

LOURDES INSPIRATIONS

2023

STAYS, EXCURSIONS & TOURS
IN AND AROUND LOURDES

#EXPERIENCE #DISCOVER #EXPLORE

 **LOURDES**
Cœur des Pyrénées
— OFFICE DE TOURISME —

Access



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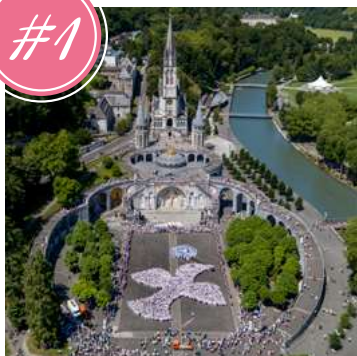


Pictos



- 5 reasons to travel to Lourdes -

#1



To discover **the Sanctuary**, a unique architectural complex in Europe, a famous and major pilgrimage place to experience once in a lifetime, whether you are a believer or a tourist.

#2



To discover the magnificent Pyrenees, **Gavarnie**, listed as **UNESCO** World Heritage, **the Tourmalet**, the legendary Tour de France pass, **the Pic du Midi** and its pontoon in the sky, nature at its purest in the mountains close to Lourdes. A fabulous trip.

#3



To benefit a value-for-money **base camp**, an ideal location for daily excursions, between mountains, lakes and the ocean, with a wide range of hotels, and a **must-see destination to select for every itinerary** in the South-West of France.

#4



To experience the **South-West** of France way of living, in a relaxed and easy-going atmosphere, with great simplicity and a long tradition of welcoming pilgrims and tourists from around the world. An accessible place, especially for people with disabilities. A very cosmopolitan city.

#5



To have access to a multitude of activities and sports, **cycling, hiking, trail running, wine tastings, cultural and gastronomic sight-seeing tours...** all the ingredients to be surprised and amazed!

IN LOURDES



The Sanctuary of our Lady of Lourdes

Guided visit or free visit



2h



#1



As a world-famous spiritual center, the **Sanctuary of Our Lady of Lourdes** welcomes millions of pilgrims and visitors every year. In 1858, the Virgin Mary appeared 18 times to the young Bernadette Soubirous.

The Massabielle **Grotto** is central to the history of Lourdes and its sanctuary. As the place where the Apparitions took place, it's a must for all pilgrims and visitors. Built in the second half of the 19th century and the first half of the 20th century, the three basilicas of the Sanctuary are must-see sites. The Basilica of the Immaculate Conception, easily recognizable by its tall spire, has stained-glass windows depicting the events in Lourdes.

The **Rosary Basilica**, in the Romano-Byzantine style, is covered with 2 000 m² of exceptional mosaics. Lastly, the **underground Basilica of St. Pius X** impresses everyone with its unusually large dimensions and features various stained-glass images in the gemmail style.



Not to be missed !



At 9 pm, the candlelight procession

Every evening, from April to October, thousands of pilgrims gather to walk and sing, flaming torch in hand. Whether you take part or just watch, it is always touching to witness this "magic" moment that brings people together from the four corners of the world. It is impossible not to be swept away by the power and beauty of all these flames, whose light spreads far beyond the Sanctuary.

