

VISITS, EVENTS, RESTAURANTS



VERY BEAUTIFUL VERY LOT





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Landscapes of the Lot

On one side lies the Massif Central, on the other, Aquitaine. The Lot is in between; lively as its rivers, secret as its causses, full of generous promise like its vineyards.

Come along in...

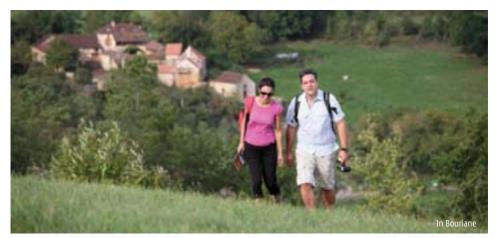
3 rivers, 3 valleys, 4 causses - yes, you're in the Lot.















C'est vrai, le luxe d'une chambre d'hôtel se juge à son nombre d'étoiles.

Le Routard, l'indispensable de vos voyages.





LeRoutard

Heritage and Treasures

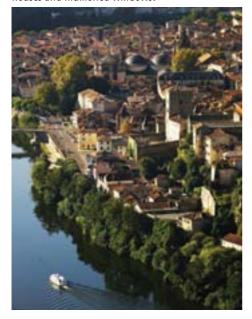
CAHORS



Like a comma hung on the horizon, from the Mont St. Cyr viewpoint the city tumbles towards you in a huddle of ochre-coloured roofs, leafy trees and a maze of little streets.

"Divona Cadurcorum", the antique Roman city was well sited: this was particularly evident in the Middle Ages, when it became a busy merchant city. In the 13th and 14th C., Cahors enjoyed extraordinary economic prosperity. It shows in its architecture: rue Daurade, rue Nationale...

Now the "county town" of the Lot, Cahors proudly mixes different periods and styles, half-timbered houses and mullioned windows.





The Secret Gardens

Unlike any others in France, Cahors' Secret Gardens have repossessed unused, unloved spaces in the city, providing a different way to explore the mediaeval streets.



Le Mont-Saint-Cyr

Climb up to the Mont St. Cyr viewpoint: the view really is superb! Early in the morning, the mist parts to reveal the city, at night the streets and alleyways are picked out by lights, details are clear in broad daylight...

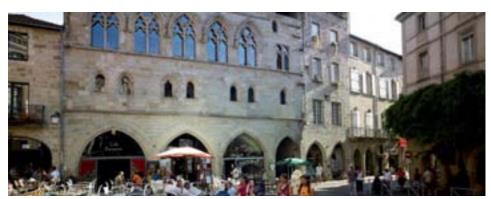
FIGEAC



This town, which developed immensely in the 13th and 14th C. thanks to its merchants, is built of beautiful light-coloured sandstone and possesses a unique collection of mediaeval houses. Crowned by their traditional "soleilho", an open gallery, they are a vivid reminder of the town's "golden age". The Hôtel de Livernon in the rue Gambetta is worth a detour to see, as is the Hôtel des Coquilles. Figeac's gentle curves weave in and out of its history and different stylistic periods. Just one example: the Place des Écritures. Here, the stone, in contemporary lines, echoes the Rosetta Stone.

To explore...

Enjoy Figeac on a Saturday morning as you stroll around the market, then visit the museum dedicated to Champollion and the Writing Systems of the World. spot between the banks of the Lot and the cliffs of the causse. Had it not been for Françoise Sagan (she was born here) and Georges Pompidou (he was a town councillor), this little place would no doubt still be enjoying the peace and quiet of anonymity....



GOURDON

Start on the Place de la Libération, from where vou can begin to explore the town and its maze of little back streets... A half-timbered house here, there the Seneschal's House whose mullioned windows speak of the Renaissance, further on, the Gothic church of St. Pierre, and the 17th C. Town Hall, not to mention Cavaignac's house, with its 15th C. doorway. Nowadays, Gourdon enjoys a peaceful existence, enlivened by its mediaeval festival which, in early August, has the troubadours singing once more...



ROCAMADOUR



Why not approach Rocamadour from the Alzou Valley, to have the wonderful surprise of seeing the whole site suddenly appear: "houses above the river. churches above the houses, rocks above the churches and the castle on the rocks", as they say here. Not to mention the caves, which have been used as places of worship since time immemorial. If the Christian reputation of the place was born in 1166 from the discovery of the intact body of St. Amadour, a hermit thought to have founded the shrine, it is now the Virgin Mary whom the crowds come here to adore, and when you enter the Lady Chapel where the " black" walnut wood statue of Our Lady of Rocamadour stands, you feel that you are in the real heart of the sanctuary whose motto "Hope as firm as the rock" seems particularly appropriate here.



To explore...

At the foot of the village, the Alzou canyon and the Ouysse Valley provide excellent rambling opportunities. At night, Rocamadour, clinging to its cliffs, provides a magic "picture postcard" view you just have to see. The next day, descend into the depths of the earth to take a tour through the famous Padirac Chasm, then follow the lovely Dordogne valley.





ST-CIRQ-LAPOPIE



Let's explore this village, described by the poet André Breton as "an impossible rose in the night". A rocky outcrop, the elegant, harmonious brown roofs of houses lining the steep hill, half-timbered walls. precipitous lanes, and far below, the dark ribbon of the Lot giving perspective to it all. Everywhere there are art exhibitions, in the Rignault Museum, in the château.... from the photographer Dora Maar to all those who nowadays have their galleries and studios here. A village straight out of the Middle Ages. St. Cira Lapopie exudes history. You just have to linger for a few moments in its lanes to to feel yourself slipping back in Time. Here, there's a 13th C. pigeon tower, there Renaissance mullioned windows, further on, some mediaeval shop arcades...

In the surrounding area

As you follow the roads and tracks of the Lot Valley, succumb to the enchantment of the magnificent ochre-golden cliffs, enjoy vertiginous views over the river's meanders, and gently make your way to the wonderful little Célé Valley to visit, amongst other things, the magnificent prehistoric painted caves of Pech Merle.

On foot...

In St. Cirg, along a lane paved with cobbles, seek out the detail on a door-handle, observe a finely-carved face in the stone, and from the heights above the ruined château, admire the village's cascade of roofs.

The "most beautiful villages in France"

No more nor less than 6. 6 villages classed amongst the "most beautiful in France", hidden in the meander of a river or perched high up on the cliffs of the Lot. All different, they nevertheless have something in common, a "little something" which makes all the difference and has brought them this distinction: charm.



AUTOIRE

Set in a bay of cliffs, between Gramat and the lovely Dordogne river, Autoire, with its square pigeon-towers, brown roof tiles, manor houses and noble residences, is watered by the torrent which gave it its name.

CARENNAC

Fifteen kilometres away, Carennac's Renaissance houses line the banks of the Dordogne. In reverent silence, an 11th C. Clunisian priory remembers Fénelon, who dwelt here a while.









A little further on, Loubressac forms a picture in which shades of ochre mingle with darker tints. Here, architecture of the houses is inherited from the Middle Ages, and the roofs have turned-up corners.



CARDAILLAC

As you head towards the Ségala, not far from Figeac, Cardaillac stands in your path. Behind this name, inherited from one of the most powerful families of Quercy, is concealed a village centred around a stronghold which has two square towers and a round one. From there, the view over the surrounding forests is quite simply splendid.



CAPDENAC LE HAUT

Just a few kilometres from Figeac, the mediaeval fortress of Capdenac le Haut is strung out along the top of a rocky outcrop like a peninsula, standing 110 m above a meander of the Lot. If the village's aspect owes much to its mediaeval past, it was nevertheless one of the main ancient strongholds in Quercy; possibly "Uxellodunum", the site of the last battle fought against the Gauls by Cæsar.



ST-CIRQ-LAPOPIE

And, of course, there's St. Cirq Lapopie, elected 'the favourite village of the French" in 2012. A masterpiece you'd think was a film set, where Time seems to have stood still... (see p. 11)



CASTLES

ASSIER | G4

Château d'Assier

Tel. 05 65 40 40 99

jean-christophe.taisant@monuments-nationaux.fr www.monuments-nationaux.fr

Renaissance château of which only the entrance wing remains, decorated with some very fine sculpture.

Open: from 02/01/2014 to 31/12/2014 except Tuesday (except July and August) and some public holidays.

Tariffs: adult 3€ - free to under 25's.

ASTAILLAC | G1

Château d'Estresses

Tel. 05 55 91 10 28 • estresses@orange.fr

Mediaeval castle with grounds on terraces overlooking

Open: from 14/07/2014 to 31/08/2014. Reservation strongly advised. Tariffs (guided tour): adult 4€

free to under 12's.

CÉNEVIÈRES | F6 Château de Cénevières

Tel. 05 65 31 27 33

www.chateau-cenevieres.com

Open: from 15/02/2014 to 11/04/2014 afternoons - from 12/04/2014 to 28/09/2014 except Sunday mornings - from 29/09/2014 to 11/11/2014 afternoons - rest of the year: by appointment. Closed

Tariffs (guided tour): adult 6.50€ - child (7 to 15's) 3€



VISITORS' COMMENTS:

- «You'll get a friendly welcome from the owner's family, who love their heritage and its long history » « there's a friendly, good-natured atmosphere and a real sense of history -

Flash to see 2 the video!

CIEURAC | D7

Château de Cieurac

Tel. 05 65 31 64 28 • http://chateaudecieurac.com Collection of 16th and 17th C. tapestries, very high quality furniture of the period, carved spiral staircase, unique in France. Entirely restored, and complemented by a formal French-style garden.

Open: 01/08/2014 to 13/09/2014 afternoons except Monday. Tariffs (guided tour): adult 7€50 - child (6 to 10's) 4€.

Couzou | E3

Château de la Pannonie

Tel. 05 65 33 71 71 · www.lapannonie.fr

18th C. country house with beautiful interior plastering, an elegant salon with wood-panelling and 17th C. paintings, and English-style grounds.

Open: from 16/06/2014 to 29/09/2014, except Tuesday.

Tariffs (guided tour): adult 6€ - young people (8 to 18's) 4€.

DEGAGNAC | C4

ORIT.

Château de Lantis

Tel. 05 65 41 11 47 • 09 64 23 21 58 • 06 32 96 00 89 barbierfrancoise@hotmail.fr

17th C. château undergoing restoration.

Open: from 01/07/2014 to 31/08/2014.

Tariffs (guided tour): adult 6€ - free to under 14's.

LACAPELLE-MARIVAL | G4

Château de Lacapelle-Marival

Tel. 05 65 33 75 13

Former 13th C. fort whose enormous square keep was altered in the 15th C. to make it more comfortable. This feudal symbol has a sentry walk, machicolations and corner turrets.

Open: from 01/07/2014 to 31/08/2014 except Tuesday mornings - In May, June and September open Sunday afternoons and public holidays at 15.15 pm.

Tariffs (guided tour): adult 3€50 - child (12 to 16's): 2€50 unacc. tour: adult 1€50.

LARROQUE-TOIRAC | G6

Château de Larroque-Toirac

Tel. 06 12 37 48 39 · www.chateautoirac.com

Clinging to the cliffs overlooking the Lot, mediaeval castle with defensive towers and Renaissance interior décor.

Open: from 01/07/2014 to 30/09/2014.

Tariffs (guided tour): adult 6€ - child (4 to 12's) 3€.

PRUDHOMAT | F2

Château de Castelnau-Bretenoux

Tel. 05 65 10 98 00

castelnau.bretenoux@monuments-nationaux.fr

www.monuments-nationaux.fr

Magnificent, imposing fortress with a keep, the lord's apartments and a fascinating history.

Open: from 01/01/2014 to 31/12/2014, Closed on Tuesdays (except from 02/05/2014 to 30/09/2014) - also closed on some public holidays. Tariffs: adult 7€50 - free to under 25's - double ticket

(Castelnau/Montal): 11€.

SAINT-FRONT-SUR-LEMANCE | A5

Château de Bonaguil

Tel. 05 53 71 90 33 · 05 53 41 90 71

www.chateau-bonaguil.com

A masterpiece of mediaeval military architecture, a fascinating place to visit.

Open: from 01/03/2014 to 31/10/2014. **Tariffs (guided tour):** adult 7€ child (5 to 12's) 4€.

SAINT-JEAN-LESPINASSE | G2

Château de Montal

Tel. 05 65 38 13 72 • Fax 05 65 38 77 71 montal@monuments-nationaux.fr

www.monuments-nationaux.fr

A real early French Renaissance gem with unique carved decoration. Built between 1519 and 1534 by an extraordinary woman, Jeanne de Balsac, the château, restored in the early 20th C., is beautifully furnished.

Open: from 02/01/2014 to 31/12/2014, closed Tuesdays from January to March and closed Mondays and Tuesdays from October to December, also closed on some public holidays. Subject to closure for restoration/repair work 01/10/2014 to 31/12/2014

Tariffs (guided tour): adult 7€50 – free to under 25's – Double ticket (Montal/Castelnau): 11€.





VISITORS' COMMENTS:

«You should take a guided tour, or else you". miss many things of interest » « Easv access and free parkina »

Flash to see the video I

VARAIRE F7

Château de Couanac

Tel. 05 65 31 52 32

www.chateaudecouanac.com

Fine 12th C. country house reconfigured in the Renaissance style, built around a place of worship.

Open: 01/06/2014 to 30/06/2014, afternoons by appointment, 01/07/2014 to 31/08/2014 closed Sunday mornings, 01/09/2014 to 30/09/2014, afternoons by appointment.

Tariffs: adults 5€ - children (7-15's): 3€.

Welcome to the national monuments of the Lot.



Castelnau-Bretenoux Castle:

a 19th opera singer's dream. Prudhomat Tel.: 05 65 10 98 00



Montal Castle:

the refinement of a noble residence worthy of the Loire Valley. St-Jean-Lespinasse Tel.: 05 65 38 13 72



Assier Castle:

Renaissance charm in the heart of Quercy. Assier

Tel.: 05 65 40 40 99

RELIGIOUS MONUMENTS

CAHORS | D6

Cathédrale Saint-Etienne et son cloitre

Place Chapou • Tel. 05 65 53 20 65 • 05 65 20 87 88 www.mairie-cahors.fr/patrimoine

Cathedral with aligned cupolas of admirable proportions, and fine portals; inside, Gothic cloister and Saint–Gausbert chapel decorated with a wall–painting of the "Last Judgement".

Open: from 01/01/2014 to 31/12/2014.

No visits during church services or weddings.

Tariffs: free.

LARAMIÈRE | G7

Prieuré

Place de l'Église

www.laramiere.new.fr

Augustinian priory (13th–17th C.) with frescoes in the chapter room and a sculpture museum.

Open: from 12/07/2014 to 21/09/2014 afternoons, except Tuesday.

Tariffs: adult 6€ - free to under 18's.

MARCILHAC-SUR-CÉLÉ | F5

Abbaye de Marcilhac

Information: Office de Tourisme du Pays de Figeac Tel. 05 65 34 06 25 · 05 65 40 68 44 (en saison) info@tourisme-figeac.com

12th C. abbey housing a museum of religious art.

Open: from 28/06/2014 to 14/09/2014 – guided tour Thursdays 17.30 from 10th July to 4th Sept.

Tariffs (unacc. tour): free

(guided tour): adult 4€50 - young people (12 to 18's) 3€.



MUSEUMS

Museum under the management of the Musées de France

M Departemental Museum
M Other museum or Private Collection

CABRERETS | E6

Musée de Préhistoire Amédée Lemozi M

Pech-Merle

Tel. 05 65 31 23 33 • 05 65 31 27 05

www.pechmerle.com

This museum gives an extra dimension to a visit to the Pech Merle cave and shows what life was like for Man in Quercy in prehistoric times. Three permanent exhibitions and a 20 minute film about the prehistoric paintings in the cave.

Open: from 06/04/2014 to 11/11/2014 – Groups by appointment from 16th January to 14th December 2014.

Tariffs: information not supplied.

Musée de l'Insolite M

Liauzu • Orniac • Tel. 05 65 30 21 01

www.museedelinsolite.com

A funny and surrealist trip through paintings, sculptures, compositions and original bits and pieces. Surprises and novelties.

Open: from 12/04/2014 to 03/11/2014 It is advisable to telephone before visiting.

Tariffs: adult 3€ - child (4-13's) 2€.

