



From 28/03 to 01/11/2026

Adult: 13.50 euros

Child : 10 euros

Student: 11 euros

Large family: 43 euros.

From 02/11/2026 to 03/01/2027

Adult: 12.50 euros

Child : 9 euros

Student: 10 euros

Large family: 40 euros.

Free entry for children under 5.

Child entry valid for 5 - 17 years.

From 12/11 to 07/12/2025 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 08/12 to 14/12/2025 daily between 10 am and 6 pm.

From 15/12 to 21/12/2025 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 22/12/2025 to 04/01/2026 on Monday, Tuesday, Wednesday, Friday and weekends between 10 am and 6 pm.

Closed exceptionally on January 1st and December 25th.

From 05/01 to 01/02/2026 weekends between 10 am and 6 pm.

From 02/02 to 08/02/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 09/02 to 08/03/2026 daily between 10 am and 6 pm.

From 09/03 to 22/03/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 23/03 to 03/05/2026 daily between 10 am and 6 pm.

From 04/05 to 24/05/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 25/05 to 28/06/2026 daily between 10 am and 6 pm.

From 29/06 to 05/07/2026 from Monday to Friday between 10 am and 6 pm. Weekends between 10 am and 7.30 pm.

From 06/07 to 30/08/2026 daily between 10 am and 7.30 pm.

From 31/08 to 13/09/2026 daily between 10 am and 6 pm.

From 14/09 to 20/09/2026 from Monday to Friday between 10 am and 6 pm. Weekends between 10 am and 7.30 pm.

From 21/09 to 27/09/2026 daily between 10 am and 6 pm.

From 28/09 to 18/10/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 19/10 to 01/11/2026 daily between 10 am and 6 pm.

From 02/11 to 06/12/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 07/12 to 13/12/2026 daily between 10 am and 6 pm.

From 14/12 to 20/12/2026 on Tuesday, Wednesday, Thursday, Friday and weekends between 10 am and 6 pm.

From 21/12/2026 to 03/01/2027 on Monday, Tuesday, Wednesday, Thursday and weekends between 10 am and 6 pm.

Closed exceptionally on January 1st and December 25th.

Place du Palais de Justice

09000 **FOIX**

+33 (0)5 61 05 10 10

info@sites-touristiques-ariege.fr

www.sites-touristiques-ariege.fr/chateau-de-foix/



Discover the only museum in France where you can see every paper-making machine, still in operation today!  From 9 years old

Adult: 5.50 euros

Child: 2 euros

Student: 2 euros

Group adults: from 4.50 euros.

Free entry for children under 10.

Group rate available for 10 people or more.

From 01/07 to 31/08 on Wednesday, Thursday, Friday and weekends between 2.30 pm and 6.30 pm. Closed on Monday and Tuesday.

Chemin des papetiers - Prat du Ritou

09190 **LORP-SENTARAILLE**

+33 (0)5 61 66 13 97

contact@asso-ab.fr

www.asso-ab.fr/



SPÉLÉOLOGIE

 From 6 years old

One price: 40 euros.

All year round daily.

Place de l'Allée

09140 **SEIX**

+33 (0)6 08 95 49 93

nico@objectif-speleo.fr

www.objectif-speleo.fr/



SPÉLÉOLOGIE

 From 14 years old

One price: 50 euros.

All year round, daily.

Place de l'Allée

09140 **SEIX**

+33 (0)6 08 95 49 93

nico@objectif-speleo.fr

www.objectif-speleo.fr/



SPÉLÉOLOGIE

 From 14 years old

One price: 80 euros.

All year round, daily.

Place de l'Allée

09140 **SEIX**

+33 (0)6 08 95 49 93

nico@objectif-speleo.fr

www.objectif-speleo.fr/



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nico@objectif-speleo.fr
www.objectif-speleo.fr/

SPÉLÉOLOGIE

👤 From 14 years old
One price: 100 euros.
All year round, daily.
Place de l'Allée
09140 **SEIX**



One price: 40 euros
Group adults: 240 euros.
Group rate available for > 10 people.
All year round, daily.

