

# MARKETS & SHOPS

## MARKET DAYS

Visiting a local Languedoc market is always a real treat. Buzzing with life, full of colours, aromas and sounds; the market is where you will find some of the best local produce and specialties in the south of France.

There are a multitude of markets that bring the region to life, in the towns there are flowers, fruits and vegetables, organic markets, farmers' markets, antiques and flea markets of all kinds. Without forgetting the covered markets, where the best regional producers await you. By the sea, there are traditional markets with seafood and shellfish. And in the wine regions, every day you can find a traditional market in one of the villages.

As with any market, it's best to get there early to find parking. Many markets in France end at lunchtime or the best produce is gone by then. The markets in France are largely intended for local products (farmers' markets). The odds and ends and old objects are mostly found in the "Vide Greniers".

Garage sale / flea markets and flea market / antiques.

Every Sunday, hundreds of these events take place in the region.

You can check where and when via this link:

<https://vide-greniers.org/11-Aude>

## LOCAL MARKETS

### Mirepoix (26 minutes)

Monday morning in the square

### Limoux (17 min)

On Fridays in the square (clothes, incense, baskets) and in the free parking lot there is more than one food market (sometimes change the day on that one). There is also a smaller Sunday morning market most weeks and a brochant (flea) market on the first Sunday of every month.

### Carcassonne (36 min)

The perfect excuse to soak up French life by strolling through the old town of Carcassonne, often overlooked by the famous citadel. There are a few markets here, but Saturdays are the best.

Tuesday, Thursday, Saturday at Place Carnot

Sunday - local farmers at Place Barbacane

Every morning along Les Halles.

### Castelnaudary (32 min)

Mondays at Place Verdun Cours de la République

## MARKETS FURTHER AFIELD

Pamiers (52 min) Tuesday, Thursday and Saturday.

Bocage de Montbrun (1h23) Sunday

Narbonne (1h10) on Thursdays and Sundays

Foix (1 h 3 min)

Farmers' markets are held on the first, third and fifth Monday of every month and every Friday. The local farmer's and craft market takes place on Tuesdays and Wednesdays from 9 a.m. to 7 p.m. from July to August.

Pézenas market (1 h 42 min)

Certainly one of the best markets to visit in Languedoc on a Saturday is Pézenas. Taking over the whole city and offering a wonderful array of artisan food, clothing, flowers and curios, this is truly the place to be. It is extremely popular in the summer, but well worth a visit for its atmosphere. In the heart of the ancient capital of Languedoc, the market shows what Pézenas is: a truly magnificent market in a truly magnificent city.

Narbonne market (1h10)

While most of France is closed on Sundays, visiting the Narbonne market gives you a burst of life. Along the canal, the market mainly sells clothes, leather goods, shoes, etc. But there is a wonderful indoor food market you shouldn't miss. The food is excellent here, especially the cheese and pâté. And there is a wide range of restaurants serving seafood to tapas.

Collioure Market (2 hr 11 min)

A little further, on the Spanish border, but well worth a day trip, is Collioure. A magical port city, which has attracted many artists over the years. The Sunday market is very popular.

Marseillan market (1 h 47 min)

There is a large garage sale (car trunk market - literally "empty loft") in Marseillan every Sunday. While there can be a lot, there is also a lot of treasure!

Valras Plage market (1h 32)

The Valras Plage market is worth a visit. The fish stalls in the indoor market are excellent, selling squid, crabs, octopus, skates, etc. You will also find a lot of fruits, vegetables, cheese, clothes, furniture, etc. he.

Held on Monday.

Olonzac (1h 7min)

Famous market organized on Tuesdays. There is a good mix of food, clothing and bric-a-brac along the main street of the village, with many small cafes and restaurants to sit and soak up the atmosphere.

Roquebrun market (1h 48)

Roquebrun is a delight every day of the week. Perched on the banks of the Orb, it is a very picturesque setting within the Languedoc Regional Park. There is a market here on a Tuesday and

Friday, but the other reason to come here is the local wine, which is generally excellent. Produced under the Saint Chinian appellation, the wines of Roquebrun are highly respected.

#### Cap d'Agde market (1 h 43 min)

It only takes place during the summer months (June to September). This craft market features local producers from the Haut Languedoc region and covers everything from honey and cheese, to cold meats and local crafts.

#### Bize-Minervois market (1h15)

This small village has a lot of vibe and charm and after finishing at the market you can dip your toes in the cool Cesse river, which runs through the village. Wednesdays.

#### Lézignan-Corbières market (58 min)

Every Wednesday morning, in the shade of the plane trees, you can visit the Lézignan-Corbières market. It is a great opportunity for the inhabitants of Corbières and Minervois to meet their friends and exchange the latest news. A typical Mediterranean atmosphere reigns here, with a large number of stands presenting a wide variety of fresh products: seasonal fruits and vegetables, assortment of cold meats and cheeses, etc.

