



Hôtel Le Pont Roupt

LIVRET D'ACCUEIL

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Our Story

For four generations, the Gerbail family has been dedicated to ensuring the success of the Pont Roupt in Mende.

Originally, the location was a dance hall. Transformed into a hotel-restaurant after the war, the establishment has continually updated itself through the generations to meet the expectations of its guests.

"Our house has a great tradition of hospitality," explain Alexandre and Virginie, the owners of this family establishment.

Generosity, warmth, and humanity—your stay at The Originals Boutique Hôtel du Pont Roupt in Mende will leave you with an impression of simplicity and authenticity, reflecting the region itself.



Environmental Protection

As part of our CSR policy, Le Pont Roupt is gradually taking steps to facilitate eco-friendly practices within the establishment. Our hotel is making every effort to adopt a more ecological approach that respects the environment. As a guest, you can participate in various eco-friendly actions that will benefit the environment.

Examples of eco-friendly actions to adopt :

- **Reuse your towels** : Hang them up to indicate that you'd like to reuse them. This reduces water and energy consumption associated with washing.
- **Turn off lights and electronic devices** : When leaving your room, unplug chargers and make sure to turn off the lights, television, and air conditioning to save energy.
- **Close the taps** : Make sure to close the taps properly after use and report any leaks to the reception to avoid water wastage.
- **Recycle** : Use the recycling bins available at the reception for paper, plastics, and other recyclable materials.
- **Take public transportation or walk** : Explore the surroundings on foot or use public transportation to reduce your carbon footprint.

By following these simple actions, you contribute to our efforts for a more sustainable environment. Thank you for your cooperation and ecological commitment.



Rooms

For the comfort of our guests, the entire establishment is non-smoking. The hotel has 25 rooms (Standard, Comfort, Superior).

Standard Room:

- 12m² with bathroom or shower and WC, 160 cm bed, flat-screen TV, free WiFi, Nespresso® machine, some with air conditioning.

Comfort Room:

These rooms offer larger bedding and more space.

- 16m² with bathroom and WC, 180x200 cm bed or two 90x200 cm beds, flat-screen TV, free WiFi, Nespresso® machine, air conditioning.

Superior Room:

- 20m² with bathroom or shower and WC, 180x200 cm bed or two 90x200 cm beds, flat-screen TV, free WiFi, Nespresso® machine, air conditioning.

Reception

Open from 7:00 AM to 9:00 PM on weekdays and from 8:00 AM to 9:00 PM on weekends.

The reception kindly offers:

Information and Documentation:

- City and transport maps
- Flyers on local events
- Flyers on local tourism

Amenities on Request:

- Shaving kit
- Dental kit



- Iron
- Baby crib (subject to availability)
- Power adapter (available at the front desk)
- Tablet
- Microwave
- Kettle
- Ironing room

Available On-Site or Self-Service:

- Umbrella (at the hotel entrance)
- Children's toys
- Waste sorting station

Services:

- Luggage handling
- Secure luggage storage
- Currency exchange available

Other:

- Pets are allowed



Check in – Check out

- On weekdays, weekends, and public holidays

| Arrivée - Check in | Départ - Check out |
|---|--|
| 4 : 00 PM to 9 : 00 PM For arrivals after opening hours, you will receive a text message with the necessary information to access your room. | 11 : 00 AM For an early departure before opening hours, please pay for your stay the day before. Late check-out: €40, subject to availability. |

Parking available around the hotel **free of charge**.

The WIFI is free and accessible throughout our hotel.

WIFI : Pont Roupt
Password : ALEX48486363



Breakfast

Breakfast is served buffet-style and includes sweet (pastries, fruit, etc.) and salty (cheese, ham, etc.) food.

Opening hours :

- Weekdays → 7 : 00 AM to 10 : 30 AM
- Weekends and holidays → 8 : 00 AM to 10 : 30 AM

Diner - Snacking

The hotel offers a snacking menu available later in this document, which you can enjoy on-site, take away, or in your room with the room service. We offer pizzas as well as dishes like chicken risotto and veal blanquette.

