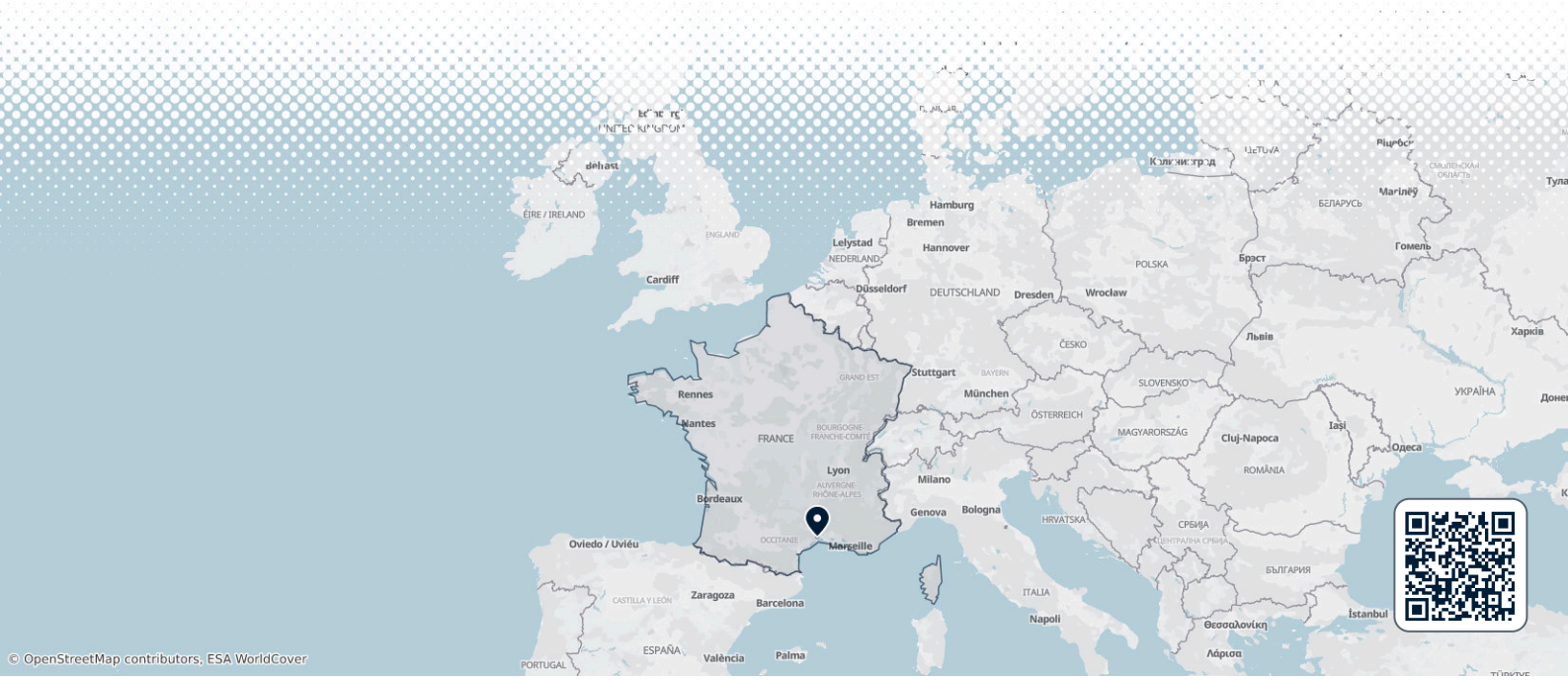


Montpellier

Occitania · France

TRAVEL GUIDE

Tripomatic



Overview

Montpellier is a large university city in southern France, about 10 km from the Mediterranean. It has a compact, mostly pedestrian historic centre, a young population and a sunny climate. It suits a relaxed city break of two to four nights, with easy trips to the coast and the countryside.

The centre is full of 17th- and 18th-century town houses, shaded squares and open-air cafés. Montpellier is also a good base for the Languedoc region: beaches, lagoons, vineyards and old towns are all within an hour. The writer *François Rabelais* studied medicine here, and *Nostradamus* is also linked to the city's medical school.