CAHORS | D6

Bibliothèque Patrimoniale et de Recherche du Grand Cahors M

Place François Mitterrand • Tel. 05 65 35 10 80

www.mairie-cahors.fr

19th C neoclassical style, spiral stairs—ceilings decorated with foliate and flowered plasterwork garlands surrounding central roses—more than 40 000 documents.

Open: from 01/01/2014 to 31/12/2014 Please enquire about

opening days and times.

Tariffs: free.

Musée de Cahors Henri-Martin M

792, rue Émile-Zola

Tel. 05 65 20 88 66 • 05 65 20 88 69

www.mairie-cahors.fr/musee

Created in 1833 and located in the 19th C. Bishops' Palace, Cahors Museum has on show the work of Henri Martin (1860 – 1943) and conserves large historic and archaeological collections relating to the city and to Quercy. Temporary exhibitions.

Open: from 02/01/2014 to 29/12/2014 except Tuesdays and Sunday morning – Closed 1st May, 24th and 25th December. May be closed during exhibition changeovers.

Tariffs (unacc. visit): adult 3€ - free to under 18's.

Musée de la Résistance M

Place Bessières • Tel. 05 65 22 14 25

musee-resistancecahors@wanadoo.fr

First pavilion: 6 rooms tracing the history of the Resistance in the Lot. Second pavilion: "Bessières Memorial".

Open the afternoons: from 02/01/2014 to 31/03/2014, except Sunday – from 01/04/2014 to 30/09/2014 – from 01/10/2014 to 31/12/2014 except Sunday – Visits in the morning by request – Closed on public holidays.

Tariffs: free.

CAJARC | G6

Musée Ferroviaire M

Gare • Tel. 05 65 40 57 90 • 06 22 98 10 83

Items relating to various aspects of railway operation, old

Open: from 08/07/2014 to 20/09/2014 in the afternoon – closed Sunday and Monday.

Sunday and Monday.

Tariffs: free.

CALES | E3

Palais de la Miniature et du Diorama M

Tel. 05 65 41 63 85 • 06 19 05 83 76

http://palaisminiatures.fr/

Located in a historic building, a 17th C. post house built in 1682. The unusual feature of this place is the height of those in it: they are all only 54 mm tall! Exceptionally good miniatures worth a closer look!!!

Open: from 01/07/2014 to 31/08/2014 except Mondays – at other

periods: by appointment.

Tariffs (guided tour): adult: 5€ - child(3/15's): 4€.

CAPDENAC-LE-HAUT | H5

Musée de Capdenac-le-Haut M

Place Lucter • Tel. 05 65 38 32 26

capdenac-le-haut@tourisme-figeac.com

Showcases containing prehistoric, Gallo-Roman and mediaeval items. Keep and Roman fountain.

Open: from 01/04/2014 to 30/04/2014 the afternoon except sunday – from 01/05/2014 to 31/10/2014 except Sunday morning. **Tariffs (unacc. visit):** adult 2€50 – young person (12–18's) 2€.

CARDAILLAC | H4

Musée Eclaté M

Tel. 05 65 40 15 65 • 05 65 40 10 63

Follow your guide around the village to see the "sémalier's" house (maker of containers for grape-harvesting), the chestnut-dryer, prune oven, walnut-oil mill and press, early 19th C. classroom and the clog-maker's workshop.

Open: from 01/07/2014 to 31/08/2014 guided tour at 15.00, except Saturday- open by appointment all year round.

Tariffs: at visitors' discretion.

CAZALS | B4

Atelier-Musée des Vieilles Mécaniques M

Boulevard Gambetta • Tel. 05 65 20 29 68

www.vieillesmecaniques.com

From 1900 to the present, encapsulates the evolution of the rural world.

Open: from 01/01/2014 to 31/12/2014 every Thursday (+ Sunday mornings in July/ August).

Tariffs (unacc. visit): free.

Musée Montolza-Mecanic Art M

1 place Hugues Salel

Tel. 05 65 22 89 00 • 06 07 22 52 32

www.montolza.com

History of Mechanical Art from the velocipede to Apollo XI. **Open:** from 29/05/2014 to 14/09/2014 Thursday to Sunday. By appointment only.

Tariffs (guided tour): adult 10€ young person (under 12 's) free

FIGEAC | H5

Musée Champollion Les Écritures du Monde M

Place Champollion

Tel. 05 65 50 31 08 • 05 65 50 05 40

www.musee-champollion.fr

Located in the house where Jean-François Champollion was himself, who deciphered hieroglyphics, new collections tell the **Open:** from 01/01/2014 to 15/01/2014 an 01/02/2014 to 30/03/2014 closed Mondays except in July and August – 01/11/2014 to 31/12/2014 the afternoons except Mondays.

Tariffs (unacc. visit): adult 5€, young person (12–18's) 2€50.

(guided tour): adult 9€, young person: 6€50



Isitors' comments:

Musée de la Résistance et de la Déportation M

35 rue Émile-7ola

Tel. 05 65 34 37 60 • 06 67 52 89 05

michel.larguille@orange.fr

Open: from 12/05/2014 to 30/09/2014 in the afternoon on

Tuesday, Thursday and Saturday. Tariffs (unacc.visit): free.

Musée d'Histoire de Figeac M

Cour du Puv

Constituted in the spirit of a "cabinet of curiosities", paintings, geological specimens, natural history, liturgical objects, or presents given to Georges Pompidou are on show here. There is also a group of works executed in the Lot by the Catalan painter Pierre Daura.

Open: from 01/07/2014 to 31/08/2014, in the afternoons: on request during the rest of the year.

Tariffs (unacc. visit): adult: 3€50 - (guided tour): adults: 7€- Child (unacc. visit): 2€ (12 to 18's) - (guided tour): children: 5€50 (12 to 18's).

Musée Paulin Ratier M

16 Rue Caviale

www.museepaulinratier.fr

Ratier-Figeac propeller and aeronautical products museum.

Open: from 01/01/2014 to 15/06/2014 on Saturdays - 16/06/2014 to 15/07/2014 on Wednesday and Friday afternoons, and Saturdays - 16/07/2014 to 15/09/2014 in the afternoons except Sunday - 16/09/2014 to 30/09/2014 on Wednesday and Friday afternoons, and Saturdays - 01/10/2014 to 31/12/2014 on Saturdays.

Tariffs: free.

LABASTIDE-MURAT | F4

Musée Murat M

Place Tolentino • Tel 05 65 24 97 82

http://musees.lot.fr/index.php/musee-murat www.amismuseemurat.fr

Museum of Maréchal Murat, King of Naples (one of the rare birthplaces of a Marshal of France to have remained largely unaltered for 200 yrs; typical Quercy-style house).

Open: from 16/07/2014 to 15/09/2014 except Tuesday - also open on the Heritage Days.

Tariffs (unacc. visit): adult 3€ - child (5 to 12's) 1€50.

LE VIGAN | D3

Musée Henri-Giron M

Les Prades • Tel. 05 65 41 33 78

Created around a large private collection of intensely sensual paintings, this museum has on show the works of Henri Giron, an artist living in Brussels.

Open: from 01/01/2014 to 31/12/2014 by appointment only.

Tariffs: free.

LES AROUES | C5 Musée Zadkine M

Tel. 05 65 22 83 37



Large wooden sculptures, powerful bronzes, engravings, work done by Ossip Zadkine in his Les Arques studio. Five large the church. Temporary exhibitions of contemporary art every summer early July-late September.

Open: from 01/02/2014 to 31/03/2014 in the afternoons except closed Mondays – from 02/11/2014 to 31/12/2014 afternoons Tariffs (unacc. visit): adult 3€ - under 12's: 1€50.



VISITORS' COMMENTS:«A very fine homage to the sculptor, a lovely, welcoming village, the countryside is magnificent, calm and restful, with many

LHERM I (5

Le Petit Musée du Fer M

Mairie de Iherm

Tel. 05 65 21 46 02

Describes the spread of iron-working mills from the 15th C. onwards in the Masse Valley.

Open: from 27/06/2014 to 21/09/2014 in the afternoons from Monday to Friday, and on Saturday and Sunday.

Tariffs (unacc. visit): free.

LIMOGNE-EN-QUERCY | F7

Musée d'Art et Tradition Populaire M

Maison du Pays de Limogne

Tel. 05 65 31 34 28

www.tourisme-limogne.com

Collection of old tools from the countryside in Quercy. **Open:** from 07/01/2014 to 01/12/2014 (please ask about opening davs/times).

Tariffs (unacc. visit): free.



A tribute to the birth of a new artistic movement in France, MECANIC ART...

thanks to Ernest Montaut and his wife GAMY. These two artists are globally renowned for their gouache enhanced lithographs which create the illusion of space and speed.

Their works of art captured the exploits of the first modern heroes of motorised vehicles in the early XXth century - the racers of cars, motorcycles, boats and airplanes. Come and discover over one hundred works brought agether to celebrate the work of this artistic couple.

@ www.museemontaut.fr

Welcome to the MONTAUT & MONTOLZA Mecanic Art museums

A tribute to the MECANIC ART ARTISTS, a cultural visit between the Bouriane region and the Cahors vineyards, in partnership with the FFVE, the Fédération Française des Véhicules d'Epoque.





Guided tours by appointment only. Call 05 65 22 89 00



Tribute to the Pioneers of the Global Industrial Race...

which began in Paris in 1868 with the Michaux Wilocipèdes and ended on the moon in 1969 with Apollo XI. These 101 years are depicted by 101 works of art: 101 allegorical illustrations of Mecanic Art on cycles, automobiles, aircrafts and boats.

Relais MONTOLZA - 46250 CAZALS www.museemontolza.fr

LUZECH | C6

Musée de France Armand Viré Salle Ichnospace M

Rue de la ville

Tel. 05 65 20 17 27 • 05 65 30 58 47

www.ville-luzech.fr

First museum in Europe devoted to fossilised and contemporary footprints and tracks. From scratches made by brontosaurs to... Neil Armstrong's bootprint on the Moon!

Open: from 01/07/2014 to 15/08/2014 except Saturday, Sunday and Monday and public holidays, rest of the year by appointment. **Tariffs:** adult 3€ – free to under 26's – Tariff multi–sites (Ichnospace, Armand Viré museum): Tariffs for individuals: 5€.

Musée Archéologique Armand Viré Espace Ammonites M

Maison des Consuls • Rue de la Ville Tel. 05 65 20 17 27

www.ville-luzech.fr

Finds from the Impernal and other nearby archaeological digs on show. The Ammonite room: marine cephalopods closely related to the nautilus – more than five hundred of them are to be seen in the showcases, taking you back millions of years. **Open:** from 01/01/2014 to 31/12/2014 (please ask about opening days/times).

Tariffs: adult 3€ – free to under 26's – Tariff multi-sites (Ichnospace, Armand Viré museum): Tariffs for individuals: 5€.

La Planète des Moulins M

Quai E. Gironde • Tel. 05 65 20 17 27 • 06 80 83 24 24 www.ville-luzech.fr

Surprising collection of working models, powered by water and wind, telling the story of Man's ingenuity in harnessing natural energies.

Open: from 01/07/2014 to 31/08/2014 in the afternoons except Saturday and Sunday – in May, June, September and October by appointment.

Tariffs (guided tour): adult 3€ - free to under 12's.

MARTEL | E2

Musée d'Uxellodunum M

Palais de la Raymondie

Tel. 05 65 37 30 03 · martel2@wanadoo.fr

Museum devoted to prehistoric and Gallo-Roman archaeology, mediaeval artefacts and a collection of chemist's jars.

Open: from 01/07/2014 to 31/08/2014 except Sunday, Monday and Thursday mornings.

Tariffs: adult 1€ - free to under 10's.

MONTCABRIER | A5

Musée « Le livre et la lettre » M

Le bourg • Tel. 06 32 02 31 51

musee.lelivreetlalettre@gmail.com

On show: a collection of bindings tracing the history of the book over the centuries, works of calligraphy, collections concerning writing and typography, posters and old postcards. **Open:** from 02/01/2014 to 01/04/2014 from Thursday to Sunday

Open: from 02/01/2014 to 01/04/2014 from Thursday to Sunday except public holidays – from 02/04/2014 to 14/09/2014 except Mondays and public holidays and from 15/09/2014 to 31/12/2014 from Thursday to Sunday except public holidays.

Tariffs (unacc. visit): adult: 3€

(guided tour): adult: 5€ - child (12 to 18 's) 2€.

Puy-L'Evêque | B6

Musée de la Manufacture de Porcelaine du Lot Virebent M

Rue de l'Usine • Tel. 05 65 36 46 31

www.virebent.com

Museum area set up around the old St Joseph coal-fired oven – exhibition of the pieces made here – video screen.

Open: from 01/01/2014 to 31/12/2014 closed Sundays except from 15th May to 15th October.

Tariffs: free.

SAINT-CIRO-LAPOPIE | E6

Musée Rignault M

Tel. 05 65 31 23 22

http://musees.lot.fr/index.php/musee-rignault

The Rignault museum bears the name of its early 20th C. proprietor, a painter and collector. The gardens are well worth seeing: overlooking the village and the Lot valley, they afford magnificent views... Exhibitions creating a dialogue between the site, the village and the Lot valley accompany the presentation of pieces from the museum's collection.

Open: from 29/03/2014 to 05/10/2014, Closed every Tuesday —

exhibition.

Tariffs: adult: 2€ – under 26's: 1€.



VISITORS' COMMENTS:

- «The setting is enchanting, the rooms magnificent, the works interestina.»
- «A magnificent garden with a splendid view.»

SAINT-GERY | E6

Mémorail - Quercy vapeur M

Ancienne Halle Marchandises Tel. 05 65 31 33 48 • 05 65 35 04 46

www.memorail.guercylot.com

Recreational space themed around railways (museum, models, miniature train ride)...

Open: from 01/06/2014 to 13/07/2014 Sunday afternoon and public holidays - from 14/07/2014 to 31/08/2014: open every afternoon except Saturday and public holidays - from 01/09/2014 to 28/09/2014, Sunday afternoon.

Tariffs: adult 3€ - child (4 to 6's): 1€.

SAINT-LAURENT-LES-TOURS | G2

Atelier Jean Lurcat M

Tel. 05 65 38 28 21

http://musees.lot.fr/index.php/musee-lurcat

in the Château de Saint-Laurent pays homage to Jean Lurçat,

Open: from 01/04/2014 to 30/09/2014 except Monday – Dates

Tariffs: adult 4€ - under 26's: 2€.





VISITORS' COMMENTS:

«The exhibition being in the place where the pieces were created makes it all the more attractive and moving.»

«A memorial to an exceptional man and artist

Flash to see the video!

SALVIAC | C4

Musée du Machinisme Agricole de la Bouriane M

Pépy • Tel. 05 65 41 56 18 • 06 81 09 98 05

www.musee-agricole-salviac.com

Set out over an area of 2 200 m², private collection of more than 130 tractors, hundreds of machines and tools.

Open: from 01/04/2014 to 30/06/2014 the afternoons – from 01/07/2014 to 31/08/2014 - from 01/09/2014 to 01/11/2014 the afternoons.

Tariffs: adult 8€ - child (5 to 12's): 5€.

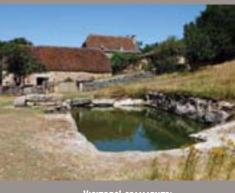
SAULIAC-SUR-CÉLÉ | F6

Écomusée Départemental de Cuzals M Tel./Fax: 05 65 31 36 43 • 05 65 21 24 78

http://musees.lot.fr/index.php/musee-cuzals

ages. The Lot's rural and agricultural history. Daily <u>events</u>/ site, demonstrations of arts and know-how, bread making) plus themed Sundays (with events and workshops). **Open:** from 30/04/2014 to 30/06/2014 the afternoons, closed Mondays and Tuesdays – from 01/07/2014 to 31/08/2014 – from

Tariffs (unacc. visit): adult 5€ – young people (12 to 26's) 2€50.





VISITORS' COMMENTS:

"The museum has a weath of bandings and items from the past."

"Very good explanations from the assistants, modest entry fee."

"Magnificent reconstitution of the way of

SOUILLAC | D2

Musée de la Vieille Prune M

Distillerie Louis Roque • 41-43 av. Jean Jaurès Tel. 05 65 32 78 16

www.lavieilleprune.com

Display of old stills. Visit the cellars and museum. Explanation of traditional skills.