Avenue Aristide Bergès Bureau d'accueil - Ancienne gare SNCF de Saint-Girons
09200 SAINT-GIRONS
contact@horizonvertical.net
www.horizon-vertical09.fr/

WORKSHOP TO CREATE A SMALL SCULPTURE "CHEZ MILIE"



ARTS PLASTIQUES

Initiation in 2 sessions of 3 hours: structure and modelling / sanding, painting and finishing. Group sessions (3-4 people) for children (aged 6 and over) and adults. Everyone leaves with their own creation. 🤝 From 6 years old

One price: 80 euros.
Group rate available for > 3 people.
Group sessions (3-4 people): make an appointment to find a date together.

If you'd like to offer this workshop as a gift, you'll find a corresponding GIFT VOUCHER in the store.

From 03/04 to 31/10/2025, daily.

18 rue Joseph Pujol
09200 SAINT-GIRONS

📞 +33 (0)7 68 08 58 75

emilie.passal@wanadoo.fr
www.emiliepassal.com/

ABBAYE DE COMBELONGUE



Nestling in a small valley in the Pyrenean foothills between Foix and Saint-Girons, Combelongue Abbey and its gardens, which have been awarded the Jardin Remarquable label, offer the charm and prestige of a place steeped in history.

Adult: 5 euros

Child: 3 euros.

Free entry for children < 7 years.

Group rate available for > 20 people.

From 01/01 to 30/06, daily.

From 01/07 to 30/09, daily between 3 pm and 6 pm.

From 01/10 to 31/12, daily.

Abbaye de Combelongue Combelongue
09420 RIMONT

📞 +33 (0)6 07 99 35 82

abbayedecombelongue@orange.fr
www.abbayedecombelongue.fr



From 01/01/2025 to 04/01/2026

Adult: 9.50 euros

Child : 6 euros

Student: 7.40 euros

Large family: 26 euros.

From 05/01/2026 to 03/01/2027

Adult: 10 euros

Child : 7 euros

Student: 8.40 euros

Large family: 28 euros.

Free entry for children under 5.

Child entry valid for 5 - 17 years.

From 15/12 to 21/12/2025 weekends between 10.30 am and 12.30 pm and between 2 pm and 5.30 pm.

From 22/12/2025 to 04/01/2026 on Monday, Tuesday, Friday and weekends between 2 pm and 5.30 pm and between 10.30 am and 12.30 pm.

Closed exceptionally on December 25th.

From 02/02 to 08/02/2026 weekends between 10.30 am and 12.30 pm and between 2 pm and 5.30 pm.

From 09/02 to 08/03/2026 on Monday, Tuesday, Thursday, Friday and weekends between 10.30 am and 12.30 pm and between 2 pm and 5.30 pm.

From 23/03 to 29/03/2026 weekends between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 30/03 to 02/05/2026 daily between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 04/05 to 28/06/2026 on Monday, Tuesday, Thursday, Friday and weekends between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 29/06 to 05/07/2026 on Monday, Tuesday, Thursday and Friday between 10.30 am and 12.30 pm and between 2 pm and 6 pm. Weekends between 10.30 am and 7 pm.

From 06/07 to 30/08/2026 daily between 10.30 am and 7 pm.

From 31/08 to 13/09/2026 on Monday, Tuesday, Thursday, Friday and weekends between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 14/09 to 20/09/2026 on Monday, Tuesday, Thursday, Friday and weekends between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 21/09 to 18/10/2026 on Monday, Tuesday, Thursday, Friday and weekends between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 19/10 to 01/11/2026 daily between 10.30 am and 12.30 pm and between 2 pm and 6 pm.

From 14/12 to 20/12/2026 weekends between 10.30 am and 12.30 pm and between 2 pm and 5.30 pm.

From 21/12/2026 to 03/01/2027 on Monday, Tuesday and weekends between 10.30 am and 12.30 pm and between 2 pm and 5.30 pm.

Closed exceptionally on December 25th.

Route de Montjoie
09190 **SAINT-LIZIER**
+33 (0)5 61 05 10 10

info@sites-touristiques-ariege.fr
www.sites-touristiques-ariege.fr/palais-des-eveques/

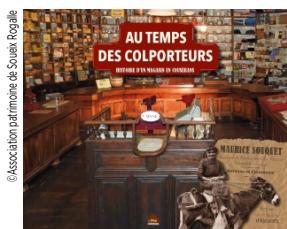


09200 **SAINT-GIRONS**
contact@horizonvertical.net
www.horizon-vertical09.fr/



- Ancienne gare SNCF de Saint-Girons
09200 **SAINT-GIRONS**
contact@horizonvertical.net
www.horizon-vertical09.fr/

LE MUSÉE DES COLPORTEURS



The former 'Maison Souquet' is a must-see if you want to understand the economic life of the Haut-Salat in the 19th and 20th centuries. Peddlers from the valleys used to order and buy supplies from this shop, which closed in the 1960s.