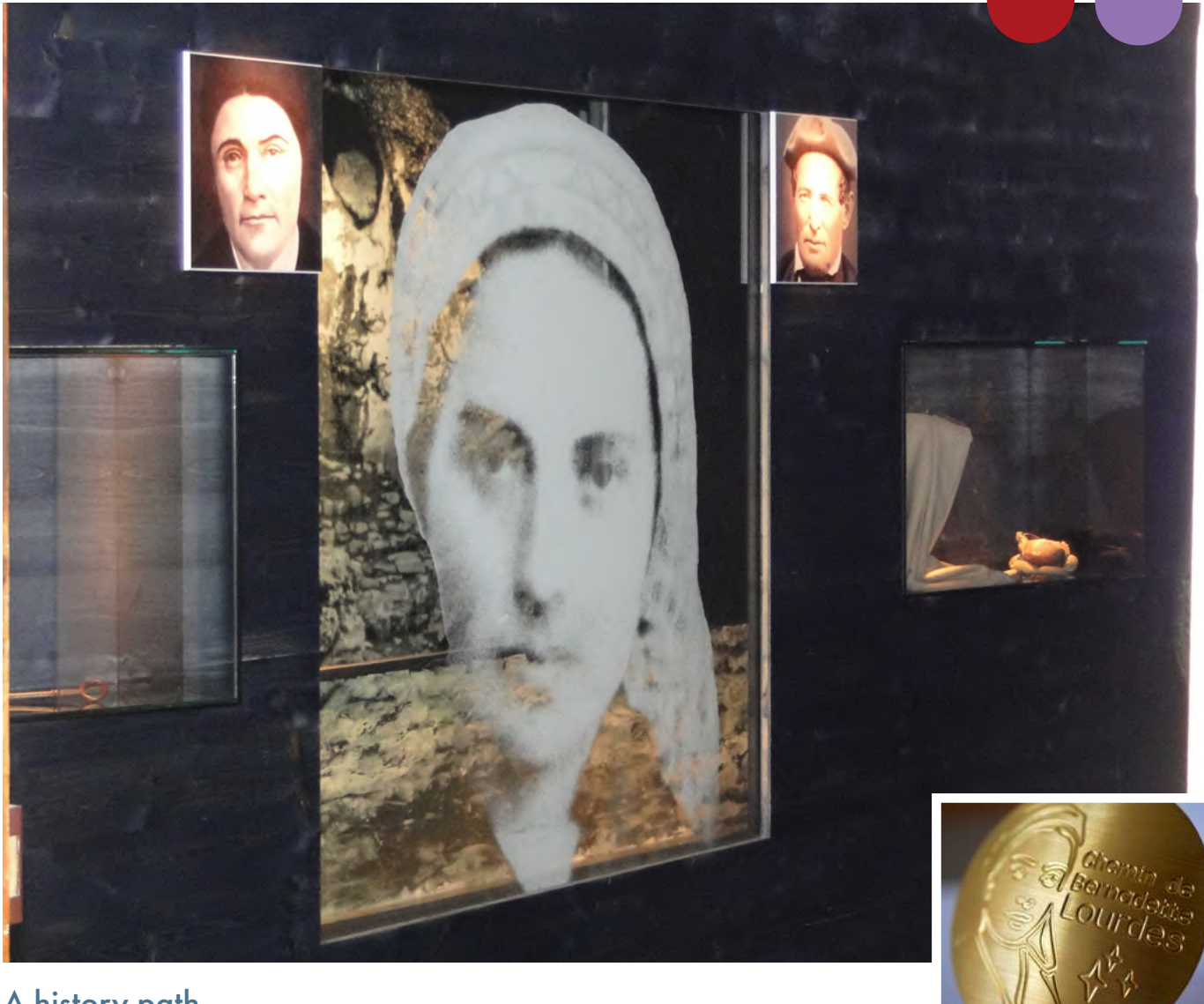
www.lourdes-infotourisme.com

The Bernadette's path

Guided visit or free visit



#1



A history path

Following in Bernadette's footsteps is a chance to discover the places that were familiar to her: the mill where she was born, the **Moulin de Boly**, the gloomy **Cachot**, a former dungeon where she lived with her family at the time of the Apparitions in 1858, the **Hospice** where she was educated by the Sisters of Nevers and where she took her First Communion, the **parish church** where you can still see the baptismal font used at her christening, the **old Presbytery** where she met Abbot Peyramale, and the Maison Paternelle, known as the **Moulin Lacadé**, was home to Bernadette's parents after the apparitions.

This is a walking tour. You can start from the **Museum of St. Bernadette**, a museum telling the story of her life through objects that belonged to her. You can follow the itinerary on your own or accompanied by a cultural guide.

The Pic du Jer Funicular

Guided visit or free visit



1h30



#1



The best view over the Pyrenees from Lourdes !

The Pic du Jer, that overlooks the town, can be recognized by its big cross, which is lit up at night. You can reach it by taking a **hundred-year-old funicular**, which will take you to the top at an altitude of 1 000 meters in a few minutes; a very scenic journey... At the top, **a walking trail** will take you to the observatory, where you will find a **unique panoramic viewpoint** offering a 360° view of Lourdes and the peaks of the Pyrenees.



The Pic du Jer caves

During a 40-minutes visit, a guide will lead you through the 360 m. of tunnels featuring **various concretions and chasms**. You can also learn about the **great faults** which appeared when the Pyrenees were formed. On leaving the tunnel, the guide will tell you all about the surrounding landscape, rounding off what is sure to be a rewarding discovery of an underground world.

www.picdujer.com/en

The Fortified Castle and the Pyrenean Museum

Guided visit or free visit



#1

The Castle stands proud on its rocky spur (easy access via a lift). Over the centuries, the Castle has had many uses, as a counts' residence, a royal prison and a barracks, but has withstood the ravages of time. As a result of its role in defending the population and controlling access to trade routes, particularly towards Spain, it developed a range of defensive and attacking features that can still be seen today: keep, drawbridge, portcullis, watchtowers, walls and artillery platform.



At the beginning of the 20th century, Louis and Margalide Le Bondidier, a couple from Lorraine, arrived in the Pyrenees following a job transfer with the French Treasury and immediately fell in love with the mountains. From Mont-Perdu to Vignemale, Louis and Margalide completed one ascent after another. They became recognized as Pyrenean climbers and two summits were named after them: Pic Le Bondidier and Pic Margalide.

Curiosity about the culture of their adoptive region encouraged them to become involved, each in their own way, in Pyrenean and tourist institutions and in ethnographic research. They eventually became involved in setting up a museum in the castle.