#### Béziers farmer's market (1h32)

Held at Place Jean-Jaurès in the evening from 5 p.m. to 9 p.m.

#### Saint-Chinian market (1h33)

This town is famous for its wine production and there are plenty of places where you can do some wine tasting / shopping here. The market is mainly food, but also clothing, fabric, books and plants.

Thursdays.

#### Béziers flower market (1h32)

The Béziers flower market takes place every Friday, rain or shine. From 6 a.m. to 6 p.m., the Paul Riquet alleys are full of thousands of locally grown flowers, plants and herbs. The long alley becomes a magical promenade lined with cafes where you can watch the booming market. The old town of Béziers is very pleasant to explore, with many shops and small alleys.

Every morning, except Monday.

For food and local produce in Languedoc, you can't beat the indoor halls of Béziers and Narbonne. Located in charming old market halls, these markets really make you feel like you are in France when shopping with the locals.

List of markets by city

Azille - Friday

Béziers flower market - Friday

Béziers organic market - Saturday

Large general market of Béziers - Sunday

Béziers farmer's market - Wednesday evening

Bize-Minervois - Wednesday

Bram - Wednesday

Cap d'Agde - Tuesday

Capestang - Wednesday, Sunday  
Carcassonne - Tuesday, Thursday, Saturday  
Castelnaudary -Monday  
Collioure - Sunday  
Coursan - Saturday  
Cruzy - Tuesday, Friday  
Esperanza- Thursday and Sunday  
La Franqui -Monday  
Lagrasse - Saturday  
Leucate village - Tuesday and Friday  
Leucate port - Wednesday and Sunday  
Lézignan-Corbières - Wednesday  
Limoux - Friday  
Thrift store Narbonne (thrift store) - Tuesday  
Narbonne canal side market - Thursday, Sunday  
Olonzac - Tuesday  
Perpignan - Sunday  
Marseillan garage sale - Sunday  
Marseillan Market - Tuesday  
Mirepoix - Monday  
Montbrun Bocage - Sunday  
Montpellier - Tuesday, Wednesday, Sunday  
Pamiers -Tuesday, Thursday and Saturday.  
Pézenas - Saturday  
Puisserguier - Friday  
Quillan - Wednesday and Saturday  
Roquebrun - Tuesday, Friday  
Saint-Chinian - Thursday, Sunday  
Saint-Chinian garage sale - Saturday  
Sallèles d'Aude - Tuesday, Friday  
Sigean - Tuesday, Friday  
Trèbes - Sunday  
Valras Plage - Monday, Friday

#### Fish, local arrival:

Gruissan (village, halles), Port Leucate (Quai) and Port Nouvelle (Quais) - every day at 8.30am

During the summer months (July/August) some towns add extra markets in at night time (7pm-11pm). \*Summer markets are subject to changes so best to check locally.

These include:

Espéraza - Monday  
Fleury - Monday (au cabanes)  
Gruissan Port - every evening  
Leucate- La Franqui - Tuesday  
Leucate (port) - Monday  
Limoux - Tuesday  
Narbonne (plage) - every evening

Saint Pierre la mer- every evening

During the summer months (July/August) some towns add extra markets in the mornings (8am-1pm). \*Summer markets are subject to changes so best to check locally.

These include:

Bram- Sunday (local farmers market)

Gruissan - Sunday (aux chalets)

Gruissan - Tuesday and Friday (au port)

La Franqui - Mon and Thurs

Leucate (village) - Sunday

Leucate (plage) - Weds, Sat

Narbonne - plage - Tues, Thurs, Sat

Port la Nouvelle- Mon, Thurs (avenue de la mer)

Saint Pierre la mer - everyday

## SHOPS

France is slowly catching up with the 21st century and the Mirepoix Super U is now open on Sunday mornings. Some things are closed on Mondays and many shops still close between 12 p.m. and 2 p.m.

### SUPERMARKETS

You will need a 1 or 2 euro coin for the carts.

#### Mirepoix

Super U supermarket

Address: Avenue Charles de Gaulle, 09500

Opening hours:

Monday to Saturday: 8:30 a.m. to 7:30 p.m.

Sunday: 8:30 a.m.-12: 30 p.m.

#### Limoux

E. Leclerc supermarket

Address: 1 Rue Georges Guynemer, 11300

Opening hours:

Mon-Sat: 9 am-7.30pm

Close on Sunday

Mr. Bricolage (like a B&Q, can also buy firewood there). Located very close to E. Leclerc.

1 Flassian Shopping Center rue Blériot, 11300

Opening hours:

Mon-Sat: 9 a.m.-12.30 p.m., 2 p.m.-7 p.m.

Close on Sunday.