
WELCOME

Dear guest

Welcome to La Résidence, we hope that you have a great stay. Your enjoyment of our home is very important to us and to make your stay as comfortable and safe as possible we have put this information folder together.

Whether you're staying with us for just one night or a few days, there's plenty to do and see in the area. There is a lot of information in this folder and we are always happy to help personalise your trips, book restaurants and make recommendations for a memorable visit.

If you require assistance during your stay, you can usually find one of us on the ground floor in the kitchen or the garden. If not, just ring the front door bell and we will come down. If we are out our mobile telephone number is +33 (0) 67 09 91 95 2.

We love our home here in St Antonin Noble Val and we pride ourselves on making sure your stay is as enjoyable as possible. If there is anything that is not to your satisfaction, please tell us as soon as possible and we will do our best to assist you.

We love to read the reviews and comments from guests and will always appreciate positive feedback online. If you booked through an online travel agent, they will ask you for a review, alternatively Trip Advisor or Google Business are popular review portals.

Thank you for choosing to stay at La Résidence and we hope you have a wonderful visit.

Lisa and Richard

If you would like a larger print copy, please ask us.

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ABOUT LA RESIDENCE

Breakfast

We serve breakfast between 8.30 am and 10.00 am every day. Breakfast is served in the breakfast room on the ground floor unless it's warm and then we will serve it in the garden. We understand that sometimes you want to set off early, to walk, ride or catch a plane and we will do our best to accommodate an earlier breakfast.

We serve a continental breakfast that includes fruit, yogurt, homemade muesli; croissant, bread, butter and jams; cheese and cold meats; tea, coffee and hot chocolate. If you have any dietary requirements, we will do our best to accommodate them. Please could you let us know as soon as possible the day before so we have time to purchase and prepare an alternative breakfast.

Wi-Fi

Free of charge. The password is **4U35E59B7**. Please note that while this password is only given to our guests you should not consider it a secure connection for your banking or other personal services. We advise that you use your own mobile data for personal transactions. The internet can sometimes become a little slow later in the afternoons. If you have any problems, let us know and we will try and work out a solution.

Smoking

Smoking is not permitted anywhere in the house. Smoking is permitted in the garden and on the terrace for guest staying in the terrace room.

Food and Refreshments

The complimentary hot drinks tray in your room is replenished daily. All water from the taps is suitable for drinking. A selection of wines and beer can be purchased from us and served in your room or in the garden. Please see the price list in this folder.

You are welcome to bring your own food and drinks into the garden at any time. We can provide you with crockery, cutlery and glasses. There are also candle lit table lamps in the alcove for your use, but please don't take them to your room.

Telephone

Even though we are located at the bottom of a gorge in a thick-walled house we have surprisingly good mobile reception. If you have any problems, let us know and we will try and work out a solution.

Laundry & Ironing

We have an iron and ironing board for guest use and we can wash and dry your laundry for 10 euros per load.

Mobility around La Résidence

As you explore St Antonin, you'll see that the town including our home was not built for people with mobility issues. We are very aware that not everyone will find climbing our stairs easy and we are very happy to assist you in any way we can. Running up and down the stairs for forgotten items is a daily occurrence for us and we are happy to do it for you.

We can also carry luggage down the stairs and to your car at the end of your stay, just let us know at breakfast on your final day.

Check-out

11am please. Guests wishing to have a later check out are requested to check with us the day before to ensure the room is available. If available, a late check out is 1pm and is priced at 25% of the nightly room rate.

Parking

We do not have any parking at La Résidence and parking in the old town can be difficult, a complete lack of foresight on the part of the 14th century planners!!

You can park for free anywhere around the town either in the carparks or on the street. Please remember that the Sunday market uses the car park on Place des Tilleuls (opposite Gazpacho restaurant), so if you have parked there, you will need to move your car by Saturday lunchtime.

If you'd like any help with parking, let us know and we'll help you find a space.