Open: from 01/01/2014 to 31/12/2014 except Saturday and Sunday. Tariffs: free

SOUILLAC | D2

Musée de l'Automate M Place de l'Abbave

Tel. 05 65 37 07 07 • 05 65 32 71 00

www.musee-automate.fr

Unique in Europe. Working collection of automata and mechanical toys from the 19th and 20th C., mostly from the Rouillet-Decamps workshops.

Open: from 02/01/2014 to 31/12/2014 (closed Mondays and/or

Tariffs (unacc. visit): adult 6€ - child (5 to 12's) 3€.



VISITORS' COMMENTS:

«A superb museum with fine exhibits, well-conserved and presented automata, I particularly liked the big scenes recreating the old-fashioned animated shop window displays: for a few minutes, I was a child again!»

VERS | F6

Musée du Biscuit M

Mas de Saboth • Tel. 05 65 31 43 33 Biscuiterie.delfour@wanadoo.fr

The history of biscuit making from antiquity to the present day. **Open:** from 01/01/2014 to 31/12/2014 except Saturday and Sunday. Tariffs: free.

ART GALLERIES

CAJARC | G6

Centre d'Art Contemporain Georges Pompidou

Maison des Arts • 134 av. Germain Canet Tel. 05 65 40 78 19 • 05 65 14 12 83

www.magp.fr

The Contemporary Art Centre holds 3 to 5 temporary exhibitions throughout the year, and also manages the Lot Vallev Contemporary Art Itinerary, which starts from the Art Centre and goes down to the Maison Daura (St. Cirg) via various other villages in this section of the valley.

Open: from 01/03/2014 to 16/03/2014 - 12/04/2014 to 08/06/2014, open afternoons except Monday - 06/07/2014 to 31/08/2014. closed Monday – 20/09/2014 to 16/11/2014, open afternoons except Monday – Lot Valley Contemporary Art Itinerary in summer. Tariffs (unacc. visit): free - (guided tour): adult: 2€ - children's workshops: please enquire.

Galerie d'Art Contemporain « la Plage »

30 boulevard du Tour de Ville • Tel. 06 32 60 96 51 www.galerielaplage.com

Temporary exhibitions - water colours, abstract works.

Open: from 25/05/2014 to 28/09/2014 on Wednesday to Sunday afternoons Tariffs: free

CAZALS | B4

Galerie d'Art Moulin d'Iches

Moulin d'Iches • Tel. 05 65 22 86 18

www.p-vogel.com

Exhibition of about thirty works by Patrick Vogel - an exchange making contemporary sculpture accessible.

Open: from 01/01/2014 to 31/12/2014.

Tariffs: free.

RIGNAC | F3

Galerie d'Art La Sirène du Causse

Le Bourg • D36 • Tel. 05 65 33 69 40 • 06 18 82 07 91 www.catherinestock.com

Catherine Stock: a talent from elsewhere... she illustrates children's books: more than 70 works so far.

Open: from 01/04/2014 to 31/12/2014 by appointment.

Tariffs: free.

SAINT-CÉRÉ | G2

Atelier Exposition « Louis2verdal »

av. de Verdun Tel. 05 65 33 02 66 • 06 64 98 73 80 louis2verdal@yahoo.fr

http://louisdeverdal.com

Finding his inspiration in the most diverse of materials, and the most unusual combinations of them, Louis de Verdal creates works in wood and metal with great sensitivity...

Open: from 01/01/2014 to 31/12/2014 in the afternoons.

Tariffs: free.

SAINT-JEAN-LESPINASSE | G2

Espace culturel Orlando

Place de l'Église • Tel. 05 65 38 74 33

http://espaceorlando.over-blog.fr

The works of Peter and Denise Orlando are on show here. Temporary exhibitions of contemporary artists' work.

Open: from 19/07/2014 to 21/09/2014 in the afternoons except Mondays.

Tariffs: free.

WATERMILLS

BAGNAC-SUR-CÉLÉ | 14

Moulin de Bouluech

Tel. 06 82 77 01 09

Mediaeval watermill, milling room, large walnut-oil press, information centre.

Open: from 01/06/2014 to 15/09/2014 Tuesday and Thursday afternoons, by appointment on other weekdays.

Tariffs (guided tour): adult 2€ - free to under 12's.

Moulin des Conturies

Tel. 05 65 34 28 90

Restored watermill in an attractive verdant setting. It has 3 pairs of stones for grinding flour, one of which is in working order, and working walnut-oil milling equipment. Small museum of agricultural equipment.

Open: from 01/07/2014 to 31/08/2014, on Wednesday and Friday afternoons, by appointment on other weekdays.

Tariffs (guided tour): adult 2€ child (under 14's) 1€.

CALÈS | E3

Moulin de Cougnaguet

Tel. 05 65 38 73 56 • 05 65 32 63 09

www.cougnaguet.com

Fortified watermill on the Ouysse built in the 14th C. by monks from a Cistercian abbey of Rocamadour.

Open: from 01/04/2014 to 15/10/2014.

Tariffs (guided tour): adult 4€50 - child (6 to 15's) 2€50





VISITORS' COMMENTS:

«Bucolic site, pleasantly situated on the Ouysse, explained to you in the unmistakably South-Western accents of Hubert and Raymonde.»

Flash to see the video!

WINDMILLS

LUNAN I HS

Moulin de Seyrignac

Tel. 05 65 34 48 32

15th C. windmill in working order.

Open: from 15/04/2014 to 30/09/2014.

Tariffs (guided tour): adult 2€50 - child (5 to 10's) 2€.

WALNUT OIL MILL

MARTEL | E2

Moulin à huile de noix

Route de Saint-Céré

Tel. 05 65 37 40 69 • 05 65 37 30 69

www.moulin-huile-noix.com

Hydraulic press, production of walnut oil.

Open: from 01/01/2014 to 31/12/2014 except Sunday and Monday.

Tariffs: free for individuals.

THERE ARE MANY OTHER MILLS TO SEE IN THE LOT CONTACT THE:

Association des Moulins du Quercy

Lot - Tarn-et-Garonne 24 place du foirail - 46160 Cajarc Tel. 05 65 40 73 30

www.moulinsduguercy.com

CAVES

BACH | E7

Phosphatières du Cloup d'Aural "Les Escaliers du Temps"

Route de Varaire Tel. 06 03 93 45 91

www.phosphatieres.com



The Phosphatières du Cloup d'Aural are phosphate workings dating from the late 19th C. These caves open to the sky are home to a flora reminiscent of the tropics and perfectly adapted to its habitat poised between the sunlight and the underground world. **Open:** from 01/04/2014 to 11/11/2014 - Guided tour: in July

Tariffs (guided tour): adult 7€, child (6 to 14's) 4€50.





VISITORS' COMMENTS:

« A very beautiful place, don't forget your camera... at times you'd almost think you were in China... in miniature, a unique and really interesting visit. Wear good walking shoes (it's a bit slippery in wet weather). »

CABRERETS | E6

Grotte du Pech Merle

Tel. 05 65 31 27 05 • 05 65 31 23 33

www.pechmerle.com

One of the largest painted caves in France.

Open: from 06/04/2014 to 11/11/2014. Groups of fewer than 20 pers. can visit by appointment from 16th January to 14th December: reservation obligatory at least 10 days in advance. Tickets must be collected no later than 1/2 hour before the reserved visit time.

Reservation advisable in July and August 1 week in advance for families because of the 700 pers. per day visitor limit.

Tariffs (guided tour): adult 10€ - Young people (4 to 14's) 6€.

CRAYSSAC | C6

La Plage aux Ptérosaures

Tel. 05 65 53 20 65 (OT du Grand Cahors)

Imagine the edge of a lagoon, about 150 million years ago, where a hungry turtle is looking for small crustaceans, and a crocodile is making its way to the sea; imagine a pterosaur, not much bigger than a pigeon, walking along the firm mud-flats... See this palaentological gem in its new setting: a protective building equipped with a photovoltaic roof over 2 000 m² in area.

Opening dates: info not provided.

Gourdon I (3

Grottes de Cougnac

Payrignac

Tel./Fax 05 65 41 47 54 • 05 65 41 22 25

www.grottesdecougnac.com

slender stalactites known as soda straws. Animals – large deer, ibex, mammoths, and representations of humans decorate a long alcove. The artists have held a subtle dialogue with the cave walls, using the relief to suggest the volume of the

Open: from 12/04/2014 to 30/09/2014 – from 01/10/2014 to Tariffs (guided tour): adult 7€50 – child (5 to 12's) 5€50.



VISITORS' COMMENTS:

- «The caves are magical, the paintings amazing. » «A rich and beautiful place. »
- «A surprising place ; the visit is very attractive, including for

LACAVE | E2

Grottes de Lacave

Tel. 05 65 37 87 03

www.grottes-de-lacave.com

Little electric train gives access to the starting point of the visit to the twelve fairy tale caverns.

Open: from 15/02/2014 to 11/11/2014 and from 26/12/2014 to 30/12/2014

Tariffs (guided tour): adult 9€80 - child (4 to 13's) 6€.



MIERS | F2

Archéosite des Fieux

Route de Carennac

Tel. 06 16 26 74 35 - 06 67 83 94 31

http://archeosite-fieux.over-blog.com

Educational site providing an introduction to archaeology, above a dig site in a cavity showing evidence of a human presence here since Neanderthal times.

Open: from 01/04/2014 to 30/09/2014, Wednesdays, Saturdays and Sundays (open every day in July and August) - Open during the Easter and All Saints holidays.

Tariffs (guided tour and interactive workshops): adult 7€50 child (4 to 11's) 5€50.

PADIRAC | F2

Gouffre de Padirac

Tel. 05 65 33 64 56

www.gouffre-de-padirac.com

Mythic chasm, leading to an extraordinary underground river. **Open:** from 05/04/2014 to 11/11/2014.

Tariffs: (visit 1hr30) adult 10€30 - child (4-12's) 6€90.

ROCAMADOUR | E3

Grotte des Merveilles

L'Hospitalet • Tel. 05 65 33 67 92

www.grotte-des-merveilles.com

Cave covered in a multitude of crystalline concretions and decorated with art dating back 20 000 yrs.

Open: from 30/03/2014 to 11/11/2014.

Tariffs (guided tour): adult $7 \in$ − child (4 to 11's) $4 \in$ 50.

SAINT-MÉDARD-DE-PRESOUE | G2

Grottes de Presque

R D 673

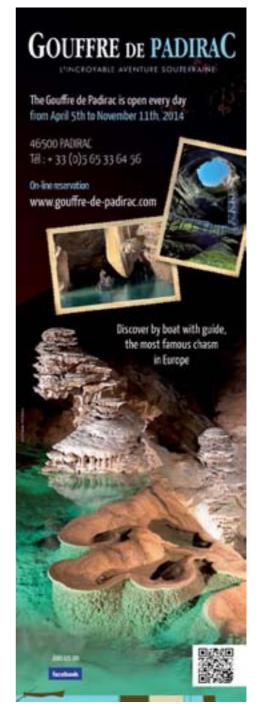
Tel. 06 70 53 82 87 • 05 65 40 32 01

www.grottesdepresque.com

Continuous procession of concretions and numerous stalagmitic columns 8 to 10 m high.

Open: from 15/02/2014 to 15/11/2014.

Tariffs (guided tour): adult 8€ - child (6 to 11's) 4€.



VISITORS' CENTRES

CAHORS | D6

Ancienne Station de Pompage de Cabazat

Quai Albert Cappus

Tel. 05 65 53 04 99 (en saison) • 05 65 20 88 91

www.mairie-cahors.fr

Beside the Valentré Bridge, this former water pumping station built in the 19th C., which has conserved its original machinery, has been converted into a visitor centre for Cahors and its area. Temporary exhibitions.

Open: from 01/03/2014 to 31/12/2014 (please enquire about days and times of opening)

Tariffs: free.

CARENNAC | F2

Espace Patrimoine

Le Château des Doyens Tel. 05 65 33 81 36

www.pays-vallee-dordogne.com

Exhibition about the Dordogne Valley Area of Art and History. You can also admire the architecture and décor of the residence of the Deans of Carennac.

Open: from 22/04/2014 to 31/10/2014 (Closed Saturday, Sunday Monday and public holidays, July, August and September: closed on the mornings of Saturday and Sunday) – other times: by appointment.

Tariffs (unacc. visit): free.

FAJOLES | D3

La Maison du Piage

Tel. 05 65 32 67 36

ccgb@wanadoo.fr

Voyage through prehistory, museum area, discovery path and archaeological site.

Open: from 01/06/2014 to 31/08/2014 except Monday.

Tariffs (guided tour): adult 3€ – child (under 10's): free.

FIGEAC | H5

Espace Patrimoine

5, rue de Colomb • Mairie

Tel. 05 65 50 05 40

www.ville-figeac.fr

Permanent exhibition "Portrait d'une ville, Figeac". Explains the history of the town and the evolution of its architecture. Temporary exhibitions.

Open: from 01/04/2014 to 09/07/2014 afternoons except Monday – from 10/07/2014 to 21/09/2014 – from 23/09/2014 to 31/10/2014 afternoons except Monday.

Tariffs (unacc. visit): free.

LIMOGNE | F7

Truffes Passion

151 Chemin du Joncas

Tel. 06 21 52 77 70

www.truffespassion.com

Enter the world of the truffle-grower thanks to a demonstration of truffle-hunting with a dog; and meet Marie-France, who is passionately enthusiastic about this mushroom.

Open: from December to late March Tuesday and Friday at 10.00, during the rest of the year at 10.30 Friday on reservation – 15/07/2014 to 23/08/2014 at 17.00 on Monday, 18.00 Wednesday and 10.30 Friday.

Tariffs: adult 6€50 - child (6-12's) 4€.



VISITORS' COMMENTS:

«Marie-France successfully enthused us with her passion. » «Thanks and sincere congratulations for this wonderful lesson. »

LOUBRESSAC | F2

Ferme de Siran

Tel. 05 65 38 74 40

www.fermedesiran.com

Visit this farm specialising in raising Angora goats.

Open: from 01/02/2014 to 29/06/2014 in the afternoons, closed Monday and Tuesday – from 30/06/2014 to 19/07/2014 in the afternoons, closed Saturdays – from 20/07/2014 to 24/08/2014 closed Saturday – from 25/08/2014 to 31/08/2014 in the afternoons, closed Saturdays – from 01/09/2014 to 31/12/2014 in the afternoons, closed Monday and Tuesday and public holidays

Tariffs (guided tour): adult: $4 \in -$ child (2-12's): 2€50.



ROCAMADOUR | E3

La Borie d'Imbert et sa Maison de Justine

Route de Lacave Tel. 05 65 33 20 37

www.laboriedimbert.com

La Maison de Justine: agriculture as it was 100 years ago! Slide show with sound track in the old bakehouse, house, kitchen garden and farmyard. Causses du Quercy Nature Path. La Borie d'Imbert: goat farm and cheese production, including the Farmhouse Rocamadour AOC.

Open: Maison de Justine: from 20/04/2014 to 01/11/2014. Ferme de la Borie d'Imbert: from 01/01/2014 to 31/12/2014. Tariffs: Maison de Justine: adult: 5€ - child: (5-15's) 3€

Ferme de la Borie d'Imbert: free.

SAINT-CIRO-LAPOPIE | E6

Maison de la Fourdonne

Tel. 05 65 31 21 51

www.maisondelafourdonne.com

Come and find out about the heritage of the village and its surroundings, set amongst limestone rock and greenery: guided tours, special events, musical siestas, exhibitions, treasure hunts, children's workshops and creative leisure courses.

Open: from 04/01/2014 to 27/12/2014 for educational workshops - from 01/04 to 30/09 for themed events. Tariffs: Events and themed guided tours fee-paying free access to outside areas.

PARKS AND GARDENS

CAHORS | D6

Les Jardins Secrets

Info: Office de tourisme du Grand Cahors Villa Cahors Malbec • Place François Mitterrand Tel. 05 65 53 20 65

www.tourisme-cahors.fr

Take a walk through the Conservation Sector to admire the Secret Gardens, each different, with its own little surprise.

Open: from 01/01/2014 to 31/12/2014.

Tariffs (unacc. visit): free - For days/times of guided tours contact the Cahors Tourist Office.