Opening hours :

- Everyday → from 6 : 30 PM to 9 : 00 PM

! - For any inquiries, please contact the reception or dial **100** from your room phone.

Snacking menu



PIZZAS

MARGHERITA 10.50€

Homemade pastry, tomato sauce with oregano, mozzarella and basil

REINE 12.50€

Homemade pastry, tomato sauce with oregano, mozzarella, ham and basil

REGINA 12.90€

Homemade pastry, tomato sauce with oregano, mozzarella, ham, mushrooms and basil

3 FROMAGES 12.90€

Homemade pastry, tomato sauce with oregano, mozzarella, emmental, goat's cheese and basil

MONTAGNARDE 14.90€

Homemade dough, fresh cream, mozzarella, cured ham, raclette cheese, mushrooms and basil

ALL POLLO 13.50€

Homemade pasta, tomato and oregano sauce, mozzarella, roast chicken strips, red onions

FERMIERE 13.90€

Artisanal dough, fresh cream, mozzarella, chicken strips, mushrooms, onions and basil

ORIENTALE 13.50€

Tomato sauce with oregano, mozzarella, halal merguez, peppers and basil

DIAVOLA 13.90€

Tomato sauce with oregano, mozzarella, chorizo, peppers and basil

CAMPIONE 14.90€

Tomato sauce with oregano, mozzarella, minced meat, onions, burger sauce, cheddar and basil

ICE CREAM

Ice cream made with cow's milk from a family farm.

Ice Cream Flavor :

Chocolate
Caramel
Vanilla

5.00€ each

Sorbet Flavor :

Strawberry



BOCAUX

First course

| | |
|---|---------------|
| Cream of leek and cauliflower soup | 8.90 € |
| Butternut and coconut cream soup | 8.90 € |
| Zucchini and mint gazpacho | 8.90 € |
| Tuna and green olive cake | 7.90 € |
| Zucchini and farmhouse goat's cheese flan | 7.90 € |
| Chard and goat's cheese clafoutis | 7.90 € |

Main course

| | |
|---|----------------|
| Chicken and mushroom risotto | 14.90 € |
| Honey and ginger pork stir-fry | 14.90 € |
| Veal Blanquette | 14.90 € |
| Tartiflette | 14.90 € |
| Beef Lasagne | 14.90 € |
| Lasagne with leek and farmhouse goat's cheese | 14.90 € |
| Duck parmentier | 14.90 € |
| Lens Dahl | 18.90 € |

Desserts

| | |
|-----------------------------|---------------|
| Lemon cheesecake | 7.90 € |
| Vanilla egg cream | 7.90 € |
| Rice pudding cake | 7.90 € |
| Apple compote | 6.90 € |
| Chocolate cake | 7.90 € |
| Apricot Rosemary Cheesecake | 7.90 € |