When to visit

Spring (May and June) and early autumn (September and October) are the best times. The days are warm and sunny, and the terraces are busy. July and August are hot and good for the beach, but the city can feel heavy in the afternoon. Winter is mild, and autumn can bring short, heavy rain.

The biggest event is the Festival Radio France Occitanie Montpellier, a summer festival of classical music, opera and jazz with many concerts in the city. Check the festival programme and book hotels early if you plan to attend.

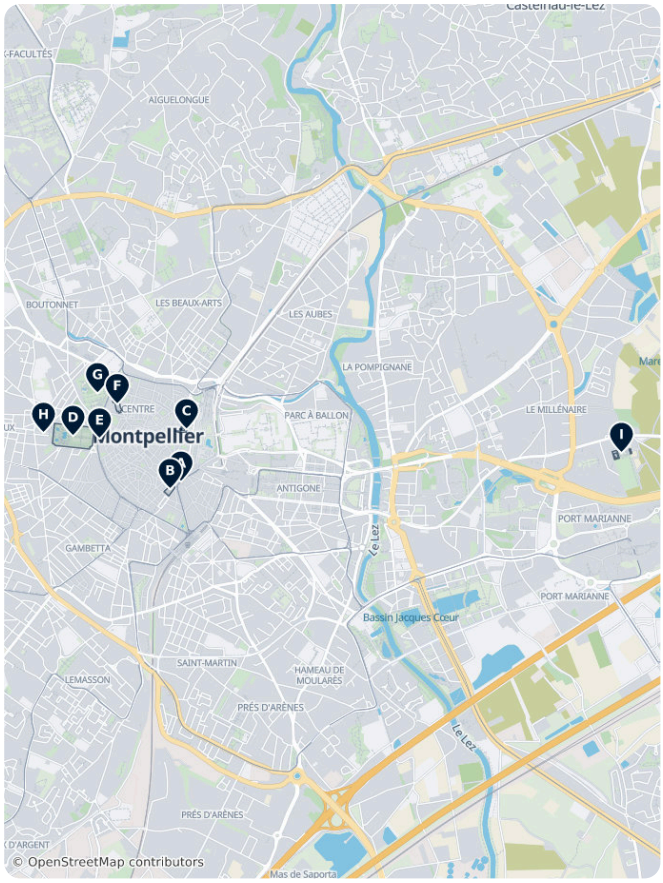
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for cycling	11° / 15° Feels like 7°	5° / 0°	Dry air
February	Good Good for cycling	12° / 17° Feels like 8°	5° / -1°	Dry air
March	Great Great for cycling	15° / 20° Feels like 11°	7° / 2°	Dry air
April	Great Great for cycling	18° / 23° Feels like 14°	9° / 5°	Dry air
May	Great Great for sightseeing	22° / 27°	13° / 9°	Dry air
June	Great Great for sightseeing	27° / 34°	17° / 13°	
July	Great Great for the beach	30° / 35°	20° / 16°	21 sunny days
August	Great Great for the beach	30° / 35°	20° / 16°	20 sunny days
September	Great Great for sightseeing	25° / 30°	16° / 12°	
October	Great Great for sightseeing	21° / 26°	13° / 8°	Dry air
November	Good Good for cycling	15° / 20° Feels like 11°	9° / 3°	Dry air
December	Fair Fair for cycling	12° / 16° Feels like 8°	6° / 0°	Dry air

Best months: May, June, July, September, October

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

Most sights are in or next to the pedestrian centre (the Écusson) and can be seen on foot in one or two days.