CAPDENAC LE HAUT | H5

Le jardin des 5 sens

Tel. 05 65 38 32 26

Mediaeval garden composed of themed beds: touch, smell,

sight, taste and hearing... Open: from 01/01/2014 to 31/12/2014.

Tariffs (unacc. visit): free.

CARDAILLAC | H4

Jardin médiéval

Tel. 05 65 40 14 32

A real little open-air museum, the mediaeval garden contains a wide range of plants used in the Middle Ages.

Open: from 01/01/2014 to 31/12/2014.

Tariffs (unacc. visit): free.

DEGAGNAC I (4

Le Jardin Bourian

Hameau de Cantelougue

Tel. 05 65 41 57 27

jardinbourian@gmail.com

Good example of "natural gardening" methods.

Open: from 01/01/2014 to 31/12/2014.

Tariffs (unacc. visit): free - guided tours on request.

ESCAMPS | E7

Les Senteurs du Quercy

Mas de Fraysse

Tel. 05 65 21 01 67

www.senteursduguercy.com

11000 varieties of iris (flowering in May) and 150 varieties of

hemerocallis (flowering June/July).

Open: from 01/04/2014 to 20/06/2014. Open rest of the year by

appointment. Tariffs: free.

GOURDON | D3

Les Jardins Zig Zag et les iardins du Sénéchal

Rue Zig Zag

Tel. 05 65 32 21 96

www.vertusvertes.com

Mediaeval-style gardens have been created on the site of houses which have disappeared (a visitor's guide can be

downloaded on site)

Open: 01/01/2014 to 31/12/2014.

Tariffs: free.

PRAYSSAC | B6

Circuit des Jardins «la liberté et l'artiste... »

Tel 05 65 22 40 57

ot.prayssac@orange.fr

6 themed gardens to explore, 1 dry garden and 1 decorative garden (different theme each year).

Open: 01/06/2014 to 31/10/2014.

Tariffs: free.

SALVIAC | C4

Jardin médiéval du Barry

Tel. 05 65 41 57 27

Mediaeval-inspired garden in the village centre.

Open: from 01/01/2014 to 31/12/2014. Tariffs (unacc. visit): free.

WILDLIFE PARKS

GRAMAT | F3

Parc Animalier de Gramat

Route de Cajarc • Tel. 05 65 38 81 22

www.gramat-parc-animalier.com

in 40 hectares of causse countryside, which it takes at least 2 hours to walk around. In Jul. and Aug. feeding time for wolves

Open: from 01/01/2014 to 11/04/2014 afternoons -

Tariffs: adult 11€ - child 6€50.





VISITORS' COMMENTS:

- grounds, which is most pleasant when it's sunny. » «Great for a family outing. »

Flash to see the video!

MARTEL | E2

Reptiland

Puy Lombry •Tel. 05 65 37 41 00

www.reptiland.fr

A "different way of seeing reptiles". 104 species visible in daylight. 250 specimens (snakes, crocodiles, lizards, tortoises and spiders).

Open: from 15/02/2014 to 21/12/2014 (Closed Mondays except July and August).

Tariffs: adult 9€50 - child (3 to 12's) 6€.

ROCAMADOUR | E3

Éco Parc du Rocher des Aigles

L'Hospitalet

Tel. 05 65 33 65 45 • 06 07 55 34 24

www.rocherdesaigles.com

Vultures, condors, eagles, falcons, grey parrots, cockatoos and other members of the parrot family fly free above the Rocamadour canyon.

Open: from 01/04/2014 to 30/09/2014 (please ask about display

times - roughly every 90 mins.)

Tariffs: adult 9€80 - child (4 to 13's) 6 €.

Forêt des Singes

www.la-foret-des-singes.com

150 Barbary Apes which live in liberty within 20 hectares of woodland. You can enjoy direct contact with the apes and there are many opportunities to observe the behaviour of this

Open: from 29/03/2014 to 14/09/2014 – from 15/09/2014 to Tariffs: adult 9€ - child (4-14 ans) 5€50.





VISITORS' COMMENTS:

«Thanks to the pop-corn which is handed out free as you go in, you can enjoy a moment's contact with these bundles of fur. » "It's a great outing whether you're on your

Flash to see the video!

THE LOT DEPARTMENT

PRESENTS ITS 5 GREAT TOURIST SITES

Films of epic proportions available at: www.greatsites-midipyrenees.co.uk



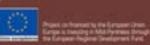














RAIL TRIP

MARTEL | E2

Le Truffadou

Chemin de fer touristique du Haut Quercy Près de la Gare

Tel. 05 65 37 35 81

www.trainduhautguercy.info

Railway line cut into the cliffs 80 m. above the valley once used to transport truffles from the market in Martel, one of the biggest of its kind in France. The name "Truffadou" comes from this

13 kms trip (1hr) with commentary, by steam or diesel-hauled train.

Open: from 01/04/2014 to 30/09/2014.

Tariffs: diesel train: adult 8€, child (4 to 11's) 5€ steam train: adult 10€50 – child (4 to 11's) 6€50.



VISITORS' COMMENTS:

- «You experience something like our ancestors did when they travelled.»
- «The train makes a few stops, so that you can get out and really enjoy the view of the Dordogne valley in the Lot (e.g. take photos).»
- «If you go on the steam train, be sure to wear dark-coloured clothes.»

LITTLE ROAD TRAINS

CAHORS | D6

Petit train de Cahors

Tel. 05 65 30 16 55

www.bateau-cahors.com

Tour of the city with commentary (about 45 min.). Departures from: allée des Soupirs, 200 m upstream from Valentré Bridge

Open: from 12/04/2014 to 31/10/2014. **Tariffs:** adult 7€ – child (5 to 13's) 3€50.

FIGEAC | H5

Lou Fijagol

Tel. 05 65 34 06 25 • 05 65 34 81 94

stephanie@cars-delbos.com

45 minute tour with commentary.

Departures from: Tourist Office place Vival. **Open:** from 06/07/2014 to 05/09/2014 except Saturday.

Tariffs: adult 6€ - child (5 to 12's) 3€.

ROCAMADOUR | E3

Le petit train de Rocamadour

LaTruffière • Tel. 05 65 33 65 99 (in season)

Tel. 06 08 26 25 56 • 06 73 68 35 72

www.lepet it train dero cama dour.com

Daytime: shuttle between valley car park and village. Evenings: 30 mins excursion, departure Porte du Figuier.

Open: from 12/04/2014 to 30/09/2014.

Tariffs: (return ticket) adult 3€50 – child (5 to 12's) 2€ – (single): adult 2€50 – child (5 to 12's) 1€75 – Evening excursion adult 5€ – child (5 to 12's) 2€50.

But also...

Check out these sections too:

CASTLES (page 14)

Château de Castelnau-Bretenoux

Château de Montal

MUSEUMS (page 17)

Palais de la Miniature et du Diorama

Musée Eclaté

Atelier Musée des Vieilles mécaniques

Musée Champollion

Musée de France Armand Viré

Salle Ichnospace, L'Espace Amonite

La Planète des Moulins

Mémorail, Quercy vapeur

Musée du Machinisme Agricole de la Bouriane

Écomusée départemental de Cuzals

Musée de l'Automate

ART GALLERIES (page 22)

Centre d'Art Contemporain Georges Pompidou

MILLS (page 23)

CAVES (page 24)

VISITORS'CENTRES (page 26)

PARKS AND GARDENS (page 27)

TREETOP CIRCUITS (page 40)

GOLF (page 41)

GO-KARTING (page 41)

CANOEING (page 44 to 47)

WATER SKI-ING (page 46)

BOATING (page 48)

BATHING AREAS (page 50)

AQUA-LEISURE CENTRES (page 51)

CYCLING, MBK, RAMBLING

(page 34 to 39) Choose the "easy"routes.

Contact

Tourist Offices and the Causses du Quercy Regional Natural Park, which provide literature or events specifically for "the littl'uns". (events, shows, and visits particularly well adapted to young people)

Ask for

The Guide to Fishing which suggests events and courses intended for children.

The "Carte Rando & Sac à Dos" map on which you'll find pony clubs listed, plus providers of rambles with donkeys.

If you visit the winegrowers who are part of the "Accueil Vignerons" network, you'll find a booklet "Malbelle la petite coccinelle qui amène vos enfants dans le vignoble" (Malbelle the ladybird who introduces children to the vinevards)...

(see the « Vignobles de Cahors et du Lot » map)





The Causses du Quercy Regional Natural Park, an area that's alive

Recognised for the quality of its landscapes, its biodiversity, its geological formations, its cultural wealth and its human history dating back almost 400 000 years, the Causses du Quercy area is an exceptional setting for your holidays. In 1999, it became a "Regional Natural Park". Today, it brings together 102 communes located in the centre of the Lot département, in Midi-Pyrénées, and numbers more than 30 000 inhabitants.

A rural area with a remarkable heritage, yet fragile and under threat, the Park is a lived-in area, with a lively, forward-looking ethos. It strives to combine economic development with the conservation of landscapes and of natural resources. The Causses du Quercy are ideal for pursuing outdoor leisure activities such as rambling, caving, climbing, or canoeing...

With your family, you can visit a marshy area, caves, or former phosphate workings, explore rivers, the local flora and fauna, villages and castles, old stories and legends, prehistory, and the secrets of the subterranean world.... Keen to transmit their skills and their passion to younger generations, the visitor attractions and the Park's partners in local tourism are eager to share the wealth of the Causses du Ouercy with you.

du Quercy

The "dark triangle" of Quercy

The most precious treasures are sometimes to be found right under our noses... or above our heads! There is a priceless one of this type. In 2002, a map was published showing the quality of the night sky over France; above the Causses du Quercy, there appeared a dark triangle..... The area of Metropolitan France with the lowest level of light pollution was to be found right here, between Rocamadour and the Lot Valley! In the now famous "dark triangle of Quercy", the available light at night is almost entirely natural. Light from the stars comes to us without interference from the light diffused by our street and town lighting. It's an amazing sight, when, during summer nights, against the black velvet backdrop of the sky the Milky Way and all the stars stand out, intense and vibrant! Naturally, professional and amateur astronomers rushed here hotfoot! The Park helps to set up observation posts and various events are organised: keep an eye on your diary! In the meantime, lie flat out under the celestial vault, trace the lines of the constellations, count the shooting stars, let this gentle light from the depths of space wash over you...

Geological discoveries

How do you find out about and experience the history of the earth itself? The Park area has a considerable geological heritage: the National Inventory has identified more than 140 "remarkable geological sites" here - geosites - particularly on the Causse de Limogne, where the Quercy phosphate workings are to be found. Over time, each geological event has left its imprint: fossils, sedimentary strata, traces of waves or tides, caves... You can come across a beach or a tropical forest, lagoons, phosphate deposits, an ex-mangrove swamp, underground rivers, limestone pavements... The Park devotes its efforts to the protection of these sites and to making them accessible for tourism and educational purposes. Here, visitors are invited to turn the pages of the great geological history book of the area as they decipher the landscapes and the living rock formations.





Explore throughout the seasons...

In spring, go hunting for ground-growing orchids
- more than 42 different species are found in the
Park... In summer, make the acquaintance of the local
caussenard sheep "with sunglasses", affectionately
so-called because of the black spots round their eyes.
In autumn, enjoy the sunlight illuminating the the
ochre cliffs of Calvignac or St-Cirq-Lapopie. And in
winter, head for Lalbenque: the Tuesday truffle market
is well worth a visit!

Suggestions for Walks and Rambles in the Lot (signs in —)

Stride from causse to causse, stroll amongst the hills of Quercy Blanc, cool off in the forests of the Ségala...

There are a thousand ways of exploring the Lot on foot...



Guide books for exploring the Lot ■■

Round walks classified by their level of difficulty and taking from a few hours to a whole day. Guide books on sale from Lot Tourisme, in Tourist Offices and bookshops in the departement.

"Promenades et randonnées" collection

5 guide books each detailing 27 round walks varying from 3 to 20 kms in length, and edited by Lot Tourisme in partnership with local areas.

Price: 8€





Le Lot à pied

1 general walking guide with 40 walks and rambles. Edited by the FFRandonnée. Price: 14€



Together, let's keep an eye on the state of our footpaths

These round walks have been selected with the greatest care, nevertheless, errors may have crept into the description or the waymarking. Your observations on the state of our paths are essential and enable us to improve their quality. Please inform us of any problems you encounter

- either through the **Tourist Office** where you obtained the guide book
- or directly via www.tourisme-lot.com in the section
 "témoignage" of the walk concerned, clearly stating the place
 where you encountered the problem and exactly what it was.





Walks for your **mobile device**

Lot Tourisme has put on line the first Lot tourist website adapted to mobile devices:

www.tourisme-lot.mobi



App Tourisme Lot

"RANDO & SAC À DOS"

App for I Phone et I Pad, disponible sur I'App Store. Côté Rando: Walking itineraries with detailed directions, GPX and KML traces.



RANDO & SICA DOS armete frencesos amena e chances

TRÈS NATURE, TRÈS ACTIF, TRÈS LOT

Find out about

> the GR paths

MAP

- > the Lot's bridle paths
- > the Lot Valley Cycle Route
- > where to contact equestrian tourism professionals
- > accommodation specially adapted to itinerant walking/riding holidays

Get this from

> Tourist Offices in the département > or telephone 00 33 5 65 35 07 09 or download it from

www.tourisme-lot.com





ESA Visitors'
Guides available from
Tourist Offices in the Lot
On sale: 1€

"Open your eyes"

A reservoir of great ecological diversity, ESA's are an important asset for the département's future. In order to conserve this rich heritage and make it known to the public, 8 nature and heritage walks have been equipped with special signposts which enable visitors to appreciate local nature and heritage.

Each signpost has a number which corresponds to one of the cards constituting the Visitors' Guide to the ESA. When inserted into the signpost, each card displays information about what you see around you, indicating the direction in which to look.

ENS

GRAMAT La Boucle du Moulin du Saut
FLOIRAC La Couasne de Floirac
LES ARQUES La Vallée de la Masse
FONTANES-DU-CAUSSE Les Fonds de la Braunhie
LAVERCANTIÈRE Les Landes du Frau
CANIAC-DU-CAUSSE L'Igue de Planagrèze
ROCAMADOUR L'Ouysse et l'Alzou
PEVRILLES Le Dégagnages

Le Marais **de Bonnefont**

MAYRINHAC-LENTOUR | F3

Eight info points have been installed to help you explore the Bonnefont marshes in a a way that is both fun and educational, accompanied by a dragonfly. Guided visits available all year round on reservation.





Information:
COMMUNAUTÉ DE COMMUNES DU PAYS DE PADIRAC
Tel. 06 78 00 93 07
wwww.paysdepadirac.fr

Events and nature walks

"Les Causseries" provides info about nature walks and evening events in the Causses du Quercy Regional Natural Park

Tel. 05 65 24 20 50 www.parc-causses-du-quercy.fr

"Lot Nature" association outings

161. 05 65 22 28 12

Outings in the ESA's

Section Agenda "Sorties Nature" on www.tourisme-lot.com and sur www.lot.fr

Cycling and MBK...

What a pleasure it is to leave your bike at the foot of an oak tree and take a few moments' well-deserved rest, in the hollow of a coomb, sprawled on grass dotted with wild thyme and flax, or to dunk your head in a cool, inviting stretch of water.





"les boucles lotoises"

37 cycle tours

Circuits varying from 4 to 31 kms and suitable for family cycle outings.

39 MBK tours

signposted MBK rides ranging from very easy to thallenging. Whether an occasional or regular rider, all cyclists can enjoy the charms of the Lot.

Brochures available from Tourist Offices and bookshops in the Lot, and from Lot Tourisme.

On sale: 10€

The Lot Valley Cycle Route

160 kms of selected, signposted itinerary

Road books available from Lot Tourisme or Tourist Offices in the Lot Valley.

CYCLE, VTT AND TRAIL BIKE HIRE

ANGLARS-JUILLAC | B6

Le Lot Canoë-kavak

Camping Floiras • Tel. 05 65 36 27 39

www.campingfloiras.com

MBK and trail bike hire from 01/04/2014 to 15/10/2014.