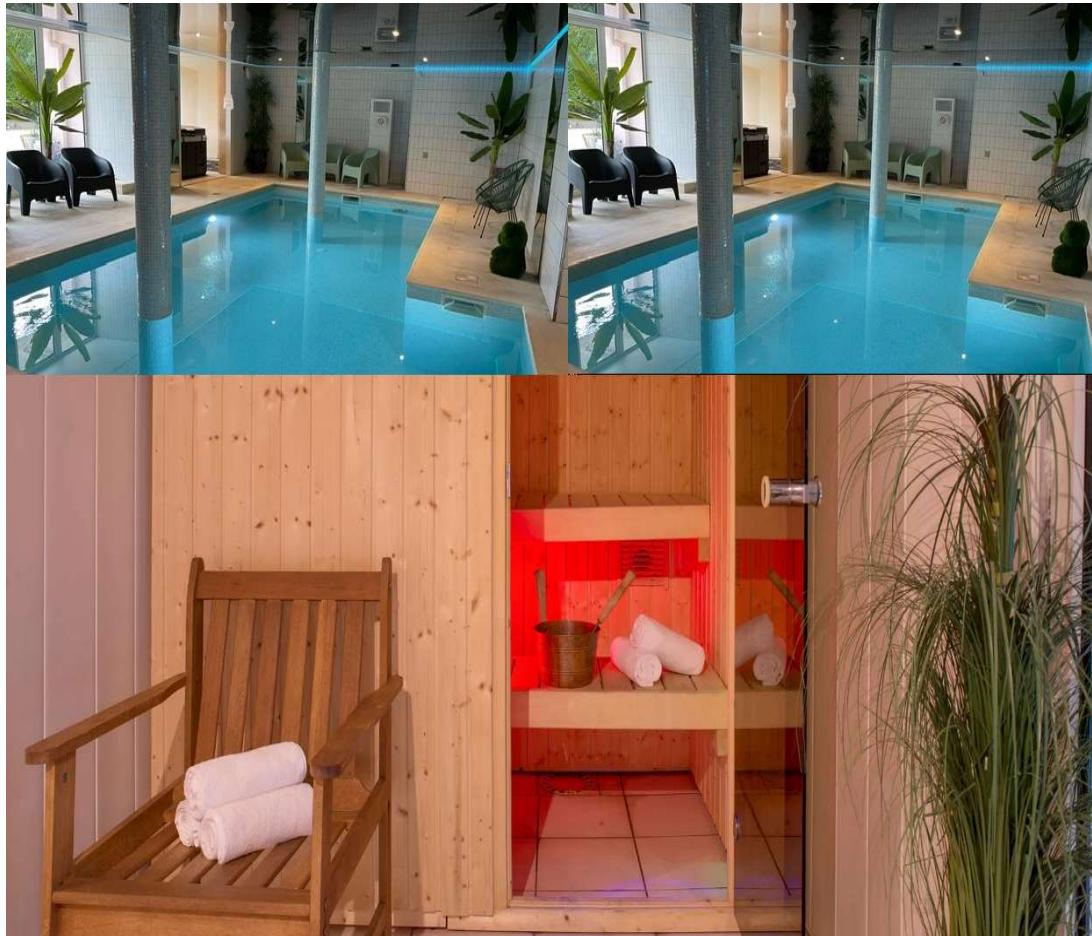
Relaxation area

Opening hours:

- Open on weekdays : from 8 : 00 to 12 : 00 AM and from 4 : 30 to 8 : 30 PM
- Closed on Sundays.

Access to the swimming pool, sauna and Jacuzzi is subject to a charge (€10 per person). Sauna and jacuzzi available on request.

Towels can be provided at reception on request. They must be returned to reception after use.



SPA

! - Treatments and massages by appointment only.

Massage list and rates :

Face care :

Magnetic Express 30mn 65€

Innovative scrub-massage ritual with magnetic particles.

Skin requirements: deep, fast and effective cleansing.

Suitable for all skin types.

Polynesian springs and lagoons 60mn 95€

The Detox & Oxygenation ritual replenishes your skin for immediate radiance.

Skin needs: vitality, luminosity, energy.

Secrets of Japan 60mn 95€

Energie originelle, your natural ritual for pure skin.

Skin needs: soothing, softness and extreme repair.

Suitable for delicate skin.

Cleopatra 60mn 95€

Belle et Rebelle is your purifying ritual for new skin.

Your skin needs: matte, smooth, unclogged, skin texture refined, complexion even and brighter, pores tightened.

Life in Vendôme 75mn 115€

Luxurious French beauty for your timeless youth.

At your convenience, Expert No Wrinkles mask or redensifying Crunchy Warm Bread.

Skin wishes: No Age! Firming lift effect.

Body care :

An escape beyond cosmetics. MySpa products are the result of a meticulous balance between olfactory discoveries, natural ingredients, original textures, incomparable quality and bodily well-being. With the Quality and Moral Commitment Charter, MySpa commits to a line of conduct based on Respect for France, Nature, the Environment and People.