- A La Place de la Comédie is the main square and meeting point of the city. The B Opéra Comédie stands on its northern side, built in 1888.
- C Musée Fabre is the city's main fine arts museum, with European paintings from the 15th to the 20th century. Plan at least two hours.
- D Promenade du Peyrou is a 17th-century esplanade on the highest point of the old town. It has wide views over the city, and the aqueduct runs along its western end.
- E Porte du Peyrou - Arc de Triomphe is a triumphal arch at the entrance to the Peyrou, built at the end of the 17th century.
- F Cathédrale Saint-Pierre is a 14th-century church that became a cathedral in 1536.
- G Jardin des plantes de Montpellier was founded in 1593 and is the oldest botanical garden in France. It is a calm place for a break, next to the medical faculty.
- H Aqueduc des Arceaux is a two-level stone aqueduct from the 18th century. It brought spring water to the Peyrou and is a pleasant walk with the nearby garden.
- I Château de Flaugergues is a country house with gardens east of the centre. Reach it by car or bus for a quiet half day.

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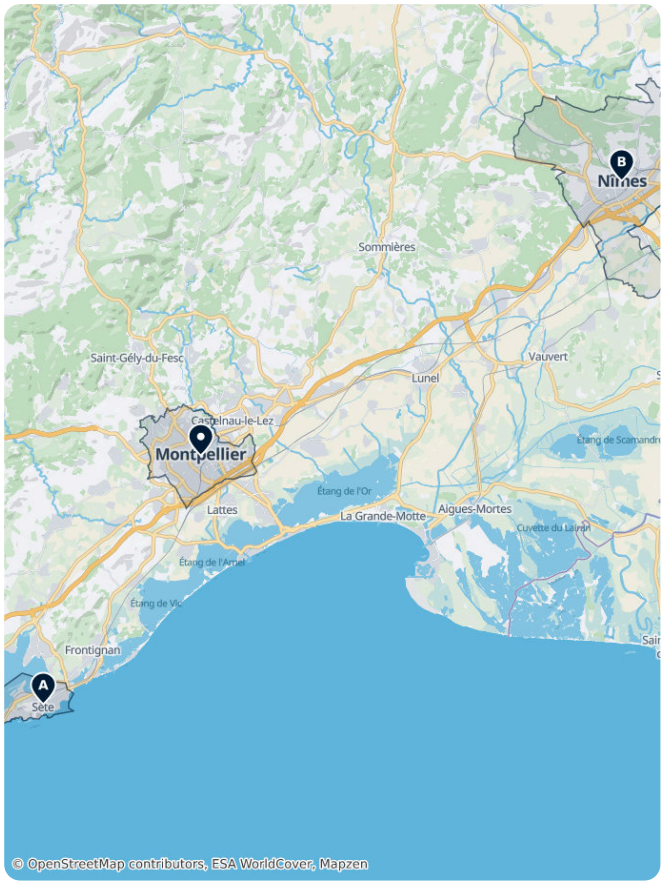
Scan to download the app

What to experience

- **Summer festival evenings**: Open-air and indoor concerts of the Radio France festival fill the city in summer.
- **Cinemed**: This Mediterranean film festival has been held every autumn since 1979.
- **Sunset at the Peyrou**: Locals walk up to the esplanade in the evening for the views over the city.
- **Wine estate visit**: Vineyards and wine estates start just outside the city. Ask the tourist office for tasting visits: Montpellier tourist office.

Day trips

The coast, old towns and a UNESCO village are all close. Times are one way.



- **Beaches at Palavas-les-Flots and La Grande-Motte**: about 25 to 30 minutes by car. They offer long sandy beaches and lagoons, and La Grande-Motte is known for its unusual 1960s architecture.
- Ⓐ Sète: about 30 minutes by train. A port town with canals, seafood and a hill with sea views.
- Ⓑ Nîmes: about 30 minutes by train. It has a very well preserved Roman arena and the Maison Carrée temple.
- Aigues-Mortes: about 45 minutes by car, or by regional bus. The 13th-century walls are about 1.6 km long and you can walk along them. The Tour de Constance was built in 1242 under King Louis IX.
- Saint-Guilhem-le-Désert: about 50 minutes by car, 35 km from the city. The village and its abbey are part of a UNESCO World Heritage listing, together with the medieval Pont du Diable. The Gorges de l'Hérault are close.
- Pézenas: about 55 minutes by car. A small old town where *Molière* stayed with his theatre troupe. It is known for its sweet and savoury mutton pies, the petits pâtés.