Access to house and keys

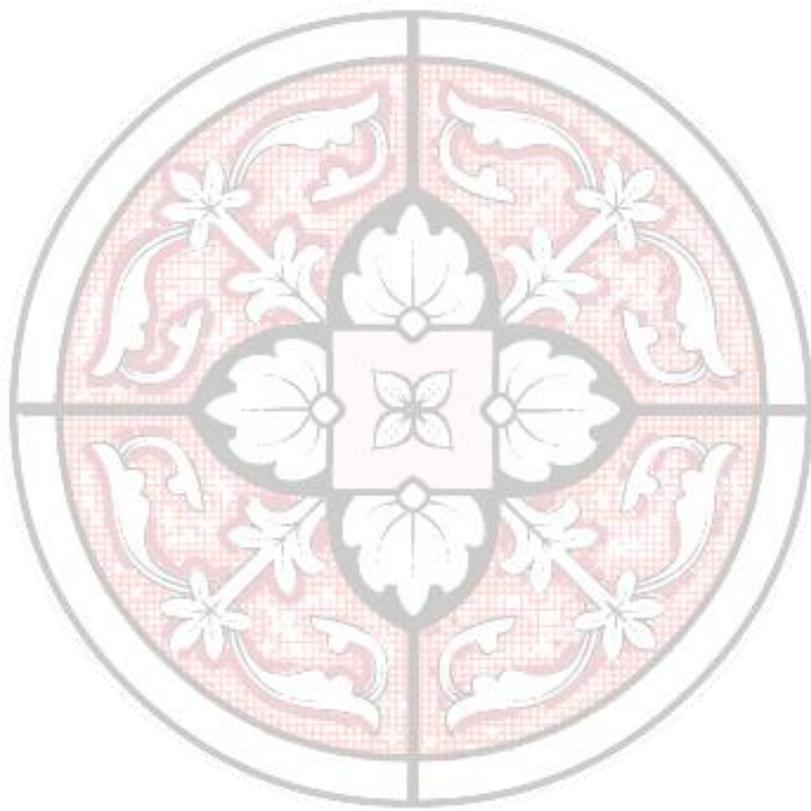
Your room has a set of keys for your bedroom and the front door. Please keep these safe and take them with you as the front door may be locked on your return.

You are welcome to come and go as you please and note that the lights in the hallway are on a timer and the table light on the first and second floor landing will stay on all night for your safety.

Garden

Our garden is available to guests at any time and we are happy to provide crockery, cutlery and glasses if you want to bring your own picnic home with you or want to relax over evening drinks. There are candle lit lamps and matches in the alcove for your use, we just ask that you don't bring them into the house.

The garden has been a bit of a project for us over the winter and we hope to make it a relaxing space for our guests with plenty of colour to complement the old walls. As novice gardeners we are always receptive to advice for further improvements!!



ROOM INFORMATION

Duvets and pillows

Due to the number of our guests suffering from allergies all our beds are made up with hypo-allergenic synthetic pillows and quilts. There is also a blanket in the chest of drawers or wardrobe for cooler nights.

We dress the bed with only one pillow per person. Extra pillows are stored in the wardrobe or chest of draws.

Room cleaning

We will make your bed, replenish your tea tray and clean your bathroom every day between the hours of 11.00 am and 1pm. If you do not wish us to clean your room, please let us know. As part of our cleaning schedule, we will change your bedding and towels every three nights, but if it is absolutely necessary, we will change them outside this window.

Heating and cooling

Outside of the summer months. radiators and towel rails are all thermostatically controlled. Please adjust according to your temperature preferences.

We don't have air conditioning at La Résidence, but even in the middle of summer the nights are relatively cool. If you leave your windows open during the night or early morning it will cool and we will shut the windows and shutters when we clean your room.

Forgotten anything?

We have a small selection of toiletries, toothbrushes, toothpaste and sanitary products available for purchase.

If guest property is found after departure, we will endeavour to contact you. If you would like your items returning, we are happy to send them back to you. We simply ask for the postage. Unclaimed items will be disposed of after 4 weeks.

Noise

While every effort has been made to reduce the impact of noise travelling, this is an old house and inevitability there are a few squeaky floorboards. As guests come to relax at La Résidence, we request that you do not play music or use the television on a high volume after 10.00pm.

EMERGENCY AND MEDICAL INFORMATION

Emergency Telephone numbers

18: Fire and medical emergencies: This number connects to the fire brigade (Sapeurs Pompiers) but they also deal with medical emergencies and should be the first port of call in life-threatening situations, including requesting an ambulance.

17: Police / Gendarmes

112: Universal European Emergency Services number. This is a European Union emergency services number to contact an ambulance, the fire brigade or the police. The operator will speak English and either deal with the request directly or transfer the call to the most appropriate emergency service.

