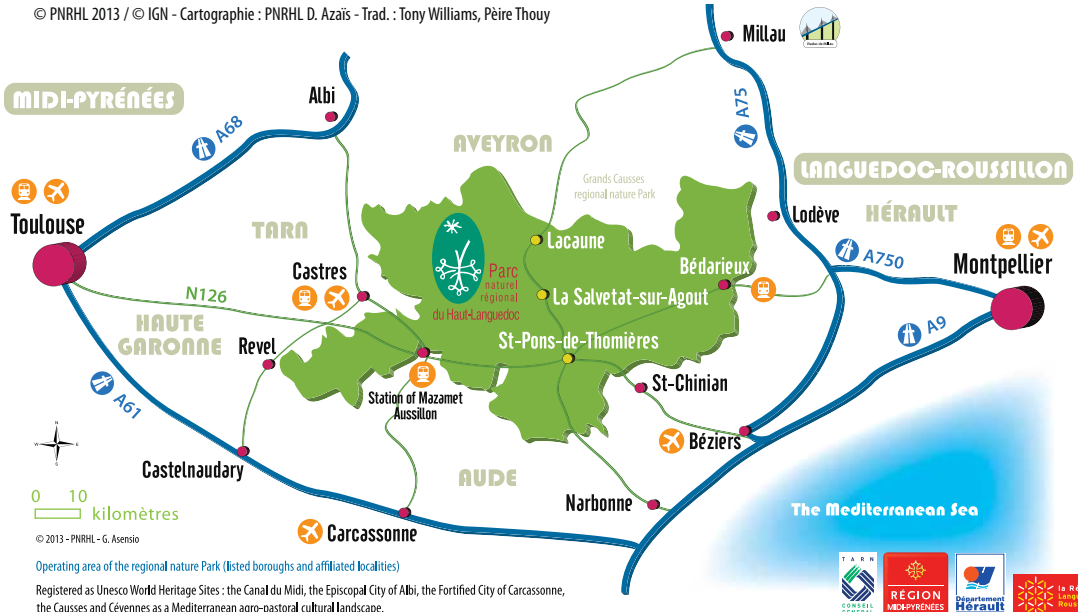
■ Park offers a series title "Where to watch birds (and other wildlife) in Parc naturel régional"

### Arriving by ROAD

- **From Toulouse :**  
N126 direction Castres, Mazamet, Saint-Pons-de-Thomières
  - **From Montpellier :**  
A9 autoroute towards Barcelona, exit 36 Castres, Mazamet
  - **From Clermont-Ferrand :**  
A75 autoroute towards Montpellier-Béziers, exit Castres, Mazamet, Saint-Pons-de-Thomières
- © PNRHL 2013 / © IGN - Cartographie : PNRHL D. Azais - Trad. : Tony Williams, Peïre Thouy

### Arriving by AIR

- **Béziers airport :**  
from Luton, Bristol
- **Carcassonne airport :**  
from London, Liverpool, Nottingham, Leeds, Glasgow
- **Montpellier airport :**  
from London
- **Toulouse airport :**  
from London, Bristol



Operating area of the regional nature Park (listed boroughs and affiliated localities)

Registered as Unesco World Heritage Sites : the Canal du Midi, the Episcopal City of Albi, the Fortified City of Carcassonne, the Causses and Cévennes as a Mediterranean agro-pastoral cultural landscape.