Where to explore

Nearby:

- Sète and Cap d'Agde are on the coast to the south-west.
- Nîmes and Uzès are Roman and historic towns to the north-east.

Further away:

- Carcassonne has a famous walled medieval citadel.
- Toulouse is the large city of the south-west.
- Perpignan and Collioure lead towards the Spanish border.

Getting there

- **By air**: Montpellier–Méditerranée Airport is in Mauguio, about 10 minutes from the centre by road. The shuttle bus (line 620) takes about 25 minutes to the city and costs about 2 to 3 €. There is no direct tram. Taxis wait in front of the arrivals hall. Official airport information: Montpellier–Méditerranée Airport.
- **By train**: Saint-Roch is the main station in the city centre. The high-speed station Montpellier Sud de France is on the eastern edge and is linked by tram line 1. Paris takes about 3.5 hours and Barcelona about 3 hours by high-speed train. Toulouse, Perpignan and Marseille are also on direct lines. Book on SNCF Connect.

Getting around

- **Tram**: Five tram lines cover the city, and line 4 runs in a circle around the centre past the cathedral and the Peyrou. A single ticket costs 2.10 € and is valid for 1 hour 30 minutes. Buy it with a QR code at the stop, at a ticket machine, or in the M'Ticket TaM app. Activate it each time you board. Information and journey planner: TaM.
- **On foot**: The old centre is small and mostly pedestrian, so walking is the best way to see it.
- **Cycling**: The city is flat and has many bike lanes.

Getting around on foot & by bike

WALKABILITY

High

The historic centre is compact and mostly pedestrian, and most sights are within a 15-minute walk of Place de la Comédie.

CYCLING INFRASTRUCTURE

Moderate

The city is flat and has many bike lanes, but the narrow centre is shared with pedestrians.

Driving

- **Is a car worth it?** Not for the city, where the tram and walking are easier. A car is useful for the hills, wine estates and small villages.
- **Parking**: Use the underground car parks near the centre, or park-and-ride lots at tram terminals.
- **Restrictions**: The old centre is mostly pedestrian. A low-emission zone covers the city, so check the Crit'Air rules for your vehicle before driving in.

Food & drink

Seafood from the nearby Thau lagoon, including oysters from Bouzigues, is common on local menus. Look for Languedoc wines, and for local goat cheese, the pélardon. Sweet and savoury mutton pies from Pézenas are a regional snack.

For eating, choose areas, not single restaurants. The streets around Place Jean-Jaurès and Place de la Canourgue have many terraces. The covered market Halles Castellane is good for lunch and local products. Service is included in French restaurant bills.

What to eat & drink

BREAKFAST

Croissant
Buttery, flaky laminated pastry and a classic French breakfast staple.

LUNCH

Ratatouille
A Provençal stewed vegetable dish of eggplant, zucchini, peppers, and tomatoes.

DINNER

Coq au Vin
Chicken braised slowly in red wine with mushrooms, onions, and lardons.

Beef Bourguignon · Bœuf Bourguignon
Beef stewed in red Burgundy wine with carrots, onions, and mushrooms.

Escargot · Escargots de Bourgogne
Snails cooked in garlic and parsley butter, a classic starter.

SNACKS & STREET FOOD

Baguette
Long, crusty white bread loaf bought fresh daily from the local boulangerie.

Cheese · Fromage
France produces hundreds of cheese varieties, often served as a course before dessert.

SWEETS & DESSERTS

Crepes · Crêpes
Thin pancakes served sweet with sugar or jam, or savory as galettes.

Macarons
Delicate almond meringue sandwich cookies in a range of flavors and colors.

DRINKS

Wine · Vin
France's wine regions, including Bordeaux, Burgundy, and Champagne, are among the world's most renowned.

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App Store · Google Play
Scan to download the app

Safety & health

Montpellier is generally safe for visitors. The main risk is pickpocketing in crowded places, such as Place de la Comédie, the trams and around Saint-Roch station. Keep phones and bags close, and be careful at night in quiet side streets.

Summer can be very hot, so carry water and avoid walking in the middle of the afternoon. In autumn, heavy rain can cause flash floods in the region. Follow the local weather alerts if you plan to drive or walk in the hills.

