



# Randonnée Tours

## Lot Valley Cycling 6 Days

### Summary

#### Length

6 days/5 nights,

#### Dates

Any start date between April 1 and October 15

We recommend you to start your tour on a Monday so that you can see the market in Cahors held every Saturday

#### Level

Daily distance 45 km or 30 miles average

Some hills every day of moderate difficulty. Extra km possible

*"The pre-tour information was excellent especially the historical and cultural backgrounds, the accommodation were excellent, great food and nice people. The area manager was excellent."*

- F Bateman

Our tour to the Lot Valley takes you to La France Profonde, or "Deep France" — a hidden land of stunning beauty and a surprise at every turn. It is away from the tourist crowds, but an astonishing number of internationally acclaimed sites dot this quiet landscape in south-west France. In its January 2001 issue, *Travel & Leisure* declared the Lot Valley one of the 100 "fabulous places (and things)" of 2001!

## Itinerary



#### Day 1

Arrival in Gourdon, a lovely town with a charming medieval quarter of narrow streets, and a 14th century Gothic church. Cliff will

give you the bikes and a briefing for the tour.

#### Day 2

Head through the Bouriane through Daglan, St-Pompont, and Besse. Your destination is Monpazier, one of the most beautiful and best-preserved bastides of the Perigord. Bastides were fortified towns built in a grid pattern and surrounded by ramparts.

#### Day 3

Pedal past mighty Biron castle, besieged by Simon de Montfort in 1211, then enter the department of Lot-et-Garonne. Ride into the Vallée de Gavaudun, where high cliffs pocked with caves loom over the river valley. Pause at the village of Gavaudun, perhaps climb to the old crenellated keep on its rocky spur. Soon you'll arrive at Mauroux where you'll stay two nights.

#### Day 4

Today's highlight is Bonaguil castle, the majestic fortress on the border between the Périgord and Quercy and one of the best examples of 15th- and 16th-century military architecture in France. You can also ride to Villefranche-du-Périgord, a beautiful bastide town.



#### Day 5

Pedal through Puy L'Éveque, on one of the most picturesque sites on the Lot, and into the vineyards, famous for their dark red wines. Pass the feudal castle of La Coste and look for the carved doors in Douelle, then arrive in Cahors, an ancient city dating back to Gallo-Roman times. Be sure to visit the beautiful medieval bridge of Valentré.

#### Day 6

Take a final stroll in Cahors before you depart for your next adventure.



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## **How to get there?**

You start in Gourdon, located about 550 km south of Paris.

Gourdon is on the main Paris-Toulouse rail line, a five-hour trip with no change of trains.

The tour also finishes in Gourdon.

## **The Price includes:**

- 5 nights hotels
- All breakfasts and 1 dinner
- Use of a top quality 21-speed hybrid bike complete with handlebar bag, pump, and all the necessary accessories for changing flats. We recommend that you bring your own helmet for safety and hygiene reasons
- Detailed route instructions and map
- Luggage transfers
- Area Manager available throughout the tour

## Accommodation

### Classic



#### **Hostellerie de la Bouriane,**

Gourdon

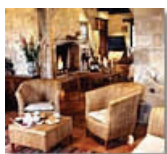
This is a 3-star hotel with spacious rooms, harmoniously decorated and well equipped with modern comforts.



#### **Hotel Eduard,**

Monpazier

This beautiful and well kept Chateau has rooms with stunning views of the Périgord hills or the medieval village of Monpazier. There is a swimming-pool with a large terrace in the enclosed garden.



#### **Hostellerie Le Vert,**

Mauroux

This secluded seventeenth century inn is surrounded by vineyards. The bedrooms are all comfortably and tastefully modernized and there is a pool and landscaped grounds. The restaurant serves excellent local cuisine.



#### **Hotel Terminus,**

Cahors

With the rich décor, the hotel has a very elegant feel. The rooms are tastefully decorated and the staff is friendly and helpful. The restaurant is excellent and has an exceptional wine list.