114: Emergency calls (hearing assisted)

Please also inform Lisa or Richard.

For non-emergencies please contact the services listed below:

Doctors surgery

There are two doctors at the medical centre in St Antonin Noble Val who speak very good English. The service is excellent and the wait for an appointment is usually quite short.

Generally, in France you have to pay for treatment at the time of the appointment and then claim a reimbursement afterwards. At the end of your appointment with the doctor, make sure you get a "*feuille de soins*" (a statement of the treatment carried out), which you can use to claim a reimbursement. If you are a member of the European Union and have a European Health Insurance Card (EHIC) card, take this to your appointment.

The address of the medical centre is 19 Place des Tilleuls (at the rear of the market car park). To make an appointment just call **+33 (0)5 63 30 63 02**.

Dentist

There is one dentist in St Antonin Noble Val, located at the medical centre (see above) at the rear of the market car park. You can make an appointment with Dr Ospina Gomez by calling **+33 (0) 5 63 27 77 25**.

Hospital

There is no hospital in St Antonin Noble Val and in the event of an emergency, you should **call 18 or 112** for medical assistance. The nearest hospital offering emergency services is in Villefranche de Rouergue. It is about a one-hour drive from St Antonin Noble Val.

Taxis

The taxi service is located next to the Renault garage you might have passed if you came into St Antonin via Septfonds. Their address is 1, Ave Docteur Paul Benet.

Tel +33 (0) 6 85 10 16 74.

General First Aid

There is a first aid kit in the kitchen on the ground floor. It's in the first cupboard right in front of you as you walk in. If you need any assistance, just ask Lisa or Richard.



LOCAL TRANSPORT

By far the easiest way to travel around the area is by car because there are limited public transport options.

Cycling

There are some fabulous cycle routes about St Antonin and bicycles can be hired from Nature Escapade (www.nature-escapade.com).

For the serious cyclists, more specialist bikes can be hired from www.velodulot.com. They are not located in the area but bikes can be delivered to St Antonin Noble Val.

Trains

There is no train station in St Antonin Noble Val but SNCF trains connecting to the major train routes operate from Lexos or Caussade.

For more information about train routes, the SNCF website is <https://www.sncf.com/fr>. A useful travel planning website is www.rome2rio.com

Driving

If you found your way to St Antonin Noble Val, then you'll understand that some of the roads can be narrow and one way, particularly in the older villages. We have found that when you need help with directions, Google Maps is more accurate than the satellite navigation system you often get with your hire car.

LOCAL AMENITIES

Post Office

The St Antonin post office is located at 18, Boulevard des Thermes, 82140 Saint Antonin Noble Val. You'll find it marked on the St Antonin map in this folder, located close to the cinema (no.13 on our map).

Tourist Information Centre

The tourist information centre is located just a couple of minutes from La Résidence and can provide information, leaflets and local maps. They speak French and some English. Their address is 10, Rue de la Pélisserie, 82140 Saint Antonin Noble Val.

Tel: +33 (0) 5 63 30 63 47.

Bank

There is one bank (Crédit Agricole) in St Antonin Noble Val and is the location of an ATM machine (the other is next to the Post Office). Some staff speak English and are generally very helpful. The address is 38, Ave Docteur Paul Benet and just a couple of minute's walk from La Résidence.

Tel: +33 (0) 5 63 25 08 53.

Chemist/Pharmacy

St Antonin has one chemist and the staff speak some English. They are very helpful if you are unsure about the name of any medication you need. Their address is 16, Boulevard des Thermes. The chemist is marked pharmacie on the map of St Antonin Noble Val in this folder.

Tel: +33 (0) 5 63 30 60 94.

Supermarket

There are two Carrefour supermarkets in St Antonin Noble Val. A small express style supermarket can be found on the edge of the village and within walking distance of La Résidence, and offers a limited range of groceries, fresh food, soft and alcoholic drinks. A larger Carrefour can be found across the river Aveyron.

Both supermarkets are open every day but with different opening and closing times. Both are marked with shopping trolleys on our map of St Antonin Noble Val. Their opening and closing times vary during the year, which can be found at

<https://www.carrefour.fr/magasin/contact-saint-antonin-noble-val> or ask Lisa or Richard.

PLACES TO EAT AND DRINK

There are many places to eat in the surrounding areas and the list below represents just a selection of those that we visit and would recommend to our guests. During July and August, St Antonin Noble Val gets very busy and it's probably better to book a table in advance, particularly at the weekend. We would be happy to make suggestions and book a table for you and advise you on opening times.