History

Montpellier is a young city for France. It is first mentioned in a document of 985 and grew under the Guilhem family of local lords. It passed to the Kings of Aragon in 1204 and was sold to the French king in 1349.

The city became known for medicine. The medical school, founded in the 13th century, is the oldest still working in the world, and the university grew around it. The Jardin des plantes de Montpellier was created in 1593 to grow medicinal plants.

In the 17th and 18th centuries, the city built the Promenade du Peyrou, the Porte du Peyrou - Arc de Triomphe and the Aqueduc des Arceaux. Many elegant town houses of the old centre come from this time. The wine economy of the 19th century ended when phylloxera destroyed the vineyards in the 1870s and 1880s. The Antigone district, east of the centre, was designed by the Catalan architect *Ricardo Bofill* in a postmodern style.

Country facts

Quick practical facts for France at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY

Type C / Type E
230 V · 50 Hz

LANGUAGES
French

TAP WATER
Safe to drink

Montpellier Essentials

Montpellier's landscape is defined by its 'folies,' elegant 18th-century summer residences built by wealthy aristocrats. This selection features the Château de Flaugergues and Château de la Mogère, known for their Italianate architecture and formal gardens. Beyond history, explore the modern Odysseum district, home to the Mare Nostrum aquarium, or visit the extensive Henri de Lunaret Zoo. The collection also highlights religious heritage with the fortified 12th-century Église Sainte-Croix de Celleneuve and the luxury vineyard estate of Domaine de Verchant.





A Château de Flaugergues

The Château de Flaugergues is a country house near Montpellier, Occitanie, southern France.

Avenue Albert Einstein 1744, 34000 Montpellier
(43.61020, 3.91924)

Mo–Fr	09:30–19:00
Sa–Su	13:00–19:00

flaugergues.com, +33 4 99 52 66 37



B Château d'O

Château d'O, also known as Domaine d'O, is one of the chateaux, old country mansions or follies, built by wealthy merchants, from the 18th...

(Unnamed Road), Montpellier 34090, France
(43.63320, 3.83908)

domaine-do-34.eu

C Aquarium Mare Nostrum

Features over 400 species across various climate zones, including a large shark tank and a simulated tropical rainforest.

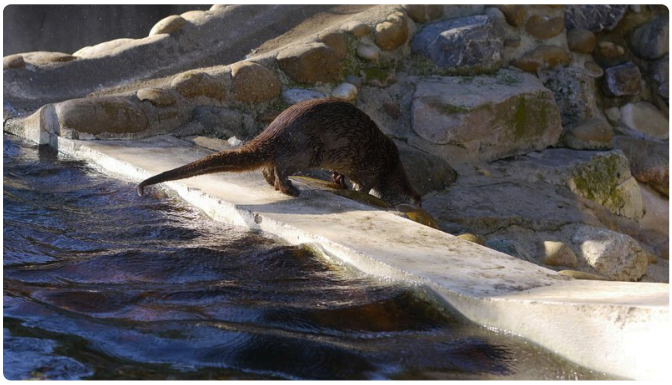
80 Rue du Mas de Combelle, Montpellier 34000, France (43.60289, 3.91707)



D Château de la Mogère

The Château de la Mogère is a mansion near the city of Montpellier in the French region of Occitanie.

34000, France (43.60057, 3.92580)



E Henri de Lunaret Zoo

The Montpellier Zoological Park is a French zoological park located in the region Occitanie, in the north of the city of Montpellier.

50 Avenue Agropolis, 34090 Montpellier, France (43.63975, 3.87434)

+33 4 67 54 45 23

F Château Levat

An 18th-century 'folie' built in 1764, featuring a classic facade and landscaped grounds typical of the era's aristocratic country houses.

136 Rue Alfred Cortot, Montpellier 34000, France (43.62294, 3.88941)

G Domaine de Verchant

A historic 16th-century estate and vineyard, now functioning as a luxury hotel and spa surrounded by 17 hectares of vines.