CENEVIERES | F6

Base de loisirs Deux Ponts sur le Lot

Halte nautique

Tel. 05 65 31 27 33 • 06 07 01 76 69

www.chateau-cenevieres.com/en/79-laocoon
Hire of MBK and trail bikes from 01/06/2014 to 30/09/2014.

CREYSSE | E2

Compagnie Sports Nature

Port Loisirs • Tel. 05 65 32 27 59

www.compagnie-sports-nature.com

Hire of MBK and trail bikes from 01/01/2014 to 31/12/2014.

FIGEAC | H5

Office Intercommunal des Sports

2 av. du Général de Gaulle Tel. 05 65 34 52 54 • 06 76 15 77 78

www.ois-figeac-cajarc.com
Hire of MBK, from 01/01/2014 to 31/12/2014.

GOURDON | D3

Cycles Aubert

Route de Salviac

Tel. 05 65 37 07 55 • 06 77 39 99 24

Cycle and MBK hire from 01/01/2014 to 31/12/2014.

LIMOGNE | F7

Limogne VTT Location

Place de l'Eglise • Tel. 05 65 24 33 65

www.quercyvtt.com

Hire of MBK and trail bikes from 01/03/2014 to 31/12/2014.

TOUR DE FAURE | F6

Lotabike

le Roucavral

Tel. 05 65 22 24 19 • 06 10 29 69 80

www.lotabike.fr

MBK and electric cycle hire from 15/01/2014 to 15/12/2014.

VAYRAC | F1

Vélo Vayrac

8 place Gambetta • Tel. 05 65 27 24 39

www.velovayrac.com

Hire of MBK and trail bikes from 01/01/2014 to 01/12/2014.

VERS | E6

Base nautique de Vers

Le Cuzoul

Tel. 05 65 23 81 08 • 06 67 27 83 04

www.base-nautique-vers.com

Hire of MBK and trail bikes from 01/05/2014 to 05/10/2014.

ACCOMPANIED MBK RIDES

BOUZIES | E6

Kalapca Loisirs

Conduché • Tel. 05 65 24 21 01

www.kalapca.com

From 01/03/2014 to 31/12/2014.

FFCT APPROVED MBK BASES

FIGEAC | H5

Office Intercommunal des Sports

2 av. du Général de Gaulle Tel. 05 65 34 52 54 • 06 76 15 77 78 www.ois-figeac-cajarc.com

ST PIERRE-LAFEUILLE | D5

Domaine d'Auzole

Tel. 05 65 30 00 77

www.auzole.com

COMITÉ DÉPARTEMENTAL DE CYCLOTOURISME

33, rue de la Combe Dorée

46100 FIGEA

Tél: 09 64 19 54 39

http://lot.ffct.org

List of cycling and MBK clubs, schedule of events.



ASTRONOMY

CAHORS | D6

Club d'Astronomie de Gigouzac

C/O carrefour des sciences et des arts · Espace Caviole 118 rue Wilson · Tel. 06 85 36 98 05

http://astrosurf.com/clubgigouzac

From 01/01/2014 to 31/12/2014.

HOT-AIR BALLOONING

CARNAC-ROUFFIAC | C6

Air Libre Montgolfières en Lot et Quercy

Les Genevriers – Rouffiac Tel. 05 65 30 03 83 • 06 88 59 11 95

www.air-libre-montgolfieres.com

From 01/04/2014 to 01/11/2014.

ROCAMADOUR | E3

Rocamadour Aerostat

Tel. 06 79 24 28 21

www.rocamadouraerostat.fr

From 01/01/2014 to 31/12/2014 by appointment.

VERS | E6

Voyages en ballon

Le Clos des Dryades - Bois Noir

Tel. 05 65 31 44 50

www.lotenballon.com

From 01/01/2014 to 31/12/2014 by appointment.

PARAGLIDING

DOUELLE | C6

École de Parapente du Lot

Place de l'Ormeau • Tél 06 81 88 03 98

www.parapente-max.com

From 01/01/2014 to 31/12/2014 by appointment.

MICROLIGHTS

CIEURAC | D7

Air Volia

240 rue de l'Aérodrome • Tel. 06 27 49 49 09

www.airvolia.com

From 01/01/2014 to 31/12/2014.

ISSENDOLUS | F3

ULM Club Lotois

Beaupendu • Tel. 06 31 20 97 15 • 06 81 21 44 45 From 01/01/2014 to 31/12/2014 by appointment.

PARAMOTOR

FLAUGNAC | D8

Lot Paramoteur

Tél 06 70 68 03 31

www.lot-paramoteur.com

VERS | E6

Air sol Image

Aérodrome de Vers

Mas de Cabridens • Tél 06 82 97 66 76

www.air-sol-images.over-blog.com

From 01/01/2014 to 31/12/2014.

GLIDING

CIEURAC | D7

Centre de Vol à Voile lotois

Aérodrome de Cahors-Lalbenque

Tel. 05 65 21 76 09

www.cahorsplaneur.fr

From 01/03/2014 to 31/10/2014.

TREETOP CIRCUITS

FIGEAC | H5

Accro-Liane

Avenue de Nayrac • Tel. 06 34 35 09 09

www.accroliane.com

From 15/02/2014 to 15/11/2014.

PRADINES | D6

Cap Nature

Chemin de l'Ile

Tel. 05 65 22 25 12 • 06 30 99 31 26 • 06 22 37 40 29

www.capnature.eu

From 16/02/2014 to 10/11/2014.

CAVING

Comité Départemental de Spéléologie

Mairie – 46240 Labastide Murat

www.cds46.fr

Where to practise these activities?

BEDUER | G5

Quercy Aventure

Tel. 05 65 40 05 34

www.quercyaventure.com

Courses, specialist guides

from 01//01/2014 to 31/12/2014 by appointment.

BOUZIES | E6

Kalapca Loisirs

Conduché • Tel. 05 65 24 21 01

www.kalapca.com

Courses, specialist guides from 01/03/2014 to 30/11/2014.

CRAS | E5

Spéléologie en Quercy

Mas de Brengou

Tel. 05 65 21 71 54 • lenormand.marco@gmail.com Specialist guides from 01/01/2014 to 31/12/2014.

CREYSSE | E2

Compagnie Sports Nature

Port Loisirs • Tel. 05 65 32 27 59

www.compagnie-sports-nature.com

Courses from 01/01/2014 to 31/12/2014.

MARCILHAC SUR CÉLÉ | F5

Séquence Émotions

Tel. 06 77 01 33 24 • doumejean@wanadoo.fr Specialist guides from 01/01/2014 to 31/12/2014 by appointment.

TOUR DE FAURE | F6

Lotabike

Le Roucayral • Route de Cahors Tel. 05 65 22 24 19 • 06 10 29 69 80

www.lotabike.fr

Courses, specialist guides from 15/01/2014 to 15/12/2014.

CLIMBING

Comité Départemental d'Escalade

Espace Clément Marot, bureau 15 Place Bessières – 46000 Cahors info.cd46@ffme.fr

Where to practise these activities?

BOUZIES | E6

Kalapca Loisirs

Conduché

Tel. 05 65 24 21 01

www.kalapca.com

Courses, specialist guides from 01/03/2014 to 30/11/2014.

CREYSSE | E2

Compagnie Sports Nature

Port Loisirs • Tel. 05 65 32 27 59

www.compagnie-sports-nature.com

Courses, specialist guides.

TOUR DE FAURE | F6

Lotabike

Le Roucayral • Route de Cahors Tel. 05 65 22 24 19 • 06 10 29 69 80

www.lotabike.fr

Courses, specialist guides from 15/01/2014 to 15/12/2014.

GOLF

CAHORS | D6

Practice

Chemin rivière de Cabessut

Tél 06 73 91 08 40

www.cahorsgolf.com

From 01/01/2014 to 31/12/2014.

CASTELNAU MONTRATIER | (8

Golf des Roucous (9 holes)

Sauveterre

Tel. 05 63 95 83 70

www.golfdesroucous.com

From 01/01/2014 to 31/12/2014.

LACHAPELLE AUZAC | D2

Souillac Golf Country Club (18 holes)

Mas del Teil

Tel. 05 65 27 56 00

www.souillaccountryclub.com

From 01/01/2014 to 31/12/2014 - closed 25th december.

SAINT JEAN LESPINASSE | G2

Golf de Montal (9 holes)

Marot Bas

Tel. 05 65 10 83 09

www.golf-montal.fr

From 01/01/2014 to 31/12/2014.

SAINT MARTIN LE REDON | A5

Golf Le Neuf du Bouysset (9 holes)

Castel du Bouvsset

Tel. 05 65 30 34 00

www.le-neuf-golf.eu

From 01/04/2014 to 9/11/2014.

GO-KARTING

CIEURAC | D7

Karting Karthors

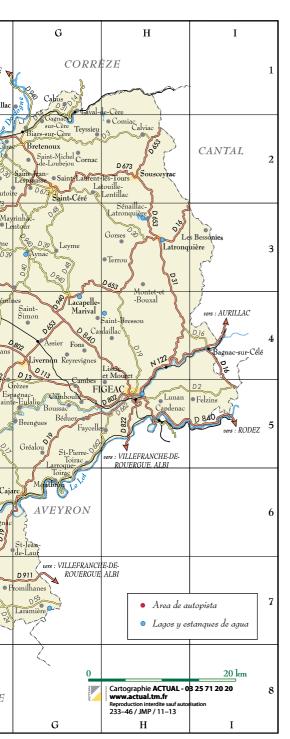
7AFC Cahors Sud • Aérodrome de Cahors

Tel. 05 65 24 38 71

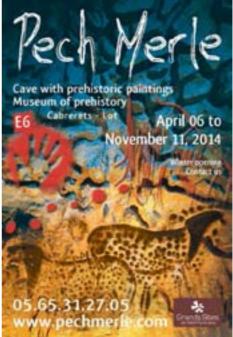
www.karthors.fr

From 15/02/2014 to 31/12/2014.









The Dordogne River

In the north of the département, the Dordogne valley cuts through the causses, linking the outliers of the Massif Central to the Atlantic ocean, lined with high cliffs or spreading widely over the alluvial plain, but always sinuous and so elegant!



In the valley...

Numerous festivals enliven the Dordogne Valley. Don't miss Souillac en Jazz (July), the Saint-Céré and Haut-Quercy lyric festival (July/August), and the Ecaussystème festival (Auaust).

See the valley from the Haut-Quercy Tourist Railway: spectacular views guaranteed! Part of this railway line is cut into the Mirandol cliffs which stand 80 metres above the Dordoane.

The author Christian Signol describes the river like the (ideal?) woman with a slim but muscular body. Beneath its calm appearance and smooth curves, the Dordogne conceals stretches to challenge the sports-minded and majestic, everchanging views. Explore it by canoe: sessions for beginners, day-long excursions, accompanied or not - all kinds of possibilities exist.

CANOEING

VAYRAC | F1

Safaraid Dordogne Canoë Nature

« les Granges »

Tel. 05 65 37 44 87 • 06 08 67 71 97

www.canoe-kayak-dordogne.com

Activities: hire, hire and transport by the day or for

several days.

Open: base in Vayrac 01/04/2014 to 30/10/2014. Base in Saint Sozy 01/07/2014 to 31/08/2014.

CREYSSE | E2

Compagnie Sports Nature

Port Loisirs

Tel. 05 65 32 27 59

www.compagnie-sports-nature.com

Activities: hire 'by the hour, half-day, day or several days) guided excursions (one or several

days hikes).

Open: from 01/01/2014 to 31/12/2014.



The Célé

This is the Lot's little brother; livelier, wilder and more poetic. More or less parallel to the course of the Lot, it is also a miniature of it: steep cliffs, charming villages and a major prehistoric site: the Pech Merle cave.



look out for...

Houses built into the cliffs as you travel along the narrow roads following the valley.

Walk along the GR 651, a variant of the famous Santiago Pilgrim Way, which follows the valley for some distance

CANOEING

FIGEAC | H5

Office intercommunal des Sports

2 av. du Général de Gaulle Tel. 05 65 34 52 54 • 06 76 15 77 78

www.ois-figeac-cajarc.com

Activities: hire (in July and August), accompanied trips. Open: 15/06/2014 to 15/09/2014.

BRENGUES | G5

Camping « Le Moulin Vieux »

D 41 • Tel. 05 65 40 00 41 • 06 81 09 65 01 www.camping-lemoulinvieux.com

Activities: hire.

Open: 15/03/2014 to 15/10/2014.

MARCILHAC SUR CÉLÉ | F5

Passion Aventure

Pont de Marcilhac • route de St Chels •Tel. 06 10 73 73 12

www.location-canoe-cele.com

Activities: hire by the 1/2 day, day or for several days,

accompanied day or several day trips. **Open:** 01/05/2014 to 15/09/2014.

SAULIAC SUR CÉLÉ | F6

Nature et Loisirs

Base d'Anglanat • Tel. 05 65 30 25 69

www.nature-et-loisirs.net

Activities: hire by the hour or the day, hire and transport by

he day

Open: 23/03/2014 to 20/10/2014 on reservation.

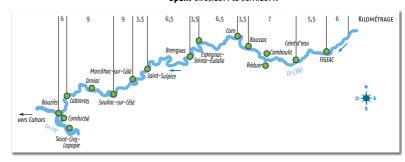
CONDUCHÉ/BOUZIÈS | F6

Kalapca Loisirs

Tel. 05 65 24 21 01 · www.kalapca.com

Activities: hire, courses for beginners and the experienced.

Open: 01/03/2014 to 30/11/2014.





The River Lot

In the south of the département lies the Lot valley. Its course is capricious, wandering in sinuous meanders through the vast limestone plateau: the famous "cingles" of the Lot. It is lined with high cliffs, crowned by the village of Saint-Cirq-Lapopie; then to the west of Cahors, the left bank of the river is lined with vineyards...

Don't miss...

The old towpath cut into the base of the cliffs below St Cirq Lapopie. A pleasant path to walk along, it leads you beside the Lot past two locks and the bas relief carved into the rock by Daniel MONNIFR.

To the west of Cahors lie the vineyards of that name: ask for the « Vignobles de Cahors et du Lot » map and set off on a voyage of discovery from one vineyard to another.

WATER SKI-ING

PRADINES | D6

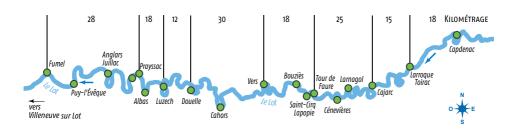
Cahors-Pradines Ski Nautique

20 rue Clément Ader

Tel. 06.76.54.40.87 • cpsn46@gmail.com

Activities: Taster session (Baby ski for 5's and over, specially-adapted equipment), Courses for beginners or experienced (skis, inflatables, wake board).

Open: 10/05/2014 to 28/09/2014.



CANOEING

CENEVIERES | F6

Base de loisirs « Deux Ponts sur le Lot »

Halte Nautique

Tel. 05 65 31 27 33 • 06 07 01 76 69

www.chateau-cenevieres.com/en/79-laocoon/79-bateaux

Activities: hire.

Open: 01/06/2014 to 30/09/2014.

SAINT-CIRQ LAPOPIE | E6

La Plage

Halte Nautique Tel. 05 65 30 29 51

www.campingplage.com
Activities: hire by the hour or ½ day.
Open: 01/07/2014 to 31/08/2014.

CONDUCHÉ/BOUZIES | E6

Kalapca Loisirs

Tel. 05 65 24 21 01 www.kalapca.com

Activities: hire, beginners' and advanced courses.

Open: 01/03/2014 to 30/11/2014.

VERS | E6

Base Nautique

Le Cuzoul

Tel. 05 65 23 81 08 • 06 67 27 83 04 www.base-nautique-vers.com

Activities: hire.

Open: 01/05/2014 to 05/10/2014.

PRADINES | D6

Cap Nature

Chemin de l'Ile

Tel. 05 65 22 25 12 • 06 30 99 31 26 • 06 22 37 40 29

www.capnature.eu

Activities: hire.

Open: 16/02/2014 to 10/11/2014.

ANGLARS JUILLAC | B6

Le Lot Canoë-Kayak

Clos de Floiras Tel. 05 65 36 27 39

www.campingfloiras.com

Activities: hire by the hour or ½ day. **Open:** 01/04/2014 to 15/10/2014.