Adult: 3 euros
Child (5-15 years): 1.50 euros

Large family: 7 euros.

Free entry for children under 5.

Place de l'Eglise
09140 **SOUEIX-ROGALLE**
+33 (0)5 61 01 74 87 / +33 (0)5 61 01 74 87 / +33 (0)6 85 44 84 08 /
+33 (0)6 48 10 61 12
colporteur.soueix@orange.fr
<http://soueix-rogalle-patrimoine.over-blog.fr/>



Free access.
All year round, daily.
3 place de l'église
09190 **SAINT-LIZIER**
+33 (0)5 61 66 16 22

mairie@saint-lizier.com
www.saint-lizier.com/



Adult: 2 euros
Child: 1 euros.
From 01/07 to 31/08, daily between 2.30 pm and 7 pm.
Closed exceptionally on July 14th and August 15th.

From 01/09 to 03/11, every Saturday and Sunday between 2.30 pm and 6 pm.

Montée du Château
09140 **SEIX**

+33 (0)5 34 14 02 11 / +33 (0)7 62 42 70 25
culture.patrimoine@couserans-pyrenees.fr
<http://chateaudeseix.fr/>



Adult: 5 euros
Group adults: 4 euros
Set price group adults: 3 euros.
Free entry for children < 12 years.

From 01/06 to 01/10/2024, daily.
On demand.

305 Hameau de Maubresc
09200 **MONTJOIE-EN-COUSERANS**

+33 (0)6 03 70 63 87 / +33 (0)6 17 67 89 12 / +33 (0)6 07 33 49 54
museelenai@gmail.com
<https://museelenai.fr/>



Prices not available.
All year round on Wednesday, Thursday and Friday between 9 am and 1 pm and between 3 pm and 7 pm. On Saturday between 10.30 am and 12.30 pm and between 3 pm and 6 pm.

6 Ter Avenue René Plaisant
09200 **SAINT-GIRONS**
+33 (0)5 61 96 60 01
labrouche09@outlook.fr
www.biere-ariege.com/



From 07/04 to 31/05/2025
 Adult: 7 euros
 Child : 4.80 euros.
 From 05/07 to 31/08/2025
 Adult: 7 euros
 Child : 4.80 euros.

Free entry for children under 10.
 Child entry valid for 10 - 17 years.

rue de l'Hôtel Dieu
 09190 **SAINT-LIZIER**
 +33 (0)5 61 96 26 60

contact@tourisme-couserans-pyrenees.com

CREATING A LARGE SCULPTURE "CHEZ MILIE" WORKSHOP



ARTS PLASTIQUES

Creation of a large sculpture in 4 afternoons: structure, modeling - drying time - sanding, painting and finishing. Group sessions (3-4 people) for children (aged 6 and over) and adults. Everyone leaves with their own creation.  From 6 years old

One price: 170 euros.
 Group rate available for > 3 people.
 Group sessions (3-4 people): make an

appointment to find a date together.

If you'd like to offer this workshop as a gift, you'll find a corresponding GIFT VOUCHER in the store.

From 03/04 to 31/10, daily.

18 rue Joseph Pujol
 09200 **SAINT-GIRONS**
 +33 (0)7 68 08 58 75

emilie.passal@wanadoo.fr
www.emiliepassal.com/

CHEZ MILIE" SPOON-MAKING WORKSHOP



ARTS PLASTIQUES

Introduction in 2 sessions of 2 hours: modelling / sanding, painting and finishing. Group sessions (3-4 people) for children (aged 6 and over) and adults. Everyone leaves with their own creation.  From 6 years old

One price: 60 euros.
 Group rate available for > 3 people.

From 03/04 to 31/10/2025, daily.