(43.62120, 3.92331)

H Château de la Piscine

Built in 1770, this 18th-century mansion is known for its Italian-style gardens and facade designed by architect Jean-Antoine Giral.

Montpellier 34080, France (43.61218, 3.84138)

I Odysseum

A modern open-air shopping and entertainment complex that includes a cinema, ice rink, and numerous retail outlets.

Montpellier 34000, France (43.60405, 3.92047)

Mo–Sa	10:00–20:00
Su	Closed

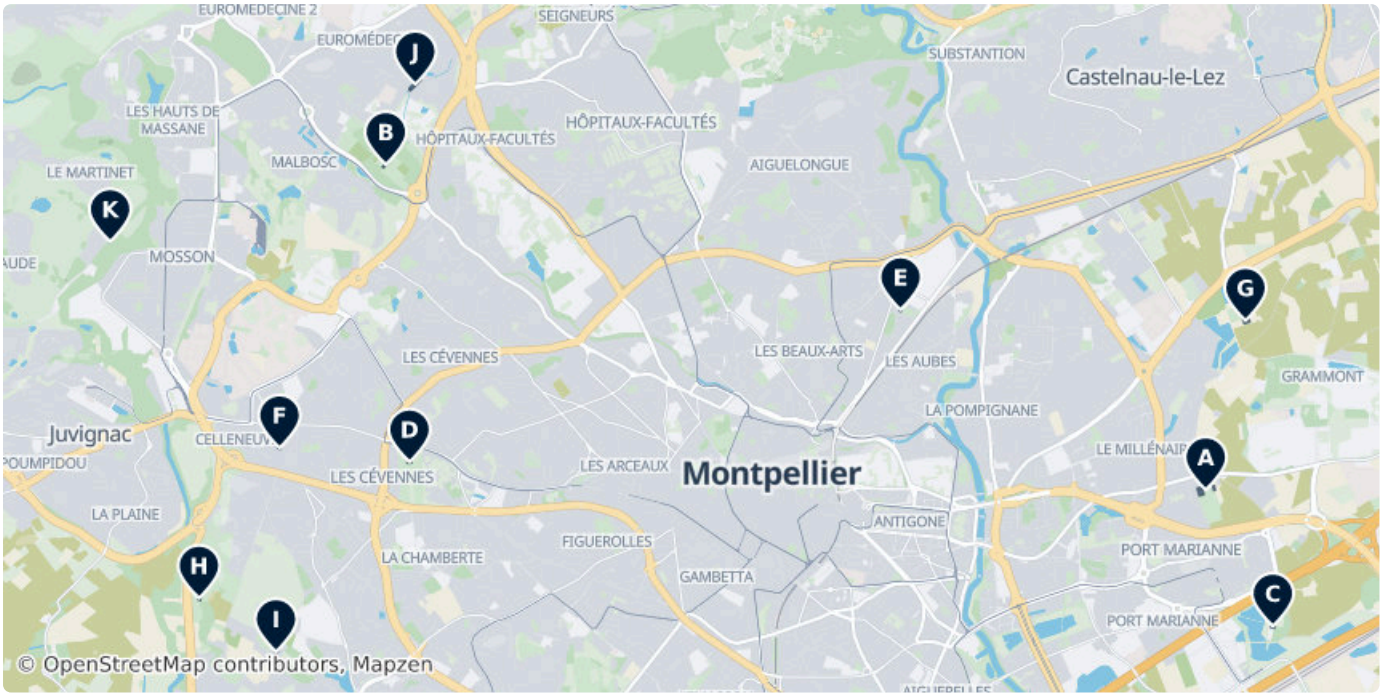
J Église Sainte-Croix de Celleneuve

A fortified Romanesque church dating back to the 12th and 14th centuries, located in the historic Celleneuve district.

5 Rue du Tour de l'Église, Montpellier 34080, France (43.61318, 3.82868)

Historic Castles and Monuments

Montpellier’s architectural landscape is defined by its 'folies'—elegant 18th-century country estates like Château de Flaugergues and Château de la Mogère, built by wealthy merchants. This collection highlights these aristocratic retreats alongside medieval landmarks, including the 12th-century Église Sainte-Croix de Celleneuve and the Arceaux de Font d'Aurelle canal. Spanning from the Middle Ages to the Enlightenment, these sites showcase the region's heritage through Italianate gardens, ornate facades, and historic hydraulic engineering.