Boating

The river Lot's special feature is its 75 km long navigable stretch which is remarkable for the variety of landscape to be seen: the vineyard plain dotted with castles and villages, the city of Cahors and the famous Valentré Bridge, and upriver towards Saint-Cirq-Lapopie, the impressive limestone cliffs.

This diversity makes the Lot one of the loveliest and most interesting navigable rivers in France.

The Lot is officially navigable over this stretch from 1st April to 15th November (maximun period)

SPRIT.

More info...

For further details contact:

DDT du Lot Service navigation Tel. 05 65 23 60 60 www.lot.gouv.fr/ navigation-r2009.html

PASSENGER BOATS

STARTING FROM BOUZIÈS | E6 Lot Croisières

Tel. 05 65 31 72 25

www.lot-croisieres.com

Base : port de Bouziès

Set in grandiose scenery, the river Lot offers you a unique opportunity to see Saint Cirq Lapopie perched on its rocky outcrop, its majestic cliffs and the towpath hollowed out of the rock.



L'Échappée du Lot

Shuttle-Boat between Bouziès and Saint Cirq Lapopie.

One way Bouziès-Saint Cirq Lapopie (time 1 hr 15 mins).

Return on foot via the towpath (time 1 hr 30 mins).

open: 01/06/2014 to 21/09/2014.

tariffs: adult 11€ - child (3-12's): 7€

La croisière de Saint Cirq Lapopie

An 8 km round trip in the Lot Valley on board two boats

(gabare or passenger boat).

open: 13/04/2014 to 26/10/2014.

tariffs: adult 11€ — child (3-12's): 7€.



Flash to see _

VISITORS' COMMENTS:

«Relaxing, a breath of fresh air, and pleasantly cool because the towpath is ofter in the shade.»

«I would advise you to take the10 a.m. cruise to avoid having the sun in your eyes so that you can take good photos.»



STARTING FROM CAHORS | D6

Les Croisières FENELON

Tel. 05 65 30 16 55

www.bateau-cahors.com

Base: Quai Valentré

Starting from Cahors, two boats are available. « Le Fénelon » offers full-day cruises with lunch on board, either through the Cahors vineyards, or up to St Cirq Lapopie, elected the Favourite Village of the French in 2012. « Le Valentré » departing from a quay close to the Valentré Bridge will give you a lovely view of the city whilst you hear about its history and architecture, as you sail past the various monuments (you pass through the Coty lock).

Le Fénelon

75 passengers (60 for meals)

- Full day cruises with a meal on board: up to St-Cirq-Lapopie or past the vineyards.

Open: 01/07/2014 to 31/08/2014 except Saturdays and Sundays. In May, June, September for individuals (please ask for details) **Tariffs:** 59 to 62€ — child (3-10's) 35 to 37€.

Le Valentré

120 seats

"Boucle de Cahors" Cruise: 1hr 15

Departures: May, June, & September at 11.00, 15.00 and 16.30. July and August at 18.00 also. In April and 1st to 15th October 15.45. **Tariffs:** adult 10€ – child $5 \in (5 - 13)$ s).





VISITORS' COMMENTS:

- «Peaceful and informative cruise »
- «Delicious food, very pleasant and helpfu staff.»
- «The landscape is superb, dazzling. »

▼ Flash to see the video



HOUSEBOATS (NO LICENCE REQUIRED)

Tariffs according to capacity, model of boat and season.

DOUELLE | C6

Le Boat

Le Moulinat

Tel. 05 65 20 08 79

www.leboat.fr

Open: 01/04/2014 to 31/10/2014. **Tariffs:** not provided.

CAHORS | D6

Baboumarine

Port St Mary

Tel. 05 65 30 08 99

www.baboumarine.com

Open: 29/03/2014 to 15/11/2014. **Tariffs:** from 716 to 2 840€.

Bouziès | E6

Lot Navigation

Tel. 05 65 24 32 20

www.lot-navigation.com

Open: 12/04/2014 to 31/10/2014.

Tariffs: from 948 to 3 900€

BOAT HIRE BY THE HOUR OR BY THE DAY (NO LICENCE)

ANGLARS JUILLAC | B6

Le Lot Canoë-Kayak

Camping Base nautique "Floiras"

Tel. 05 65 36 27 39

www.campingfloiras.com

Motor boat hire from 01/04/2014 to 15/10/2014.

Bouziès | E6

Lot Navigation

Port fluvial

Tel. 05 65 24 32 20

www.lot-croisieres.com

Gabarre hire from 25/05/2014 to 28/09/2014.

VERS | E6

Base Nautique de Vers

Le Cuzoul

Tel. 05 65 23 81 08

www.base-nautique-vers.com

Motor hoat hire from 01/05/2014 to 05/10/2014.

Where can you bathe in the Lot?

With such beautiful rivers, the Lot could hardly refuse us the chance to bathe... The map below shows a selection of places which are suitable for taking a dip and sunbathing in safety.



A few recommendations for river bathing

- Check on expected weather conditions.
- Be aware of the strength of the current and of sudden great variations in depth.
- Never bathe during and immediately after heavy rain.
- Enter the water progressively
- Protect yourself from the effects of the sun
- Wear shoes, even whilst bathing
- Always keep an eye on children and make sure they wear inflatable armbands and flotation swimwear



To check on water quality and the weather in real time www.infeauloisirs.com

More info from www.tourisme-lot.com

AQUA-LEISURE CENTRES

BETAILLE | F2

Parc Aquatique la Saule

Route de Carennac Tel. 05 65 32 55 75

www.lasaule.fr

2 500 m² of supervised bathing, waterslides, chidren's pool, children's games, trampoline, inflatables, water jet esplanade, snack bar.

Open: from 07/06/2014 to 31/08/2014. **Tariffs:** 5€50/6€50 – free to under 3's.

CAHORS | D6

Archipel de Grand Cahors

Quai Ludo Rolles Tel. 05 65 35 05 86

www.grandcahors.fr

Swimming and fun pools, waterslide, waterslope, water cannon, paddling pool, shaded area, jetty, crazy golf, games. Bar- restaurant.

Open: 09/06/2014 to 07/09/2014. **tariffs:** not supplied.

FISHING

The Lot provides a free guide to fishing, with information about the best stretches of water, 1st and 2nd category sites, artificial lakes, no-kill fishing

areas, pegs specially adapted to those with reduced mobility, plus accommodation which is specially designated as "Fishing accommodation".

Download the Guide from:

www.pechelot.com

paper version available from all Tourist Offices

More info...

To find out more about "one day" and "holiday" fishing licences, and events intended for the less experienced in the art of fishing, please contact:



FÉDÉRATION DE PÊCHE DU LOT 133, quai Albert Cappus 46000 CAHORS Tel: 05 65 35 50 22

www.pechelot.com



Good food

Whenever the Lot is mentioned, good food and wine is always on the agenda. Within France, this area has a high reputation for the quality of its produce and also the good value offered by the large number of restaurants serving it, and this reputation has long since spread beyond the confines of its native land.

Quercy Farm Lamb

Another traditional local speciality is Quercy Farm Lamb, also raised on the limestone causse, where the ewes nibble the short, sparse grass and the wild herbs that grow with it, thus giving their milk an incomparable flavour that transfers to the meat. The lamb is produced under very strictly controlled conditions, imposed by the "Label Rouge" quality mark which it carries.



Perigord walnuts

Often associated with cheese, another of this area's major products is the walnut, sold under the AOC Noix du Périgord name. Walnuts lend themselves to all kinds of treatment: served just as they are with a salad or cheese, made into a wide variety of biscuits, cakes and confectionery (walnut kernels covered with fine dark chocolate are seriously good), pressed to give a clear, light gold oil which is excellent for salad dressings, and used to flavour a wide range of alcoholic drinks, from "vin de noix", drunk as an aperitif, to various spirits and liqueurs. They have many health benefits, containing vitamins, trace elements and anti-oxidants.

Rocamadour AOC goat's cheese

Produced on the limestone causse, with records going back as far as the 15th C., is the small, creamy AOC Rocamadour goat's cheese. This is delicious just as it is, or sprinkled with black pepper, or it can be gently warmed and served on toast or salad, with perhaps a drizzle of local honey over it... Like most vineyards, farms where goats are raised often sell their produce at the farm gate, and there are places where you can visit the goats and watch them being milked.



Saffron

Surprising though it may seem, saffron was once grown and exported from here; and in the last ten years or so, some farmers in the Lot and Célé valleys have diversified back into this traditional crop. The saffron fields are a beautiful sight in October, when the crocus sativus bears its delicate, pale mauve flowers. Like truffles, saffron is extremely expensive, but you only need a tiny quantity to colour and flavour a dish.



Melons

In summer, on our many colourful local markets you will see "Melons du Quercy". These are grown in the Quercy Blanc area, benefiting from the well-exposed, sunny chalk hillsides. Their tough green skins protect dense, perfumed, juicy orange flesh which is as sweet and good as you could wish. Have your own way with them: alone, in combination with other fruits, vegetables or meats, in a sweet or savoury dish... the possibilities are almost endless.



Truffles

Impossible to talk about local specialities without mentioning that mysterious – some would say magic – mushroom, the truffle. Long held to be one of the crowning glories of our regional cuisine, it is a rare and capricious delicacy, which helps to explain its very high price. It requires limestone soil, is fussy about climate, and, when it consents to do so, grows on the rootlets of trees, most frequently the local stunted oaks. The fresh truffle season runs from December to March, when the traditional truffle markets in Lalbenque and Martel are held.



The stars of the Lot

The Lot is privileged to be home to 7 Michelin-starred chefs. They are:

Pascal Bardet

Le Gindreau – Saint-Médard Tel. 05 65 36 22 27

Damien Cousseau

Le Château de Mercuès - Mercuès Tel. 05 65 20 00 01

Daniel et Stéphane Chambon

Le Pont de l'Ouysse – Lacave Tel. 05 65 37 87 04

Frédéric Bizat

Les Trois Soleils de Montal Saint Jean Lespinasse Tel. 05 65 10 16 16

Richard Marco

Lamagdelaine Tel. 05 65 35 30 64

Stéphane Andrieux

Le Château de la Treyne – Lacave Tel. 05 65 27 60 60

Patrick Lagnès

Au Déjeuner de Sousceyrac Sousceyrac Tel. 05 65 33 00 56

Places of remarkable taste...

Lalbenque with its Truffle Market **Martel** with its Walnut Oil mill **Cajarc,** the Quercy Saffron centre

The vineyards of the Lot

Renowned throughout its history, Cahors Wine is today classed amongst the best in France. This vineyard, full of talent, lies in the opulent Lot Valley and on the hot, dry Causse overlooking Cahors. In 1971, it was awarded AOC status for its 4 200 hectares. Sun, soil and skill come together to produce Cahors wines which draw their flamboyant personality from their principal grape variety, Malbec, admirably supported by Tannat and Merlot.

If Cahors wines get top billing, they are by no means the only ones to regale the palate. The AOC Coteaux du Quercy and the Vins des côtes du Lot should also be taken into account. The former, produced in Quercy Blanc, have more than a hint of the South. On these calcareous soils, well-balanced reds with floral and peppery nuances and fruity, generous rosés "de saignée" made from an assemblage of Cabernet Franc, Merlot, Tannat and Gamay are produced.

The Vins des côtes du Lot are easy-drinking wines, whether they come from the south of the Lot, from the Coteaux de Glanes or the vines around Rocamadour. They can be whites, dry, fresh and fruity rosés, or very aromatic reds.

In all of these vineyard areas, there are numerous places that are a "must "to visit.

Villa Cahors Malbec & Cahors Malbec Lounge

This place for the promotion and tasting of Cahors Wine, managed by the Cahors Wine Interprofessional Union, gives you the key to understanding the Cahors vineyards, and inspires the desire to go and meet the passionate winemakers of the area. Numerous evening events are organised.

CAHORS MALBEC LOUNGE

Union Interprofessionnelle du Vin de Cahors Villa Cahors Malbec - Place F.Mitterrand - Cahors Tel. 05 65 23 82 35 • 06 85 79 32 94 www.vignobles.tourisme-lot.com



As you tour through the Cahors vineyards, take the opportunity to visit the "Accueil Vigneron du Lot" cellars: find all the information you need by picking up the Tourist Map of the Vineyards, or on:



www.vignobles.tourisme-lot.com



Dates to remember...

In January

12th january in Sarrazac (morning): Fat poultry and truffle market

18th january in Martel (morning): Fat poultry and truffle market

26th january in Lalbenque: Truffle festival 26th january in Gignac: Truffle market

In February

1st february in Gourdon (morning): Fat poultry and truffle market

In June

8th june in Rocamadour: Rocamadour Cheese Festival

8th, 9th and 10th june: Open days and Independent Winegrowers' picnic

In July

4th, 5th and 6th July in Cahors: Lot of Saveurs Festival of food and wine from the Lot, with associated events on this theme in July and August in the Grand Cahors area – Tel. 05 65 53 20 65

In August

1st or 2th monday in Carennac: Golden greengage plum festival

4th August in Cahors: Local Farmers' Market 7th August in Puy I'Evêque: Independent Winegrowers festival

14th and 15th August in Duravel: Wine and regional products fair

8th August in Cajarc: Journée du goût (Day of Taste) 9th August inMontpezat du Quercy: Coteaux du Ouercy Wine Festival

In Spetember

20th September in Parnac: Festi-vendages

In October

25th and 26th October in Cajarc: Quercy Saffron Festival 26th October in Thégra: Walnut Festival

In December

13th december in Cuzance: Truffle Fair

A complete list of events is available from:

Comité de Promotion des Produits du Lot

Contact: 05 65 23 22 88 - cppl@lot.chambagri.fr





Markets

Take a stroll in the early morning past the market stalls, enjoy the scents, try new taste sensations... from Cahors to Figeac via Gourdon, Martel or Montcuq, the whole area is here on display for you. There are many markets to tempt your taste buds and Cahors remains incontestably one of the finest. In winter, don't miss the truffle markets, just for the experience of "sniffing" the unique scent of the "black diamond" and guessing at the secretive dealings, as money passes from hand to hand. In summer, wander around the Local Farmers' Markets or the Night Markets (check out our website www.tourisme-lot.com)

Markets you shouldn't miss	Ordinary Markets					Local Farmers' Markets		
COMMUNE	М	TU	W	THU	F	SA	SU	PERIOD
ARCAMBAL D6							1	(morning) all year round
ASSIER G4								covered sheep market (mornings) (morning) 1st and 3rd Monday of each month
BAGNAC-SUR-CÉLÉ 14			1					(morning) all year round
BRENGUES G5								from 17.00 to 20.00 in July and August
BRETENOUX G2		1				1		(morning) all year round
CABRERETS E6					1			(morning) from May to October
CAHORS D6 📥			1			1		(morning) all year round
CAJARC G6						1		(afternoon) all year round
CAPDENAC-LE-HAUT H5								from 9.00 to 12.30 in July and August
CARENNAC F2								from 17.00 to 20.00 in July and August
CASTELNAU-MONTRATIER C8							1	(morning) all year round from 17.30 to 20.30 in July and August
CATUS C5								(morning) all year round from 8–12.00 in July and August
CAZALS B4							1	(morning) all year round
CONCOTS E7							1	(morning) all year round
FIGEAC H5 📥						1		(morning) all year round



COMMUNE	М	TU	W	THU	F	SA	SU	PERIOD
FLOIRAC E2		1			1			(morning) all year round
GOURDON D3 📥				₩		1		(morning) all year round (morning) in July and August
GRAMAT F3								(morning) all year round
LABASTIDE-MURAT E4								(morning) in July and August
LACAPELLE-MARIVAL G4	1							2 nd and 4 th Monday morning of each month
LACAVE E2								from 16.00 to 19.30 in July and August
LACHAPELLE-AUZAC D2								(morning) in July and August
LALBENQUE E7								(morning) all year round Truffle market (Tues. afternoon) from December to March
LAMOTHE-FÉNELON D3					1			from 15 th June to 15 th sept. : from 18.00
LATRONQUIÈRE H3			1		1			(morning) all year round
LES QUATRE-ROUTES DU LOT E1					1			(morning) all year round
LIMOGNE-EN-QUERCY F7 📥								(morning) all year round truffle market (Friday morning) from Dec. to March, (Sunday morning) June to August
LIVERNON G4								from 17.00 to 20.00 in July and August
LUZECH C6 📥			1					(morning) all year round
MARCILHAC-SUR-CÉLÉ F5		1						from 17.00 to 20.00 in July and August
MARTEL E2								(morning) all year round truffle market in Dec. and January
MERCUÈS D6				1				(morning) all year round
MIERS F2								from 17.00 to 21.00 in July and August
MONTCABRIER A5								from 18.00 to 21.00 in July and August

COMMUNE	М	TU	W	THU	F	SA	SU	PERIOD
MONTCUQ B7							1	(morning) all year round (morning) in July and August
PAYRAC D3								(morning) from May to October
PRAYSSAC B6					1			(morning) all year round (morning) in July and August
PUYBRUN F2							1	(morning) all year round
PUY-L'ÉVÊQUE B6								(morning) all year round from 18.00 to 21.00 in July and August
SAINT-CÉRÉ G2						1	1	(morning) all year round
SAINT-CIRQ-LAPOPIE E6								from 16.00 to 20.00 in July and August
ST-GERMAIN-DU-BEL-AIR D4								(morning) in July and August
SAINT-GÉRY E6 📥								(morning) all year round
SAINT-PIERRE-LAFEUILLE D5								from 17.00 to 19.00 in July and August
SAINT-SOZY E2								(morning) all year round
SALVIAC C4		1			1			(morning) all year round
SAUZET C6				1				(morning) all year round
SOUILLAC D2								(morning) all year round from 17.00 to 20.00 in July and August
SOUSCEYRAC H2							1	(morning) in July and August
TAURIAC F2			1					(late afternoon) in July and August
TOUR DE FAURE F6								(morning) from 15 th June to 15 th September
VAYRAC F1				1				(morning) all year round
VERS E6				1				(morning) from May to September





RESTAURANTS

In the following pages, you'll find the Logis de France restaurants and the Bonnes Tables du Lot restaurants as well as establishments which appear in the following guides: Michelin Guide, Gault et Millau, Guide Hubert, guide du Routard (Tarn, Avevron, Lot), le petit futé (les Bonnes Tables de France)...