The Pyrenean Museum was inaugurated in 1922: it recounts the history and cultures of the French and Spanish Pyrenees from the 19th century onwards. Alongside reconstructions of domestic interiors, Pyrenean life is reflected through festive costumes and beliefs.



There is also an outdoor circuit covering the botanical garden, models of traditional Pyrenean houses and a reconstruction of a Pyrenean cemetery.

www.chateaufort-lourdes.fr/en/accueil_en.html

The Covered Market

Free visit



30 min



#1



If there is one place you really must visit in central Lourdes, it's **the Halles de Lourdes**. Its remarkable architecture is eye-catching.

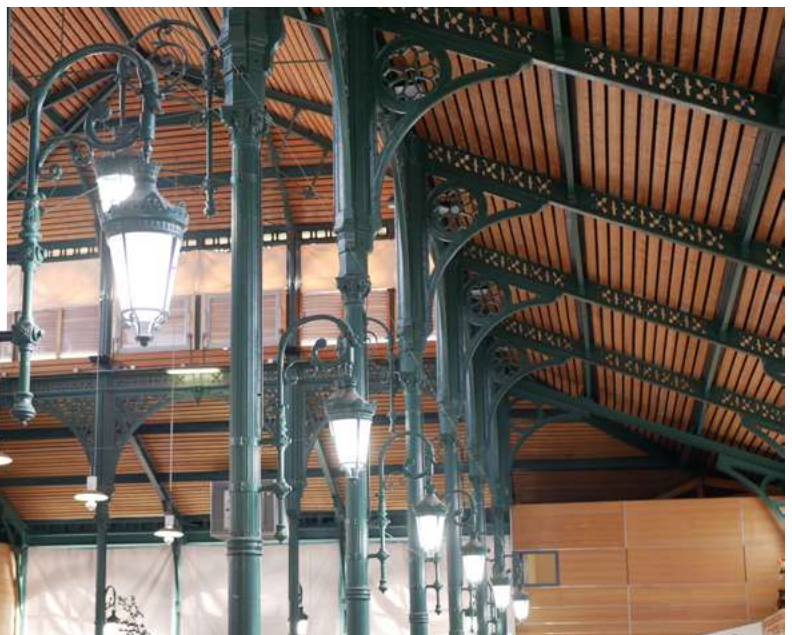
Step through its gates and discover all the gastronomic expertise of the local area. You can meet **producers and traders** who will be delighted to show you all the products of **the Pyrenees**.



The cheesemongers will gladly introduce you to fabulous specialties like '**Tomme des Pyrénées**'.

Be sure to drop by the patisserie stands and discover the famous '**gâteau à la broche**', the Pyrenean festive spike cake. Unless you prefer to indulge in a slice of the local pie, the '**tourte des Pyrénées**'...

You can also taste local wines such as **Madiran** or **Jurançon**, unless a **local beer** is more to your liking... to be enjoyed responsibly, of course!



The Lourdes Lake

Free visit



1h



3km



Just 3 km from the city center heading towards Pau, **the glacial lake** of Lourdes is an amazing place to relax and enjoy a wide variety of activities. The 6-km walk or bike ride around the lake is a must, offering superb views of the Pyrenees and the **golf** course. You can also go canoeing, stand-up paddling... and **fishing enthusiasts** will also find plenty to enjoy.

The Lourdes Pyrenees Golf Club

Created in 1998, the golf course lies on the south side of Lourdes Lake in a magnificent site: in the middle of a forest of conifers, overlooking the clear water of the glacial lake, the majestic presence of the Pyrenees instils calmness and power into your stroke.

The **18-hole**, 72 par golf course is 5 600 m. long and **pleasantly hilly**; this topography makes the game a proper sporting challenge. Players can hire golf cars, making access easy for all.

www.lpgc.fr



Fishermen's paradise

The lake, listed as a 2nd category lake, is highly prized by fishing enthusiasts. On the banks or from a boat, you can fish for carp, roach, tench, pike, zander, perch and black bass. A night carp fishing trail is also accessible on the golf course side.

www.pechehautespyrenees.com



The Little Tourist Train

Audio-guided visit



45 min



Explore Lourdes with the Little Train!

Embark on a **45-minute tour** through the must-see places in Lourdes. The Little Train allows every visitor to quickly familiarize with the city. The comments are available in **8 languages**: French, English, Spanish, Italian, German, Dutch, Portuguese and Polish.

www.lourdespass.fr/en



The City Center and Castle / Museum visit

Guided Tour



1h



2km



Discover Lourdes differently! Follow in the footsteps of its past, we will reveal its secrets to you... **From an ancient Roman necropolis to its market places, from medieval remains to its fountains, Lourdes will not fail to surprise you.**

The tour continues with a visit of the Castle and its **Pyrenean Museum**.

A **medieval stronghold**, it became a royal prison and then a museum in the 20th century. Through its exhibition rooms and its breathtaking view of the town, **the Sanctuary and the Pyrenees**, the history of Lourdes is revealed in a different way.