Auberge des Sens

Located close to the river Aveyron at 6 Boulevard des Thermes, Auberge des Sens is a popular spot for lunch or dinner. They serve a set menu or an Al la carte menu and a good selection of drinks. During July and August, we would advise that you book a table.

Tel: +33 (0)5 63 31 27 41

Noble Bacchus

Located at 7 Place de la Mairie and serving wines, beers and tapas type food. There is seating inside and out. In the summer the kitchen stays open later than most restaurants.

Tel: +33 (0)5 65 30 51 53

La Pie

Located at 8 rue de la Pelisserie, next to the tourist office. They serve homemade French food, and on Sundays they make delicious pies to takeaway. Their Facebook page is the best place for the latest menu.

Tel: +33 (0)7 70 04 25 83

A la Table d'Antoine

Located at 5 Place de Payrols, close to the Church. They open for morning coffee and lunchtimes. They pride themselves on their homemade French food. Their Facebook page is a good place to check out their menus and opening times.

Tel: +33 (0)5 63 26 02 07

Zoga

Located at 17 Place du Buoc in the centre of the village. They serve homemade burgers and salads at lunchtime and in the evenings as well as tea and coffee during the day.

Tel: +33 (0)7 77 05 50 08

Le Festin de Babette

Located just across the River Aveyron, with a riverside terrace, this restaurant serves good French food and is an ideal place for a special celebration.

Tel: +33 (0)5 63 31 69 03

Le Moulin de Varen

Located in Varen, about a 20 minute drive (16 kms) from St Antonin. This restaurant is very popular so we'd suggest you book. They serve French food at lunchtimes and evenings. Its located by the water and a very pretty place for a stroll before or after your meal.

Tel: +33 (0)5 63 65 45 10

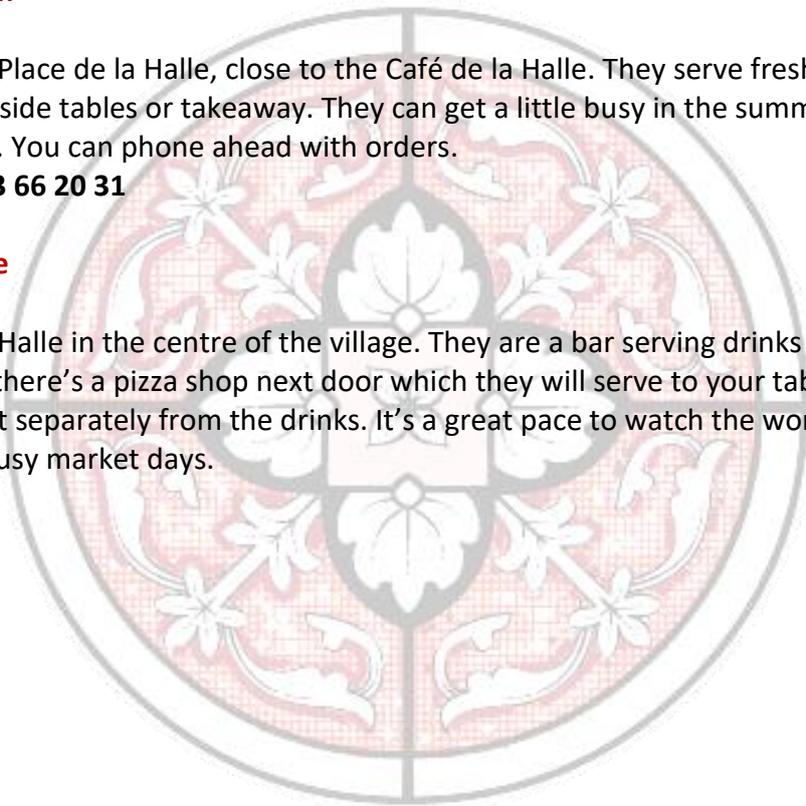
Birdy Nem Nem

Located at the Place de la Halle, close to the Café de la Halle. They serve fresh Asian food to eat at their outside tables or takeaway. They can get a little busy in the summer but it's worth the wait. You can phone ahead with orders.