Maître Restaurateur





Eurotoaues



Tables & Auberges de France





Bonnes tables



Maîtres cuisiniers de France





Restaurant l'Assiérois

Place de l'église • Tel. 05 65 40 56 27 www.lassierois.com

Open: from 01/01/2014 to 31/12/2014 except Sunday evening and Monday.

Price: Set menu adults 29 to 40€- Children's

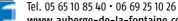
menu 12€ (up to 10 yrs old).





Restaurant Auberge de la Fontaine







www.auberge-de-la-fontaine.com

Open: from 01/03/2014 to 07/07/2014 except Sunday evening and Monday - from 08/07/2014 to 23/08/2014 - from 24/08/2014 to 21/12/2014 except Sunday evening and Monday.

Price: Set menu adults 13€ to 32€- Children's menu from 8€50 to 11€ (up to 12 yrs old).

ALVIGNAC | F3



Restaurant Le Bouche à Oreille

Tel. 05 65 33 60 30

leboucheaoreille@wanadoo.fr



Open: from 06/01/2014 to 31/03/2014 except Friday evening and Saturday - from 01/04/2014 to 30/09/2014 - from 01/10/2014 to 19/12/2014 except

Friday evening and Saturday.

Price: Set menu adults 14€80 to 26€ - Children's menu 9€70 (up to 12 vrs old).

ANGLARS-JUILLAC | B6



Restaurant Hostellerie Clau del Loup Metairie Haute • Tel. 05 65 36 76 20 www.claudelloup.com

Open: from 01/01/2014 to 31/12/2014.

Price: Set menu adults 13 to 65€ - Children's

menu 12€ (up to 12 yrs old).



BACH | E7



Restaurant Auberge Lou Bourdié

Tel. 05 65 31 77 46



Open: from 07/01/2014 to 24/08/2014 Sunday. Monday, Tuesday, Thursday and Friday lunchtimes and from 08/09/2014 to 23/12/2014 Sunday, Monday, Tuesday, Thursday and Friday lunchtimes.

Price: Set menu adults 17 to 45€ - Children's menu 10€ (up to 10 vrs old).

BOUZIES | F6



Restaurant Les Falaises

Le Bourg • Tel. 05 65 31 26 83 resa-bouzies@seml.fr

Open: from 05/04/2014 to 31/10/2014.

Price: Set menu adults 16€ - Children's menu 9€ (up to 12 yrs old).

CABRERETS | E6



Restaurant Auberge de la Sagne

Route des Grottes de Pech Merle Tel. 05 65 31 26 62

www.hotel-auberge-cabrerets.com

Open: from 10/04/2014 to 10/10/2014. Price: Set menu adults 19 to 21€ - Children's menu 10€ (up to 12 yrs old)

CAHORS | D6



Restaurant le Lamparo

76 rue Clémenceau • Tel 05 65 35 25 93 www.lelamparo.com/lamparo.htm

Open: from 01/01/2014 to 31/12/2014 except

Sundays and public holidays Price: Set menu adults 17 to 23,50€ - Children's



Restaurant Auberge du Vieux Cahors

134/144 rue Saint Urcisse



Tel. 05 65 35 06 05

Open: from 01/02/2014 to 31/03/2014 except Tuesday and Wednesday - from 01/04/2014 to 31/12/2014



www.hotel-kyriad-cahors.com

Open: from 01/01/2014 to 31/12/2014, Except

Prices not submitted



Restaurant La Garenne

Saint-Henri • Tel. 05 65 35 40 67



www.restaurantlagarenne-cahors.com

Open: from 01/01/2014 to 11/02/2014, from 13/03/2014 to 25/06/2014, from 03/07/2014 to 12/11/2014, from 20/11/2014 to 31/12/2014 (except Monday evenings, Tuesday evenings and Wednesdays).

Price: Set menu adults 19 to 57€ - Children's menu 11€ (up to 8 vrs old).



Restaurant Le Balandre

5 avenue Charles de Freycinet Tel. 05 65 53 32 00



www.balandre.com

Open: from 01/01/2014 to 08/11/2014 and from 01/12/2014 to 31/12/2014 except Sunday and

Price: Set menu adults 22 to 80€ - (22€ menu served lunchtimes only).



Restaurant le Campanile

Avenue de l'Europe • Tel. 05 65 22 20 21 cahors@campanile.fr

Open: from 01/01/2014 to 31/12/2014

Price: Set menu adults 9,90 to 23,50 € - Children's menu 6€ (up to 10 yrs old).



Restaurant Le Coin des Halles

30 place Saint Maurice • Tel. 05 65 30 24 27 contact@lecoindeshalles-hotel.com

Open: from 03/01/2014 to15/06/2014 except Sunday and Monday evenings - from 16/06/2014 to 12/10/2014 except Sunday - from 13/10/2014 to 31/12/2014 except Sunday and Monday evenings Price: Set menu adults 13 to 16€.



Restaurant Le Marché

place Jean Jacques Chapou



www.restaurantlemarche.com



Open: from 02/01/2014 to 27/04/2014, from 13/05/2014 to 27/07/2014 except Sunday and Monday - from 28/07/2014 to 11/08/2014 except Sunday - from12/08/2014 to 31/12/2014 except

Sunday and Monday

Tel. 05 65 35 27 27

Price: Set menu adults 19,90 to 35€ - Children's menu 12€ (up to 10 vrs old).





Saturday and Sunday



Restaurant L'Ô à la bouche

56 allées Fénelon • Tel. 05 65 35 65 69 www.loalabouche-restaurant.com/

Open: from 01/01/2014 to 08/03/2014, from 25/03/2014 to 24/05/2014, from 06/06/2014 to 01/11/2014, from 15/11/2014 to 31/12/2014 except Sunday and Monday

Price: Set menu adults 27 to 39€ - Children's menu 11€ (up to 10 vrs old).



CAILLAC | C6



Restaurant Le Vinois

La Croix • Tel. 05 65 30 53 60





Open: from 01/01/2014 to 06/10/2014, from 22/10/2014 to 31/12/2014 except Sunday evenings. Monday and Tuesday lunchtimes.

Price: Set menu adults 21.80 to 78€ - Children's menu 13.80€ (up to 10 vrs old).

CAJARC | G6



Restaurant la Ségalière

380 av. F. Mitterrand •Tel. 05 65 40 65 35 www.lasegaliere.com



Open: from 11/04/2014 to 29/06/2014 except lunchtime from Monday to Friday – from 30/06/2014 to 31/08/2014 except Monday and Tuesday lunchtimes - from 01/09/2014 to 19/10/2014 except lunchtime from Monday to Friday. Price: Set menu adults 27 to 34€ - Children's menu 12€ (up to 11 yrs old).



Restaurant L'Allée des Vignes

32 bvd du Tour de Ville • Tel. 05 65 11 61 87 www.alleedesvignes.com



Open: from 23/01/2014 to 16/03/2014 except Sunday evenings, Monday, Tuesday, Wednesday - from 17/03/2014 to 01/07/2014, except Sunday evenings, Monday, Tuesday - from 01/07/2014 to 31/08/2014 except Monday lunchtime, Tuesday lunchtime from 01/09/2014 to 31/12/2014 except Sunday evenings, Monday, Tuesday

Price: Set menu adults 19€50 to 65€ - Children's menu 12 to 22€ (up to 12 yrs old).

CAMBOULIT | G5



Restaurant La Belle Epoque

le Coustal • Tel. 05 65 40 04 42



www.domainelabelleepoque.com

Open: from 01/01/2014 to 30/06/2014 except Tuesday, Wednesday, Saturday lunchtime - from 01/07/2014 to 31/08/2014 except Monday lunchtime, Tuesday lunchtime and Wednesday lunchtime from 01/09/2014 to 31/12/2014 except Tuesday. Wednesday, Saturday lunchtime.

Price: Set menu adults 24 to 47€ - Children's menu 10€ (up to 10 vrs old).

CAPDENAC LE HAUT | H5



Restaurant Le Relais de la Tour

Place Lucter • Tel. 05 65 11 06 99 www.lerelaisdelatour.fr

Open: from 01/01/2014 to 31/12/2014 except Friday evening, Saturday lunchtime and Sunday

Price: Set menu adults 11,50 to 36€ - Children's menu 8€ (up to 12 yrs old).

CARENNAC | F2



Restaurant Le Fénélon

Tel. 05 65 10 96 46



www.hotel-fenelon.com

Open: from 01/01/2014 to 30/4/2014 except Sunday evening and Monday lunchtime - from 01/05/2014 to 30/09/2014 - from 01/10/2014 to 31/12/2014 except Sunday evening, Monday lunchtime, Tuesday lunchtime and Wednesday lunchtime Price: Set menu adults 15 to 34€ - Children's menu 11€ (up to 11 yrs old).

CIEURAC | D7



Restaurant La Table de Haute-Serre

Château de Haute Serre Tel. 05 65 20 80 20



www.hauteserre.fr



Open: from 06/01/2014 to 02/03/2014, from 28/03/2014 to 30/06/2014 except Sunday evening, Wednesday and Thursday - from 01/07/2014 to 31/08/2014 except Sunday evening, Wednesday from 01/09/2014 to 10/11/2014 except Sunday evening, Wednesday and Thursday.

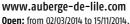
Price: Set menu adults 19 to 39€ - Children's menu 16€ (up to 12 yrs old).

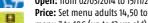
CREYSSE | F2



Restaurant Auberge de l'Ile Le Bourg • Tel. 05 65 32 22 01







Price: Set menu adults 14.50 to 38€ - Children's menu 7 to 10€ (up to 12 yrs old).

DOUELLE | C6



Restaurant Auberge du Vieux Douelle

Le Bourg • Tel. 05 65 20 02 03 http://aubergemalique.com

Open: from 01/01/2014 to 31/03/2014 except Saturday lunchtime and Sunday evening - from 01/04/2014 to 02/11/2014 - from 03/11/2014 to 31/12/2014 except Saturday lunchtime and Sunday

Price: Set menu adults 10 to 19€50 - Children's menu 8€ (up to 10 yrs old).

ESPÉDAILLAC | F4



Restaurant Auberge Beauville

Le Bourg • Tel. 05 65 40 55 62

Open: from 02/01/2014 to 30/06/2014 closed every evening except Saturday - from 01/07/2014 to 31/08/2014 except Sunday evening and Monday from 01/09/2014 to 14/09/2014 and from 20/10/2014 to 31/12/2014 closed every evening except Saturday. Price: Set menu adults 12€50 to 25€ - Children's menu 8€ (up to 12 yrs old).

FIGEAC | H5



Restaurant La Cuisine du Marché

15 rue Clermont et 6 rue Capote Tel. 05 65 50 18 55 • 06 81 43 90 06 www.lacuisinedumarchefigeac.com

Open: from 01/01/2014 to 31/12/2014 except Sunday and Monday lunchtime.

Price: Set menu adults 18 to 52€.



Restaurant La Dinée du Viguier

4 rue Boutaric • Tel. 05 65 50 08 08 www.ladineeduviguier.fr

Open: from 02/01/2014 to 19/01/2014 and from 11/02/2014 to 30/04/2014 except Saturday lunchtime, Sunday evening and Monday from 01/05/2014 to 30/09/2014 except Saturday lunchtime and Monday - from 01/10/2014 to 16/11/2014 and from 25/11/2014 to 31/12/2014 except Saturday lunchtime, Sunday evening and Monday.

Price: Set menu adults 31 to 76€ - Children's menu 12€ (up to 12 vrs old).



Restaurant La Puce à l'Oreille

5-7 rue Saint Thomas • Tel. 05 65 34 33 08 pucealoreille@orange.fr



Open: from 01/01/2014 to 30/06/2014 except Sunday evening and Monday - from 01/07/2014 to 31/08/2014 except Monday - from 01/09/2014 to 31/12/2014 except Sunday evening and Monday Price: Set menu adults 23 to 42€ - Children's

menu 9€50 (up to 12 vrs old).



Restaurant La Table de Marinette

51 allée Victor Hugo • Tel. 05 65 50 06 07 www.latabledemarinette.fr



Open: from 01/01/2014 to 31/12/2014 except Friday and Saturday lunchtime

Price: Set menu adults 16 to 36€.



Restaurant Le 5

5 place Champollion • Tel. 05 65 50 10 81 www.restaurant-le5.fr



lunchtime, Monday evening and Tuesday evening - from 01/07/2014 to 30/09/2014 except Sunday evening - from 01/10/2014 to 31/12/2014 except Sunday, Monday evening and Tuesday evening. Price: Set menu adults 16 to 26.10€ - Children's menu 9,50€ (up to 12 yrs old).



Restaurant le Grain de Sel

4 rue de la République • Tel. 05 65 34 28 53 www.restaurant-legraindesel.com

Open: from 01/01/2014 to 31/12/2014 except Wednesday

Price: Set menu adults 13.50 to 30€ - Children's



Restaurant Le Pont d'Or

menu 10€ (up to 10 vrs old).

2 Avenue Jean Jaurès • Tel. 05 65 50 95 00 www.hotelpontdor.com



Open: from 06/01/2014 to 30/03/2014 except Saturday and Sunday - from 31/03/2014 to

19/10/2014 - from 20/10/2014 to 19/12/2014 except Saturday and Sunday. Price: Set menu adults 15 to 32€ - Children's



Restaurant Le Terminus Saint Jacques

27 avenue Clémenceau • Tel. 05 65 34 00 43 www.hotel-terminus.fr



Open: 01/01/2014 to 30/04/2014 open evenings from

Tuesday to Saturday - 01/05/2014 to 30/10/2014 open every evening - 01/11/2014 to 31/12/2014 open evenings from Tuesday to Saturday.

Price: Menu adult 27€50 to 34€50.





Restaurant Les Anges Gourmands

place Champollion • 4 rue Séguier Tel. 05 65 34 08 01

www.lesangesgourmands.com

Open: from 01/01/2014 to 31/03/2014 except Sunday and Monday - from 01/04/2014 to 30/06/2014 except Sunday evening and Monday - from 01/07/2014 to 31/08/2014 - from 01/09/2014 au 31/10/2014 except Sunday evening and Monday - from 01/11/2014 to 31/12/2014 except Sunday and Monday.

Price: Set menu adults 13€50 to 16€50 - Children's menu 8€50 (up to 10 yrs old).