Visits on Wednesday mornings from 10 am to 12 pm in July and August, 20 people maximum.

Booking upon request possible for groups at other dates and hour.

www.lourdes-infotourisme.com

12€



Lourdes Food Tour

Guided activities



3h



2km



Embark on a **100% Pyrenean taste experience.**

You are a good foodie, you want to discover the region and its gastronomy, to live a convivial moment?

This food tour is for you!

We will give you the best of the best in 3 hours and for your pleasure, we will take you on a nice walk through the historic streets.

You will find :

- A moment of conviviality and discovery
- 6 tasting spots for a richer experience
- 2 wine tasting (or soft drinks for the youngest)
- An unusual walk
- A passionate local guide



12 people maximum

www.lourdes-infotourisme.com

68€
/pers



A group of five hikers is seen from behind as they walk along a narrow, rocky trail. The hiker in the foreground is a young woman with blonde hair in a ponytail, wearing a bright yellow t-shirt and dark shorts. Behind her are four other hikers: a man in a blue shirt and backpack, a woman in a light blue shirt, a man in a teal shirt and backpack, and a woman in a dark shirt. The trail is flanked by dense green bushes and shrubs. In the background, a steep, rocky mountain rises, covered in patches of green vegetation. The sky is clear and blue.

AROUND LOURDES

The Pic du Midi

Guided visit
or free visit



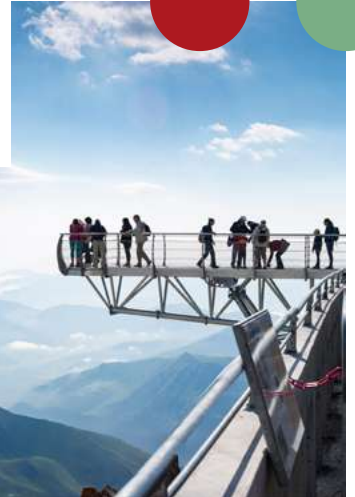
1 day



92km

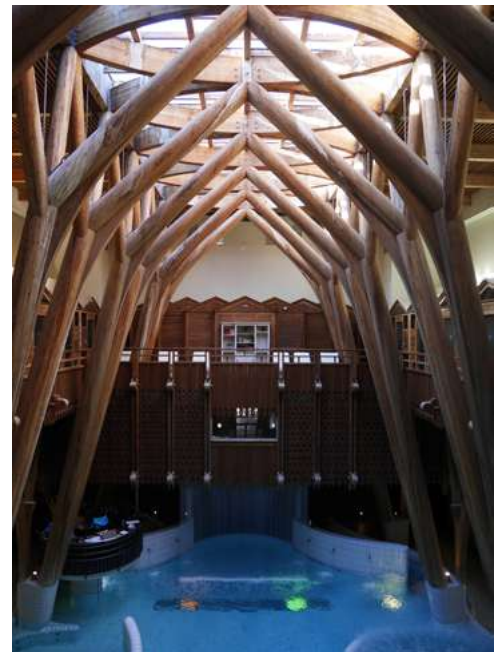


#1



To make the most of your first day on top of the Pyrenees, leave Lourdes nice and early and head for Bagnères-de-Bigorre then La Mongie ski resort, the departure point to the **Pic du Midi**.

You will not forget the cable car ride to the top in a hurry! You ascend the 1 000 m. altitude in less than 20 minutes in one of the two cable-car cabins to the Pic du Midi **panoramic observation terrace**. The summit **museum** is worth visiting. And remember to book your place on the voyage among the stars in Europe's highest **planetarium**, opened in the Couple Baillaud, which holds an important place in France's scientific history. You can also relive the Pic du Midi observatory's history through augmented reality using an **Histopad**. For thrill seekers, come and live a dizzying experience with the «**bridge in the sky**». Lunch on a selection of local dishes at "**Le 2 877**" **restaurant**.



In the shadow of the Pic du Midi, at an altitude of 2 115 m., **the Tourmalet** pass is legendary. The Tour de France covers it every year and cycling enthusiasts from all over the world come here to tackle the ascent.

To recharge your batteries, make a stop at the **Aquensis spa** in Bagnères-de-Bigorre. It is a veritable cathedral of wood, glass, and marble, pure pleasure and wellbeing. Soak up the joys of hot and invigorating thermal water!

Gavarnie

Accompanied visit
or free visit



1 day



98km



#1



Become acquainted with a stone giant, Victor Hugo's «colossus of nature», listed as a **UNESCO World Heritage site**: the Cirque de Gavarnie. You can get up close and personal with this wonder, carved out by the glacier that created the valley here.



From the far end of the village of **Gavarnie**, you set off on a two-hour walk (round trip) to the foot of this mighty Cirque. Easy to start with, the route becomes more challenging towards the end, but your hard work is doubly rewarded by the sight that greets you at the foot of the **monumental waterfall** (Europe's biggest!). And if you are not up to walk, it is possible to get there on a donkey.

