



IS IT SAFE?

Toulouse

SOLO TRAVELER SAFETY GUIDE

Is Toulouse Safe?

Toulouse is a genuinely safe, walkable city, and solo travelers — including women traveling alone — consistently rate it comfortable both day and night. Violent crime against visitors is rare. The realistic risk is opportunistic pickpocketing in dense tourist zones, on trams, and around Matabiau train station after dark, along with the usual big-city caution around unattended belongings in cafés.

NEIGHBORHOOD SAFETY AT A GLANCE

Capitole & Old Town Core



Very safe day and night, busy and well-lit around Place du Capitole.

Rue du Taur / Saint-Étienne



Safe pedestrian shopping streets, active into the evening.

Saint-Cyprien (Left Bank)



Safe and genuinely local; slightly quieter and less touristed after dark.

Canal du Midi towpath



Safe by day; stick to the lit, populated stretches near the center after dark.

Matabiau (train station) area



Watch belongings on trams and around the station, particularly at night.

GETTING AROUND SAFELY

- The Tisséo metro and bus network is efficient, safe, and simple — contactless card or phone payment works directly at the gate, no ticket machine required.
- City bikes (VélôToulouse) are a safe, popular way to cover the Canal du Midi and old-town fringes.
- Taxis are metered and regulated; ride-share apps operate normally throughout the city.

COMMON SCAMS & HOW TO AVOID THEM

Distraction pickpocketing on trams

Standard bag-forward awareness on crowded routes, especially toward Matabiau, is enough.

Overpriced tourist-menu restaurants near Place du Capitole

Walk one or two streets off the main square for the same quality at local prices.

Unofficial walking-tour touts

Book through the tourism office or a known operator rather than accepting a street offer.

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SCAN FOR THE INTERACTIVE MAP