

# A Day in FRONTIGNAN



Archipel  
DE THAU DESTINATION  
MÉDITERRANÉE

Simplement unique.

# Morning

## MARKET HALL

Have a leisurely start to your day with a wander around the market hall (Tuesday-Sunday morning, Place du Château). Seafood, fruit and vegetables, cheese... The very best local produce in Frontignan is yours for the taking! NB: a large traditional market springs up outside the market hall on Thursday and Saturday mornings.



 Bus n° 11, 12 and 16



## HERITAGE



Hire the Medieval Challenge trunk from Tourist Information. The scavenger hunt introduces you to Frontignan's old town on an exciting adventure. Archaeological relics, rampart ruins...

Ideal for an outing with family or friends! Take a trip back in time at the local museum and be sure to visit Saint-Paul Church (you can go up the bell tower on some days for breathtaking views).

# 12pm

## WINE TASTING

Mingle with winemakers, visit wineries and sample the famous local muscat. Whether it be from Frontignan or Mireval, this tippie is what made the Languedoc's sweet wines so famous over the centuries and was even served at royal and papal banquets.





1pm



## SATE YOUR APPETITE

Peckish? That's good, because you're in for a treat with our Mediterranean dishes and specialities! Frontignan town centre is bursting with eateries where you can enjoy fabulous local dishes. You can always grab a quick bite at the counter or have lunch at the market hall.



Bus n°11 et 12 and 16



Suitable for cyclists

3pm

## BLOW AWAY THE COBWEBS

Get active in the afternoon! Have a go at water sports in summer: sailing, paddleboarding, scuba diving, kitesurfing etc. You're spoilt for choice. Outside summer, go on a hike or a walk in one of our protected nature sites. The Massif de la Gardiole mountains, salt pans and Bois des Aresquiers woods are home to fantastic biodiversity including protected plant and animal species.



Suitable for cyclists



# Evening

## NATURAL HAVENS

Explore Frontignan's salt pans before sunset. You're bound to spot the fabulous flamingos. If you're nice and quiet, they'll put on quite a show. Soak up this beautiful and unspoilt natural haven on a guided tour or on your own on a hiking trail.



 Suitable for cyclists



# Evening



## LOCAL LIFESTYLE

There's lots on in summer: the sea festival, jousting tournament and more. Don't miss Les Emmuscades, film screenings in the vines. Simply unforgettable! Frontignan stages first class cultural events all year round Circus, concerts, literature and more. CinéMistral also screens the latest films and unmissable events!

### Top tip

Scan the QR code on the right to explore 23km of bike paths and routes



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