Back in the village, reward yourself with a drink on a sunny café terrace while admiring the view, then trot off to see the Church of St John the Baptist, **a Historical Monument and Unesco World Heritage Site as part of the 'Routes of Santiago de Compostela'**.

Next, return to your car to follow the road down to Luz-St Sauveur and stop off at **Pont Napoléon** to admire this bridge that appears to hang in thin air above the Gave River.

Then add an extra stop at **Atelier Sajous** in Beaucens and discover a specialty from the area: **the Noir de Bigorre**. Pork from these pigs is a **famous and luxurious product**, known for its tasty fat, unique flavor and distinctiveness.

www.gavarnie.com
www.pierre-sajous.com

Cauterets - Pont d'Espagne

Accompanied visit
or free visit



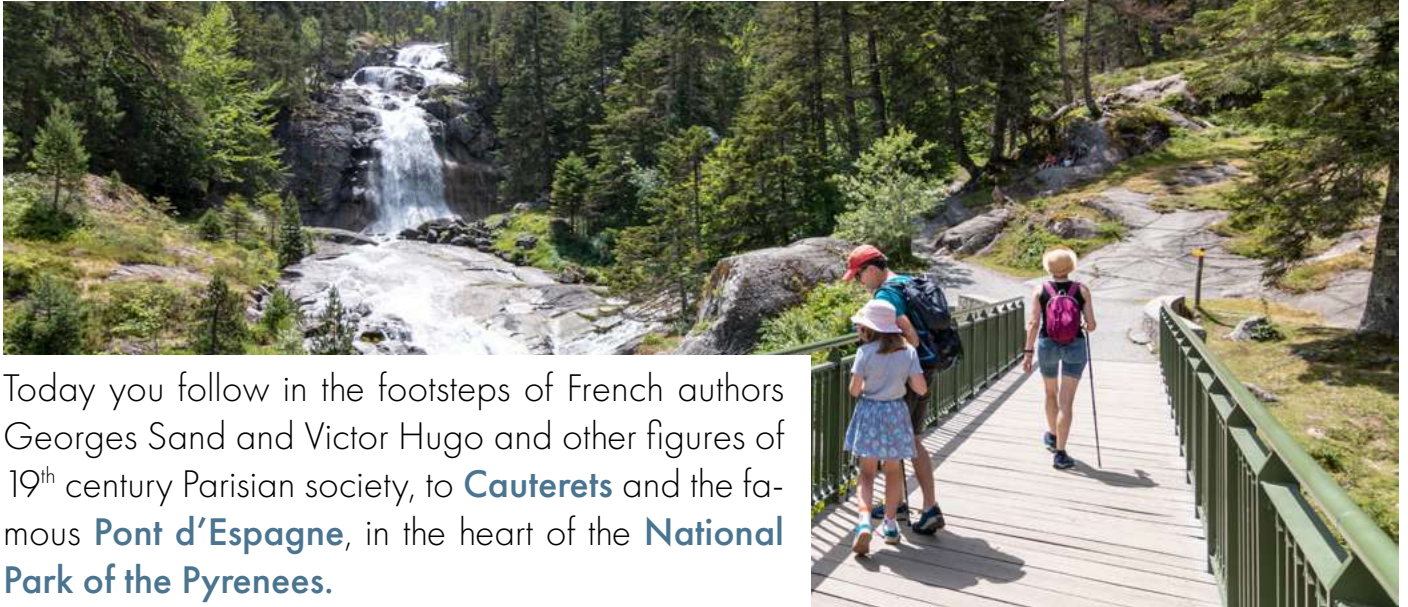
1 day



76km



#1



Today you follow in the footsteps of French authors Georges Sand and Victor Hugo and other figures of 19th century Parisian society, to **Cauterets** and the famous **Pont d'Espagne**, in the heart of the **National Park of the Pyrenees**.

The **Pont d'Espagne**, 7 km from Cauterets, is a former pastoral route that enabled France to trade with Spain. As a gateway to the **National Park**, the bridge is now a starting point for rambling through forests, rivers, waterfalls, lakes and breath-taking scenery. There is a lovely walk up to the radiant **Lac de Gaube** at the foot of the mighty peak of **Vignemale**, the highest peak in the French Pyrenees. It is a stiff climb, but there is an easy way up via the gondola and the chairlift. Picnic by the lake or enjoy lunch at the lakeside restaurant in the beauty of the surrounding scenery.

Do not head back down the valley before taking a stroll through the village of **Cauterets** to admire the **Belle Époque** architecture of this spa resort, where taking the waters was the height of fashion in the 19th century. Cauterets is also well-known for its **berlingots**: this artisanal confectionery is the essential delicacy of the small spa town.