A Château de Flaugergues

The Château de Flaugergues is a country house near Montpellier, Occitanie, southern France.

Avenue Albert Einstein 1744, 34000 Montpellier
(43.61020, 3.91924)

Mo–Fr	09:30–19:00
Sa–Su	13:00–19:00

flaugergues.com, +33 4 99 52 66 37



B Château d'O

Château d'O, also known as Domaine d'O, is one of the chateaux, old country mansions or follies, built by wealthy merchants, from the 18th...

(Unnamed Road), Montpellier 34090, France
(43.63320, 3.83908)

domaine-do-34.eu



C Château de la Mogère

The Château de la Mogère is a mansion near the city of Montpellier in the French region of Occitanie.

34000, France (43.60057, 3.92580)

D Château de la Piscine

An 18th-century 'folie' featuring a classic facade and formal gardens, located in the western part of Montpellier.

Montpellier 34080, France (43.61218, 3.84138)

E Château Levat

An 18th-century aristocratic 'folie' situated on Avenue Saint-Lazare, representing the city's Enlightenment-era residential architecture.

136 Rue Alfred Cortot, Montpellier 34000, France (43.62294, 3.88941)

F Église Sainte-Croix de Celleneuve

A fortified religious building dating from the 12th and 14th centuries, located in the historic Celleneuve district.

5 Rue du Tour de l'Église, Montpellier 34080, France (43.61318, 3.82868)

G Château de Verchant

A 16th and 17th-century estate extensively remodeled in the 19th century, surrounded by a historic vineyard and parkland.

(Unnamed Road), 34170, France (43.62218, 3.92311)

domainedeverchant.com

H Château de Bionne

Originally known as Château de Mont-Louis, this late 17th-century 'folie' underwent significant architectural modifications during the 19th century.

1225 Rue de Bionne, Montpellier 34070, France (43.60255, 3.82080)

I Château Bon

A late 17th-century country mansion that was extensively redesigned in the mid-19th century between 1858 and 1862.

1367 Rue du Pont de Lavérune, Montpellier 34070, France (43.59875, 3.82833)

J Arceaux de Font d'Aurelle

Historical canal and aqueduct structures that formed part of Montpellier's early water management system.

(43.63890, 3.84196)