18 rue Joseph Pujol
 09200 **SAINT-GIRONS**
 +33 (0)7 68 08 58 75
emilie.passal@wanadoo.fr
www.emiliepassal.com/

EQUIPMENTS

AU PAYS DES TRACES



8 Route de Miguet
 09190 **SAINT-LIZIER**
 +33 (0)5 61 66 47 98
info@paysdestraces.fr
<https://paysdestraces.fr/>



 Robert ROUJAS
 A painter of atmosphere, Robert ROUJAS is inspired in his paintings by attitudes or snapshots of life that he captures during his travels. Markets, streets, and characters in movement or in action are the source of his creations. Originally from the Midi-Pyrénées, he conveys his love of the land and heritage in his paintings. Apart from painting the local land and heritage, markets, streets and characters in motion or in action form the source of his creations, alongside various thematic compositions. He exhibits in many international shows, in which he is often awarded. You can meet him in his workshop-gallery (entrance on Chemin de Cescau) where a permanent exhibition awaits you. Visits by appointment all year round, or from 3 pm to 6 pm during the summer.

Free entry.

chemin de Cescau
 09800 **CASTILLON-EN-Couserans**
 +33 (0)5 61 96 70 71 / +33 (0)6 30 50 40 07
robert.roujas@wanadoo.fr robert.roujas@laposte.net
<https://roujas.guidarts.com/>



 **ESPACE SPA
PISCINE**

 From 3 years old
 From 20/12/2025 to 03/01/2026
 Adult: 9 euros
 Child : 5 euros

Season pass for adult: 40 euros.

From 07/02 to 07/03/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 21/03 to 17/04/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 18/04 to 02/05/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 04/05 to 30/06/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 01/07 to 31/08/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 01/09 to 16/10/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 17/10 to 31/10/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

From 02/11 to 07/11/2026

Adult: 9 euros

Child : 5 euros

Season pass for adult: 40 euros.

Child entry valid for 3 - 14 years.

From 20/12/2025 to 03/01/2026 on Monday, Tuesday, Wednesday, Friday and Saturday between 3.30 pm and 6.45 pm.

From 07/02 to 07/03/2026 from Monday to Saturday between 3.30 pm and 6.45 pm.

From 21/03 to 17/04/2026 on Monday, Wednesday and Friday between 3.30 pm and 6.45 pm. On Thursday and Saturday between 3.30 pm and 5.45 pm.

From 18/04 to 02/05/2026 on Monday, Tuesday, Wednesday and Friday between 3.30 pm and 6.45 pm. On Thursday and Saturday between 3.30 pm and 5.45 pm.

From 04/05 to 30/06/2026 on Monday, Wednesday and Friday between 3.30 pm and 6.45 pm. On Thursday and Saturday between 3.30 pm and 5.45 pm.

From 01/07 to 31/08/2026 on Monday, Tuesday, Wednesday and Friday between 3.30 pm and 6.45 pm. On Thursday and Saturday between 3.30 pm and 5.45 pm.

From 01/09 to 16/10/2026 from Monday to Saturday.

From 17/10 to 31/10/2026 on Monday, Tuesday, Wednesday and Friday between 3.30 pm and 6.45 pm. On Thursday and Saturday between 3.30 pm and 5.45 pm.

From 02/11 to 07/11/2026.

Allée des Thermes

09140 AULUS-LES-BAINS

 +33 (0)5 61 66 36 80

secretariat@thermes-aulus.fr

www.thermes-aulus.fr



CENTRE DE BALNÉOTHÉRAPIE
CENTRE DE REMISE EN FORME
ESPACE SPA

Prices not available.

From 19/12/2025 to 03/01/2026 from Monday to Saturday between 10 am and 12 pm and between 2 pm and 6 pm.

Closed exceptionally on January 1st and December 25th.

From 07/02 to 07/03/2026 from Monday to Saturday between 9 am and 12 pm and between 2 pm and 6 pm.

From 23/03 to 07/11/2026 daily.

Closed exceptionally on Easter Monday, Feast of the Ascension, Whit Monday, May 1st, May 8th, July 14th, August 15th and November 1st.

Allée des Thermes
09140 AULUS-LES-BAINS

 +33 (0)5 61 66 36 80

secretariat@thermes-aulus.fr
www.thermes-aulus.fr



ESPACE SPA
PISCINE

Adult: 4 to 4.50 euros

Child (3-17 years): 3 to 3.50 euros

10 tickets: from 25 euros.

Free entry for children < 3 years.

Group rate available for > 10 people.