And why not experience the healing properties of the naturally hot water that made Cauterets' name? Try the **Bains du Rocher**, where you can soak in the magnificent 200 m² outdoor pool.



www.cauterets.com

Val d'Azun

Self-guided tour



1/2 day



25km



A unique atmosphere

The simplicity of the inhabitants creates a warm, friendly and authentic atmosphere. Respect for nature, self-respect and respect of others are the most evaluated values in the valley. This land, inside the National Park of the Pyrenees, is a refuge, as well as a useful working tool and a resting place for anyone wishing to escape from the daily tumult. Inspiring, it is a setting that lends itself perfectly to creative and spiritual growth.



Val d'Azun-Pyrenees cheese

All year round, the herds are fed thanks to the local resources, and they can then produce delicious products such as the stamped cheese "Val d'Azun-Pyrenees". From cow, sheep or 'mixed', these cheeses are above all the fruit of a common will: that of the farmers of the valleys who are keen to promote their territory rich in traditions and know-how through a singular identity. To bite into these local products is to taste the best of the Pyrenees.

Outdoor activities

Val d'Azun cannot be restricted to a single discipline as its diversity of landscapes offers many possibilities. If it is rather obvious that hikers will find the right match for their needs, trailers, skiers and cyclists will not be left out!

Possible activities:

- Short hiking to the Soulor pass or the Couradueque pass
- Cheese tasting
- Walk around the Estaing lake
- Hiking in the Pyrenees National Park



The Betharram Caves

Guided visit



2H30



26km



The Betharram Caves are the most beautiful in Europe and certainly the most curious to visit. Discovered in 1819, it was one of the first caves open to the public.

A 2,8 km underground walk allows the visitor to visit three levels of river-dug galleries in the limestone mountain.

The visitor enters the mountain through a natural opening: the upper part includes vast rooms rich in concretions. The lower part follows a natural fault, witness to the work of the water. The visitor exits through an artificial tunnel dug from 1913 to 1924.

Visits to the caves aboard a combination of mini-train and barge last around 1 ½ hours.

www.betharram.com

Hautacam

Free visit



1/2 day



52km



At the gates of Lourdes, at an altitude of over 1 500 m., lies **Hautacam**. Both a **ski resort** and year-round **leisure park**, Hautacam offers a wide range of activities for children and adults to enjoy.

One of the great advantage of the **mountain luge** is the opportunity to sledge downhill all year, whatever the season. Alone or with another person, you sit on a sledge safely attached to secure rails, and travel 800 m. downhill at high speed or at your own pace, as you are in control of your speed.

Rolling Bubble, Big Air Bag, giant toboggans, bikes on zip lines, electric scooters, Deval Kart, Hautacam offers a variety of great activities throughout the year.



www.hautacam.com

The Pyrénées Animal Park

Self-guided tour



3h



24km



Ranked among the 3 most beautiful parks and zoos in France!

Located in Argelès-Gazost, the **Pyrenees Animal Park** invites you to have an unforgettable experience. A travel through 14 hectares of nature enables every visitor to discover nearly 100 animal species including: marmots, otters, lynx, brown bears, gray wolves, vultures, ibexes or even red pandas, meerkats, gibbons and songbirds of the rainforests.

The visitor can have a lot of closeness and interaction with the animals. It is possible to feed marmots and have birds land on one's arms.

The park is doubly important given that many of the species here have either disappeared in the wild or are teetering on the brink of extinction – most notably the brown bear.



Chloro'Fil Park

Guided activities



2-3h



12km



Tree-climbing circuit at the Acrobatic Park, also called the Pirates' Wood, or white-water activities, the Chloro'Fil Park is a huge playground for adventure.

Here, adventure in the trees is practiced from the age of 4: guaranteed sensations for all and in complete safety thanks to the continuous lifeline system. The courses are progressive in height and difficulty, and allow you to learn about tree climbing and/or to challenge yourself - for the sporty ones - on more challenging courses whose difficulty goes up and down, from the green course to the black course, passing by the purple courses, very very aerial... (We won't tell you more... except that there are some very long zip lines).

White-water rafting, mini-raft or hot-dog trips are available from 6 years old. Embark on a discovery or sporting descent on the Gave de Pau River. The instructors know the secrets of each rapid: they will guide you and guarantee you an unforgettable half-day adventure!

The Park is equipped with a fleet of powerful and attractive all-terrain electric scooters!

Equipped with FAT wheels, suspension fork, double battery and top-of-the-range brakes, these little scooters can easily tackle the mountain trails and the uneven terrain of our territory. Easy to use, easy to handle and comfortable, come and discover the valley's treasures on the Chloro'Fil scooters!

The site is open from April to October.



www.chlorofil-parc.com

Madiran

Guided tour



1 day
(including a 4-hour
tour and lunch)



124km



#1



A small appellation of 1 400 hectares located along the border between the Pyrénées-Atlantiques, the Hautes-Pyrénées and the Gers. The vine was introduced to Madiran by Benedictine monks in the 11th century.

In 1948, the modern history of Madiran wines began with the creation of the AOC (Controlled Origin Appellation).