Scrubs **20 min** **65€**

Exfoliation is a treatment that will restore your body's softness and suppleness, leaving behind a light, satiny veil.

Wraps **30 min** **75€**

To deeply moisturize, stimulate cellular development and improve blood circulation, a relaxation break thanks to the heat that will improve the penetration of active ingredients and muscle relaxation.

Massage :

Relaxing "Shirodhara" or (cranial) massage **30 min** **65€**

Treat yourself to a relaxing scalp and neck massage.

Relaxing Intuitive Modeling (acts on the 3 shacras) **45 min** **79€**

Relaxing massage of the back of the body

Californian massage **60 min** **95€**

Relaxing full-body massage (from head to toe)

« Deep Tissue » sports modelling **30 to 60 min** **99€**

Massage for physical preparation and recovery

Our packages (Massages and treatments)

Intense Zen Package **2h** **190€**

(Californian massage 60 min + Facial treatment 60 min)

Zen package **1h** **95€**

(30-minute massage of the back of the body + 30-minute facial treatment)

Blue Lagoon Package 2h30 255€

(body scrub + body wrap + 60-minute Californian massage)

Cloud package 2h 190€

(body scrub + body wrap + 30 min relaxing back massage)

Hora package 2h 190€

(body scrub + Californian massage 60 min)

Sophrologie/ Relaxation/Détente

Individual session (introduction to sophrology and relaxation)

Sophrology is a "training of the body and mind to develop serenity and well-being based on techniques of relaxation and activation of the body and mind".

60 min approx. 89€



Tourist events

Mende, located in the department of Lozère in the Occitanie region, is a charming city full of character. Nestled in the heart of the Massif Central, it enjoys an exceptional natural setting with mountains, forests, and rivers. The city is dominated by its majestic Notre-Dame-et-Saint-Privat Cathedral, a jewel of Gothic architecture.

- ➔ History of Mende (lien : [Histoire de Mende | Capitale du Gévaudan puis préfecture de la Lozère \(mende-coeur-lozere.fr\)](#))
- ➔ Heritage tour of the historic center (lien : [Visite patrimoniale du centre historique \(calameo.com\)](#))
- ➔ Leisure and outdoor activities in Lozère (lien : [Guide des Loisirs et sites Touristiques \(calameo.com\)](#))
- ➔ Map of Mende (lien : [Plan Guide Mende 2020 \(calameo.com\)](#))
- ➔ List of parking lots (lien : [Parkings & Stationnement à Mende \(calameo.com\)](#))

The city offers a multitude of outdoor activities such as hiking, mountain biking, and canoeing, thanks to its proximity to the Cévennes and the Tarn gorges. It is also a place rich in history and culture, with its medieval streets, museums, and festivals. The local gastronomy, highlighting regional products like goat cheese and charcuterie, adds an extra dimension to discovering this welcoming and friendly city.



- ➔ [Animations estival hebdo](#)
- ➔ [Zoomsur le programme d'animations](#)

Where to go on foot and by bike?

- ➔ [Mountain bike circuit \(lien : Carte des circuits VTT de Mende \(calameo.com\) \)](#)
- ➔ [Our Echappées Belles \(lien : Carte Nos Echappées Belles Web \(calameo.com\) \)](#)



To complete your stay here, in the town center you'll find the recently opened Musée du Gévaudan, offering visitors a fascinating dive into the region's history and heritage. The museum features a variety of interactive exhibits, highlighting local traditions, legends and significant events in the Lozère region, enriching the cultural experience of the town.

- ➔ [Page d'accueil - Musée du Gévaudan \(musee-du-gevaudan.fr\)](#)
- ➔ [Legend of the Gévaudan Beast \(lien : Flyer Bête Du Gévaudan A5 \(calameo.com\) \)](#)

For further information, please refer to the Tourism Office website below:

- ➔ [Lozère Tourist Office \(lien : Office de tourisme Mende Cœur Lozère. Vacances Nature Massif central \(mende-coeur-lozere.fr\) \)](#)