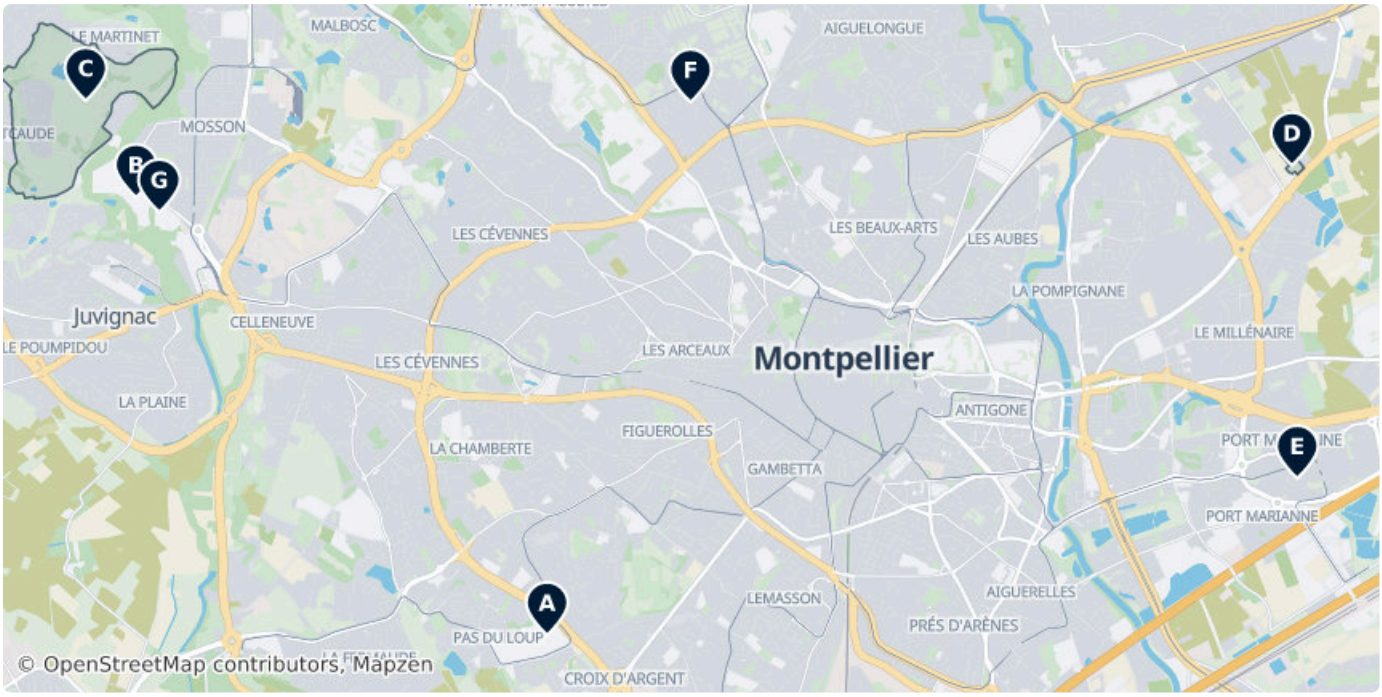
Thermes de Fontcaude

Historic thermal spring site and remains of a bath complex located on the western outskirts of the city.

(Unnamed Road), 34990, France (43.62776, 3.81211)

Sports & Leisure

Montpellier offers a diverse range of high-level athletic facilities, from professional stadiums to recreational centers. The city is home to the Stade de la Mosson, a key venue for Ligue 1 football, and the GGL Stadium, which hosts Top 14 rugby matches. For participation sports, the region features the 18-hole championship course at Golf Resort Montpellier Fontcaude and specialized facilities for indoor climbing at Altissimo. Local tennis clubs and training grounds like Golf de Castelnau le Lez provide accessible spaces for both competitive and leisure activities.





A GGL Stadium

GGL Stadium is a multi-use stadium in Montpellier, France. It is currently used mostly for rugby union matches and is the home stadium of...

Montpellier 34070, France (43.59305, 3.84968)

B Stade de la Mosson

Home stadium of Montpellier HSC football club. Opened in 1972 and renovated for the 1998 FIFA World Cup, it features a seating capacity of approximately 32,900.

Montpellier 34080, France (43.62202, 3.81211)

C Golf Resort Montpellier Fontcaude

Features an 18-hole international championship course and a 9-hole executive course. The resort includes an on-site hotel, spa, and restaurant in the Juvignac area.

(43.62841, 3.80751)

hotelgolf-fontcaude.com

D Golf de Castelnau le Lez

Practice facility and training center featuring a driving range and putting greens.

Chemin des Cauquilloux 300, 34170 Castelnau-le-Lez (43.62412, 3.91777)

golfcastelnaulelez.fr

E Altissimo Montpellier Odysseum

Indoor climbing gym offering bouldering walls and lead climbing routes. The facility provides equipment rentals and instruction for various skill levels.

80Bis Rue du Mas de Combelle, Montpellier 34000, France (43.60342, 3.91825)

Mo–Fr	10:00–23:00
Sa–Su	09:00–21:00

montpellier-odysseum.altissimo.fr, +33 4 67 64 14 18

F Tennis Club Montpellier La Jalade

Athletic complex featuring multiple outdoor and indoor tennis courts in the northern district of the city.

(43.62830, 3.86279)

tcmlajalade.free.fr, +33467633178

G Tennis Club La Paillade

Municipal tennis facility located in the Mosson district, offering courts for club members and local training.

(43.62103, 3.81423)

sites.google.com/site/tclapaillade, +33467030809

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