Tel: +33 (0)6 03 66 20 31

Café de la Halle

Located at the Halle in the centre of the village. They are a bar serving drinks all day. If you're hungry there's a pizza shop next door which they will serve to your table – you just need to order it separately from the drinks. It's a great place to watch the world go by, especially on busy market days.



LOCAL ACTIVITIES

Canoeing and outdoor sports

For the more adventurous, there are plenty of outdoor activities to do in the area. Canoeing down the River Aveyron is very popular between June and the end of September and other activities include cycling and climbing tours.

There are a number of companies that operate along the river but two of the most popular companies are:

<http://www.nature-escapade.com/>

<http://www.locationcanoe.com/>

Guided walks

St Antonin Noble Val has a rich history, with the first occupation by monks around 860 C.E. The town as you see it today dates from around the 14th century and an excellent way to learn more is to take one of the guided tours organised by the tourist office. The tours run throughout the summer in French and English. The cost is 10 euros per person.

French Markets

The St Antonin Noble Val Sunday market is one of the best in the region. Held every Sunday throughout the year selling local produce and crafts. In the summer there's usually live music somewhere in the market. It stretches out though the village and impossible to miss. If you'd prefer a quieter market there are many in the region every day of the week:

Sunday: **St Antonin Noble Val**

Monday: **Caussade**

Tuesday: **Nègrepelisse, Albi**

Wednesday: **Albi, Septfonds**

Friday: **Montricoux, Gaillac**

Saturday: **Cahors, Albi**

If you like to know more about French markets, food and life, Marie-Claude a St Antonin resident offers a morning tour of a local market, where you can purchase food for a picnic, meet local producers and gardeners and soak up the local atmosphere. Prices from 50 euros per person. More details about the market tours, French lessons and more at

www.myfrecnchpass.com

Tel: +33 (0)6 84 18 86 35

Wine tours

We are lucky to be located close to two wine regions, Gaillac and Cahors.

The Gaillac wine region just south of St Antonin Noble Val is one of the oldest in France, having been established by the Romans. It is known for its excellent wines including a sparkling white that pre-dates Champagne. The geology and geography of the region play an important role of the production of the grapes, the soil is a rich limestone and cooler winds from the Atlantic, warm winds from the Mediterranean and north Africa all contribute to the flavour of the wine.

There are lots of vineyards to visit in the region for tours and tastings but our favourite is Clos Rocailleux ([www.closrocailleux](http://www.closrocailleux.com)). Its open for tastings between April to October and if you around on a Tuesday evening, we recommend their Apéro walk in the vines when Jack and Margaret will take you on a walking tour of their vineyard complete with wine tastings on the way.

Cahors wine region is probably a better-known region famous for its deep red Malbec wine. The typical Cahors wine is darkly coloured and has a meaty, herb-tinged aroma, with hints of spiced black cherries. You may have seen Argentinian Malbec for sale in non-French supermarkets but the Cahors version is the original.

Situated about an hour north of St Antonin Noble Val it has similar climatic conditions as Gaillac but richer soil from the base on the Lot Valley. The Cahors region spreads for 25 miles (40km) along a meandering section of the Lot River. The Lot rises in the hills of the Massif Central and winds slowly westwards through before flowing into the Garonne, which then continues on to Bordeaux.

Driving to Cahors will take almost an hour and the Lot Valley another 30 minutes. There are many vineyards to visit in the area but we would recommend Château de Cénac in Albas for wine tasting and tours.

Bazart

Located at 13 rue Saint Angel, close to the mayor's office, Bazart is a fascinating place for art lovers and a welcoming community hub. Home to a number of contemporary artists as well as a café serving tea's coffee and homemade cakes and soups. Local and visiting artists often runs day or weekend courses and well as showcasing their own work. For more information their website is www.lebazart.fr

Swimming

Located on Avenue Adrien Constans, the outdoor, solar powered swimming pool is just a few minute's walk from La Résidence and open from July to the end of September. There is also a tennis court on the site. From the pool there are great views of the gorge and sun loungers for you to relax on. Opening times vary during the summer, so please ask Lisa or Richard for more information. The price is 3 euros for adult swimmers and 1 euro for spectators.

Walking

The magnificent countryside around St Antonin Noble Val makes it the perfect base for exploring the countryside and offers walks for all levels of fitness. There are about 20 walking routes which start in St Antonin Noble Val that range from gentle walks along the river to steep climbs up the gorge. Lisa and Richard have a selection of maps of local walking routes for you to borrow.