Open every day

on Monday between 12 pm and 1.45 pm and between 5 pm and 8.15 pm. On Tuesday and Thursday between 12 pm and 1.45 pm and between 5 pm and 7 pm. On Wednesday between 12 pm and 1.45 pm and between 3.15 pm and 7 pm. On Friday between 12 pm and 8.15 pm. On Saturday between 2 pm and 6 pm.

Avenue Aristide Berges

09200 SAINT-GIRONS

 +33 (0)5 61 64 96 22

centre.aquatique@couerans-pyrenees.fr
www.centre-aquatique-du-couserans.com/



ESPACE SPA

 From 18 years old

From 01/01 to 31/12 on Monday between 10 am and 8 pm. On Tuesday between 10 am and 7 pm. On Wednesday and Thursday between 10 am and 7 pm. On Friday between 10 am and 8.15 pm. On Saturday between 10 am and 12 pm and between 2 pm and 6 pm.

Closed on Sunday.

Avenue Aristide Berges

09200 SAINT-GIRONS

 +33 (0)5 61 64 96 22

centre.aquatique@couerans-pyrenees.fr
www.centre-aquatique-du-couserans.com/

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GROTTE TOURISTIQUE / AUTRES SITES NATURELS AMÉNAGÉS

From 20/12/2025 to 04/01/2026
 Adult: 16.50 euros
 Child : 13.90 euros
 Family pass: 56 euros
 Student: 13.90 euros

Person with a disability: 9.50 euros.

From 07/02 to 30/06/2026

Adult: 17.80 euros

Child : 14.90 euros

Family pass: 61 euros

Student: 14.90 euros

Person with a disability: 11.50 euros.

From 01/07 to 31/08/2026

Adult: 18.80 euros

Child : 16.20 euros

Family pass: 65 euros

Student: 16.20 euros

Person with a disability: 12.50 euros.

From 01/09/2026 to 03/01/2027

Adult: 17.80 euros

Child : 14.90 euros

Family pass: 61 euros

Student: 14.90 euros

Person with a disability: 11.50 euros.

Free entry for children under 3.

Child entry valid for 3 - 11 years.

From 20/12/2025 to 04/01/2026 Last descent daily at 4 pm.

daily between 10 am and 11 am and between 2 pm and 4 pm.

From 07/02 to 09/03/2026 Last descent daily at 4 pm.

daily between 10 am and 11 am and between 2 pm and 4 pm.

From 01/04 to 30/06/2026 Last descent daily at 4 pm.

daily between 10 am and 11 am and between 2 pm and 4 pm.

Closed exceptionally on May 1st.

From 01/07 to 31/08/2026 Last descent daily at 5 pm.

daily between 10 am and 6 pm.

From 01/09 to 11/11/2026 Last descent daily at 4 pm.

daily between 10 am and 11 am and between 2 pm and 4 pm.

From 19/12/2026 to 03/01/2027 Last descent daily at 4 pm.

daily between 10 am and 11 am and between 2 pm and 4 pm.

Rivière souterraine de Labouiche Lieu dit Labouiche

09000 **BAULOU**

 +33 (0)5 61 65 04 11

contact@labouiche.com

www.labouiche.com/

©L.Ruhier



GROTTE TOURISTIQUE / AUTRES SITES NATURELS AMÉNAGÉS

Adult: 11.50 euros
 Child (5-17 years): 7.50 euros
 Large family: 32 euros
 Student: 8.50 euros.

Free entry for children under 5.

From 17/11 to 21/12/2025 weekends.

From 22/12/2025 to 04/01/2026 on Monday, Tuesday, Wednesday, Friday and weekends.

From 02/02 to 08/02/2026 weekends.

From 09/02 to 22/02/2026 on Tuesday, Wednesday, Thursday, Friday and weekends.

From 23/02 to 08/03/2026 daily.

From 09/03 to 05/04/2026 on Tuesday, Wednesday, Thursday, Friday and weekends.

From 06/04 to 01/11/2026 daily.

From 02/11 to 08/11/2026 weekends.

From 09/11 to 15/11/2026 on Wednesday and weekends.

From 16/11 to 20/12/2026 weekends.

From 21/12/2026 to 03/01/2027 on Monday, Tuesday, Wednesday, Thursday and weekends.

D119

09290 **LE MAS-D'AZIL**

 +33 (0)5 61 05 10 10

www.sites-touristiques-ariege.fr