From then on, the cultivation of vines experienced a new boom in the region. In the 1980's, under the impetus of a few pioneers, the appellation began a shift towards the production of quality wines. From the 2000's onwards, the Madiran winegrowers asserted their expertise and had their moment of glory.

Tannat, the king grape variety from the Pyrenean foothills, is the basis of the identity and originality of Madiran wines. This rare grape variety now represents nearly 70% of the appellation's vineyards. It flourishes wonderfully on the unique and exceptional terroirs of the rolling hills of Madiran. The complementary grape varieties are Cabernet Franc and Cabernet Sauvignon.

Alain Brumont's Vineyards

Visit of Châteaux Montus & Bouscassé and lunch at the Table de Bouscassé

- Introduction to Alain Brumont's philosophy
- Visit of both Château Montus & Château Bouscassé, discovery of two emblematic plots of La Tyre and Menhir, followed by wine tasting
- An exceptional lunch cooked with the seasonal production of the 1 000 m² Château Bouscassé vegetable garden and the excellence of the South-West agrifood production.

Jurançon

Guided tour



1/2day



48km



#1



«*Bî dou Rey, rey dous bîs*» (*King's wine, King of wines*)

This pretty motto is written in capitals at the entrance of the city hall of Jurançon. The village is quite proud of the wine that carries its name. Made famous by King Henri IV baptism, the Jurançon white wine was served during big ceremonies of the Maison de France. Today it still can be found on the finest menus during national and international events.



More than 360 winegrowers produce Jurançon dry wine, but also sweet wines which create great bottles with complex aromas and great ageing potential.

Cave de Gan

During your visit, you will discover the backstage of the wine making process, by retracing with your guide the journey of a grape, from its arrival on the reception platform of the harvest to the bottling of the wine.

Throughout your tour, you will discover the press room, the fermentation tanks, the superb semi-buried ageing cellar and its exhibition of Gallo-Roman mosaics from the 4th century (found in the ruins of the Roman villa of Pont d'Oly located in the city of Jurançon).

The visit obviously ends with wine tasting accompanied by local products.

www.cavedejurancon.com/la-cave/visite-de-la-cave.html

Option

Clos Lapeyre

Visit and discovery of Jurançon: history of Clos Lapeyre, presentation of the vineyard and the Jurançon PDO, visit of the vineyards, the cellar and the small museum followed by a 5-wine tasting from the estate.

www.jurancon-lapeyre.fr/en/welcome-to-our-cellar/

Local Breweries

Self-guided tour



1/2day



65km



Organize a road trip to meet local beer producers.

Each brewery has its own identity, its own originality and creates its beers in a traditional way with water from the mountains, cereals and malt.

Each visit includes a tasting and a meeting with the producer. It will also be an opportunity to drive through the valleys and discover beautiful landscapes.

Brasserie des Aouïts

From the recipes to the crushing of the malt and the bottling, everything is done by hand in the pure tradition of traditional beers brewing. Located in Lourdes.

Brasserie du Pays des Gaves

The beers are brewed in Argelès-Gazost, from a clever mixture of water, cereals and hops according to recipes created in Bigorre. They are now brewed on site in Argelès-Gazost.

Brasserie du Pays Toy

Located in Sassis, this craft brewery produces a selection of English-style beers, made with mountain water and the best hops and malts.

Cycling

Self-guided tour



1/2day



50km



The **Pyrenees** are an ideal playground in France for cycling (road, mountain and gravel bikes). In any season, whatever your activity and your sporting ability, enjoy yourself here at the heart of wide open spaces, natural and preserved sites.

Road cycling

Known worldwide by all cycling fans thanks to the Tour de France, this part of the Pyrenees concentrates many mythical passes and climbs: Tourmalet, Aspin, Aubisque, Soulor, Luz Ardiden, Hautacam... There are no less than 14 passes or climbs easily accessible from Lourdes.

To climb the most mythical pass of the destination, the Tourmalet pass, there are two main routes. You can access it either via Bagnères-de-Bigorre or via Luz Saint-Sauveur. In both cases, the pass is about 50 km from Lourdes and the loop can be done in half a day.

Mountain biking and Gravel

There are sites for downhill enthusiasts: the Pic du Jer (Lourdes), which is world famous thanks to the UCI DH Mountain Bike World Cup.

You can also find many itineraries for mountain bike trips: in total, more than 1 000 km of tracks and trails to practice your passion.

In recent years, thanks to a few enthusiasts, the destination has also become more and more popular for Gravel rides. You can easily leave the airport tarmac to discover other routes: towards the Soulor pass, the Cabaliros climb, along the Gave de Pau River and even up to the Tourmalet pass.

Practical Information

Guides

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Incoming Agencies

Costa Voyages

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www.costa-voyages-lourdes.com

La Maison du Pèlerin Sélectour

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Voyages Lasbareilles

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Transfers upon request - Taxis

Allô VTC Lourdes

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www.allovtc-vipservices.com

Prestige Tour

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Taxis Services Lourdes

+33 562 42 08 08
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www.taxislourdes.fr

Coach Companies

The list of coach companies located in Lourdes : upon request



By car

Highway A65 Bordeaux - Pau
et autoroute A64 Toulouse -
Bayonne
Exit Tarbes Ouest (A64/N°12)
or Soumoulou (A64/N°11)



By bus or car pooling

Operated by Flixbus or Blablacar
www.blablacar.fr



By Train

Train station - 33, avenue de la Gare
www.oui.sncf

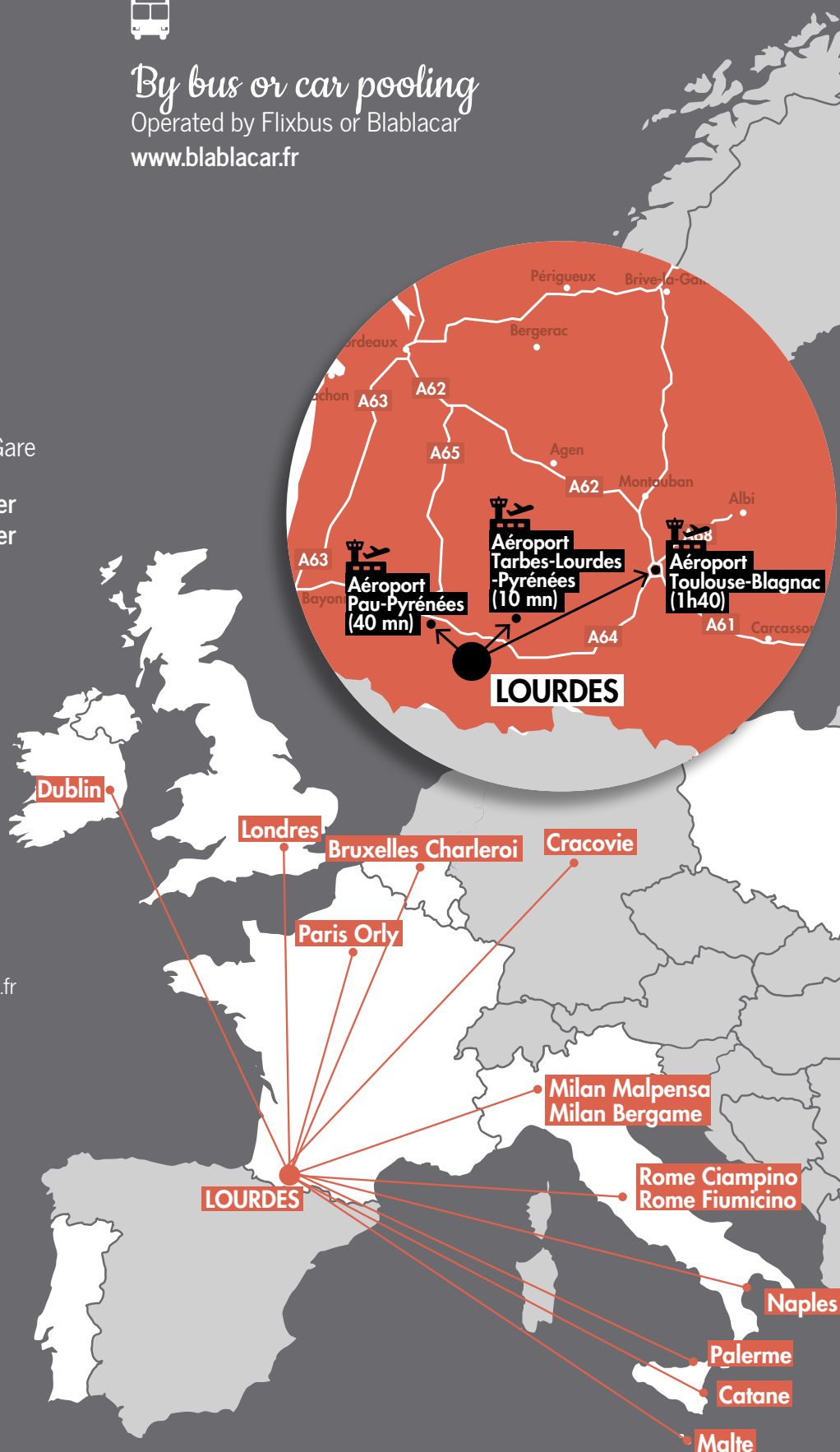
- 3 min. by Bus to the city center
- 7 min. on foot to the city center



By Plane

Airport Tarbes Lourdes Pyrénées
BP 3 - 65290 Juillan
(located at 10km from Lourdes)
Tel : +33 5 62 32 92 22
aeroport.tarbes-lourdes@aeroports-laregion.fr
www.tlp.aeroport.fr

→ 20 min from Lourdes city center.



Contacts



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