GIGNAC | D1



Restaurant la Truffière

D 820 • Tel. 05 65 27 01 01

www.truffiere-vacances.com/

Open: from 14/02/2014 to 25/10/2014 except Monday and Tuesday - from 26/12/2014 to 31/12/2014 except Monday and Tuesday Price: Set menu adults 22 to 31€ - Children's menu 10€ (up to 12 yrs old).

GORSES | H3



Restaurant Colombié

Tel. 05 65 40 28 02



www.hotel-colombie.fr

Open: from 01/01/2014 to 31/05/2014 except Sunday evening. Monday evening and Friday evening - from 01/06/2014 to 30/06/2014 except Sunday lunchtime and Monday evening - from 01/07/2014 to 31/08/2014 - 01/09/2014 to 31/12/2014 except Sunday evening, Monday evening and Friday

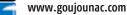
Price: Set menu adults 14 to 33€ - Children's menu 11€ (up to 12 vrs old).

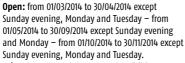
GOUJOUNAC | B5



Restaurant Hostellerie de Goujounac

Le Bourg • Tel. 05 65 36 68 67





Price: Set menu adults 15 to 33 € - Children's menu 10€ (up to 12 yrs old).

GOURDON I C3

Restaurant Hostellerie de la Bouriane

Place du Foirail • Tel. 05 65 41 16 37 www.hotellabouriane.fr

Open: from 01/01/2014 to 30/04/2014 in the evening from Tuesday to Saturday and at Sunday lunchtime - from 01/05/2014 to 15/10/2014 in the evening from Monday to Saturday – from 16/10/2014 to 31/12/2014 in the evening from Tuesday to Saturday and at Sunday lunchtime. Price: Set menu adults 30 to 46€ - Children's menu 14€ (up to 12 yrs old).



Restaurant La Promenade

48 boulevard Galliot de Genouilhac Tel. 05 65 41 41 44



www.lapromenadedegourdon.fr

Open: from 01/01/2014 to 31/12/2014. Price: Set menu adults 10,50 to 12,50 € -Children's menu 8€ (up to 10 yrs old).

GRAMAT | F3



Restaurant Le Bordeaux

17 avenue du 11 novembre Tel. 05 65 38 70 10

www.hoteldebordeaux-gramat.com

Open: from 02/01/2014 to 28/02/2014, from 17/03/2014 to 30/06/2014 except Friday evening and Sunday evening - from 01/07/2014 to 30/09/2014 - from 01/10/2014 to 31/12/2014 except Friday evening and Sunday evening - closed during the November holidays.

Price: Set menu adults 17 to 25€ - Children's menu 8€ (up to 10 yrs old).



Restaurant Le Centre

Place de la République • Tel. 05 65 38 73 37



www.lecentre.fr



Open: from 01/01/2014 to 31/12/2014.

Price: Set menu adults 13,50 to 49 € - Children's menu 10,50€ (up to 12 yrs old).



Restaurant Le Relais des Gourmands

2 avenue de la Gare • Tel. 05 65 38 83 92 www.relais-des-gourmands.fr



Open: from 01/01/2014 to 28/06/2014 except Sunday evening and Monday - from 01/07/2014 to 31/08/2014 except Monday lunchtime - from 01/09/2014 to 21/12/2014 except Sunday evening and Monday.

Price: Set menu adults 19 to 43€ - Children's menu 9€ (up to 12 vrs old).















Restaurant L'Europe

8 avenue Louis Mazet • Tel. 05 65 33 15 55 Hotwelleurope46@orange.fr

Open: from 02/01/2014 to 24/12/2014 except Friday evening, Saturday and Sunday,

Price: Set menu adults 13 to 20€ - Children's

menu 7€ (up to 10 yrs old).





Restaurant Le Grézalide

Le Bourg • Tel. 05 65 11 20 40

www.grezalide.com

Open: from 18/04/2014 to 28/09/2014 every

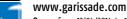
Price: Set menu adults 26 to 62€.

LABASTIDE-MURAT | E4

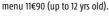


Restaurant La Garissade

20, Place de la Mairie • Tel. 05 65 21 18 80



Open: from 12/04/2014 to 18/10/2014. Price: Set menu adults 19 to 32€ - Children's





LACAPELLE-MARIVAL | G4



Restaurant Le Glacier

Rue Merlival • Tel. 05 65 40 82 67

Open: from 06/01/2014 to 24/12/2014 except Saturday evening and Sunday. Price: Set menu adults 13 to 28€.

LACAVE | F2



Ferme Auberge Calvel

Sunday lunchtime - from 01/07/2014 to 15/09/2014 except Monday - from 30/10/2014 to 20/12/2014 the Easter holidays on weekdays and public

menu 8€ (up to 11 vrs old).



Restaurant Le Pont de l'Ouysse

Tel. 05 65 37 87 04



www.lepontdelouvsse.com



Open: from 28/03/2014 to 30/06/2014 except Monday, Tuesday lunchtime, Wednesday lunchtime and Thursday lunchtime - from 01/07/2014 to 31/08/2014 except Monday lunchtime and Tuesday evening - from 01/09/2014 to 02/11/2014 except Monday, Tuesday lunchtime. Wednesday lunchtime and Thursday lunchtime. Price: Menu adult 60 to 89€ - Children's

menu 20€ (up to 10 yrs old).



LAMAGDELAINE | D6

Restaurant le Side Bike Café

1 Route de Cahors • Tel. 05 65 35 38 97 lesidebikecafe@orange.fr

Open: from 01/01/2014 to 27/04/2014 except Saturday and Sunday afternoons - from 12/05/2014 to 30/09/2014 - from 01/10/2014 to 23/12/2014 except Saturday and Sunday afternoons.

Price: Menu adult 9,50 to 12€ -Children's menu 5€.



Restaurant Marco

Chemin de l'Ecole • Tel. 05 65 35 30 64

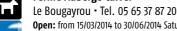


www.restaurantmarco.com



Open: from 14/03/2014 to 15/06/2014 except Sunday evening, Monday, Tuesday lunchtime - from 16/06/2014 to 15/09/2014 except Monday lunchtime, Tuesday lunchtime, Thursday lunchtime - from 16/09/2014 to 10/11/2014 except Sunday evening, Monday, Tuesday lunchtime. Price: Set menu adults 30 to 84€ - Children's menu 17€50 (up to 12 yrs old).

LES ARQUES | C5



Open: from 15/03/2014 to 30/06/2014 Saturday and Saturday and Sunday lunchtime. Also open during

Price: Set menu adults 16 to 18€ - Children's



Restaurant La Récréation



Le Bourg • Tel. 05 65 22 88 08 www.restaurant-traiteur-lot.com



Open: from 01/01/2014 to 15/11/2014 except



Wednesday and Thursday. Price: Set menu adults 25 to 36€ - Children's

menu 13€ (up to 10 yrs old).



LIMOGNE-EN-OUERCY | F7



Restaurant Au Rince Cochon

14 route de Cénevières • Tel. 05 65 23 87 20 www.rince-cochon.com



Open: from 01/02//2014 to 31/12/2014 except Tuesday and Wednesday.

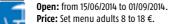
Price: Set menu adults 23 to 34€ - Children's menu 8 to 12€ (up to 10 vrs old).

MARCILHAC SUR CÉLÉ | F5



Restaurant Ô Pieds dans l'Eau

Pont de Marcilhac • Tel. 06 20 78 27 67

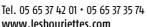






Restaurant «Au Hasard Balthazar»

Rue Tournemire



Open: from 16/04/2014 to 30/06/2014 except Sunday evening, Monday and Tuesday - from 01/07/2014 to 31/08/2014 except Monday, Tuesday lunchtime - from 01/09/2014 to 07/09/2014 except Monday, Tuesday,

Price: Menu adult 17€80 to 27€ - Children's menu 10€80 (up to 12 vrs old).

Restaurant Saveurs des Halles

Rue Senlis • Tel. 05 65 37 35 66 Open: from 10/02/2014 to 15/12/2014 - Closed

Wednesday and Thursday. Price: Set menu adults 25 to 36€.



Restaurant des 7 Tours

Avenue de Turenne • Tel. 05 65 37 30 16

auberge7tours@wanadoo.fr

Open: from 06/01/2014 to 31/03/2014 except Friday evening, Saturday and Sunday - from 07/04/2014 to 30/06/2014 except Friday evening, Saturday lunchtime and Sunday evening - from 01/07/2014 to 31/08/2014 - from 01/09/2014 to 31/10/2014 except Saturday, Sunday evening - from 01/11/2014 to 20/12/2014 except Friday evening, Saturday and

Price: Set menu adults 18 to 30 € - Children's menu 9 to 12€ (up to 12 yrs old).



Restaurant Le Relais Sainte Anne

Rue du Pourtanel • Tel. 05 65 37 40 56

www.relais-sainte-anne.com

Open: from 05/04/2014 to 12/11/2014 except Monday lunchtime, Tuesday lunchtime, Wednesday lunchtime. Thursday lunchtime. Price: Set menu adults 20 to 32€.





Restaurant Le Chateau de Mercuès

Tel. 05 65 20 00 01

www.chateaudemercues.com

Open: from 18/04/2014 to 01/11/2014 except Sunday

evening and Monday.

Price: Set menu adults 87 to 117€.

MEYRONNE | E2



Restaurant La Terrasse

Place de l'Eglise • Tel. 05 65 32 21 60

www.hotel-la-terrasse.com

Open: from 22/03/2014 to 02/11/2014 except Tuesday lunchtime.

Price: Set menu adults 23 to 75€ - Children's menu 12€ (up to 8 yrs old).

Montcuo | B7

Restaurant le Café du Centre

6 Place de la République **Open:** from 01/01/2014 to 31/12/2014.

Price: Set menu adults 10.50€ - Children's menu

9€50 (up to 12 vrs old).



Restaurant La Barguelone

Tel. 05 65 31 84 45



Open: from 01/01/2014 to 28/02/2014 except Saturday and Sunday - from 01/03/2014 to 21/12/2014.

Price: Set menu adults 13€20 to 25€ - Children's menu 8€10 (up to 8 vrs old).

MONTET-ET-BOUXAL | H3



Restaurant Galtié

La Vitarelle • Tel. 05 65 40 28 70

Open: from 01/01/2014 to 31/12/2014. Price: Set menu adults 15 to 30€ - Children's

menu 10€ (up to 10 yrs old).



Restaurant Le Gouzou

La Vitarelle • Tel. 05 65 40 28 56 www.legouzou.fr



Open: from 06/01/2014 to 30/04/2014 except Saturday and Sunday evening - from 01/05/2014 to 25/10/2014 - from 04/11/2014 to 21/12/2014 except Friday evening, Saturday lunchtime, Sunday evening.

Price: Set menu adults 14 to 25€40 - Children's menu 7€80 (up to 10 vrs old).

NADAILLAC-DE-ROUGE | D2



Restaurant Chastrusse

Le bourg • Tel. 05 65 37 60 08

www.hotel-restaurant-chastrusse.com

Open: from 01/04/2014 to 30/09/2014. Price: Set menu adults 20 to 35€.









PADIRAC | F2



Restaurant Hostellerie La Charmille

Tel. 05 65 33 64 47

www.lacharmille.info



Open: from 01/01/2014 to 07/01/2014 Friday evening, Saturday evening, Sunday - from 08/02/2014 to 17/02/2014 open in the evening from Wednesday to Saturday and on Sunday - from 22/03/2014 to 20/10/2014 except Tuesday lunchtime - from 21/11/2014 to 18/12/2014 Friday evening, Saturday evening, Sunday - from 19/12/2014 to 31/12/2014 except Monday lunchtime, Tuesday, Wednesday lunchtime.

Price: Set menu adults 22€50 to 31€ - Children's menu 10 to 18€ (up to 12 yrs old).

PEYRILLES | D5



Restaurant Chez Mourgues

Le bourg • Tel. 05 65 31 01 05 vero.babeth@gmail.com

Open: from 01/01/2014 to 06/06/2014 closed evening except Monday and Saturday, closed Saturday lunchtime and Monday lunchtime from 01/07/2014 to 30/09/2014 - from 25/10/2014 to 24/12/2014 closed evening except Saturday. Price: Set menu adults 12€ - Children's menu 9€(up to 12 yrs old).

PRADINES | D6



Restaurant Le Clos Grand

Labéraudie • Tel. 05 65 35 04 39

www.leclosgrand.fr



Open: from 01/01/2014 to 31/12/2014. Price: Set menu adults 18 to 45€ - Children's menu 8€ up to 12 yrs old).

PRAYSSAC | B6

Restaurant Terre Gourmande

25 Avenue du Maréchal Bessières Tel. 05 65 21 82 69

contact.terregourmande@gmail.com

Open: from 02/01/2014 to 29/05/2014 lunchtime from Monday to Saturday - from 30/05/2014 to 27/09/2014 Junchtime from Monday to Thursday. open Friday and Saturday.

Price: Set menu adults 13€50 à 24€ - Children's menu 7€ up to 12 yrs old).

ROCAMADOUR | E3



Restaurant Auberge Le Roc du Berger

Belvevre • Tel. 05 65 33 19 99



www.rocduberger.fr

Open: from 29/03/2014 to 28/09/2014 - from 29/09/2014 to 02/11/2014 open Saturday evening and Sunday lunchtime.

Price: Set menu adults 14€50 to 28€ - Children's menu 7€50 (up to 12 yrs old).

Restaurant Hostellerie Bellevue

Lhospitalet • Tel. 05 65 33 62 10

Open: from 01/04/2014 to 03/11/2014. Price: Set menu adults 17 to 28 € - Children's menu 7 to 9€.



Restaurant Jehan de Valon

Cité Médiévale • Tel. 05 65 33 63 08



www.bestwestern-beausite.com **Open:** from 14/02/2014 to 11/11/2014.

Price: Set menu adults 28 to 60€ - Children's menu 10€ (up to 12 yrs old).



Restaurant le Belvédère

Tel. 05 65 33 63 25



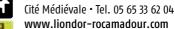
www.hotel-le-belvedere.fr



Open: from 01/01/2014 to 05/01/2014 and from 03/02/2014 to 31/12/2014, except Sunday evening. Price: Set menu adults 18 to 34€ - Children's menu 7€50 (up to 12 yrs old).



Restaurant Le Lion d'Or





Open: from 01/03/2014 to 31/03/2014 except Monday lunchtime and Wednesday - from 01/04/2014 to 05/11/2014 - from 06/11/2014 to 20/12/2014 except Wednesday - from 27/12/2014 to 31/12/2014.

Price: Set menu adults 13€50 to 38€ - Children's menu 8€50 (up to 12 vrs old).



Restaurant Le Terminus des Pélerins

Place de la Carretta · Cité Médiévale Tel. 05 65 33 62 14



www.terminus-des-pelerins.com

Open: from 12/04/2014 to 02/11/2014.



Price: Set menu adults 18 to 35€ - Children's menu 9€50 to 12€50 (up to 12 yrs old).



Restaurant Les Jardins de la Louve

Place Hugon • Cité Médiévale

Tel. 06 80 00 37 68

rocamadour.lesjardinsdelalouve@orange.fr

Open: from 01/04/2014 to 11/11/2014.

Price: Set menu adults 18€80 to 45€ - Children's menu: 10€50 (up to 12 yrs old).

SAINT-CÉRÉ | G2



Restaurant l'Instant T

3 place du Mercadial • Tel. 05 65 10 66 82 **Open:** from 01/01/2014 to 28/02/2014 - from 01/04 to 30/09/2014 - from 01/11/2014 to 31/12/2014 except

Price: Set menu adults 10€ - Children's menu 6€ (up to 12 yrs old).



Restaurant De France

Avenue François de Maynard Tel. 05 65 38 02 16



www.lefrance-hotel.com

Open: from 20/01/2014 to 22/06/2014 except Monday lunchtime, Friday, Saturday lunchtime from 23/06/2014 to 24/08/2014 except Monday lunchtime, Friday lunchtime, Saturday lunchtime - from 24/08/2014 to 20/12/2014 except Monday lunchtime, Friday, Saturday lunchtime, Price: Set menu adults 27€50 to 43€50 -Children's menu 12€50 (up to 12 yrs old).



Restaurant Victor Hugo

7 Avenue des Maquis • Tel. 05 65 38 16 15



www.hotel-victor-hugo.fr

Open: from 01/01/2014 to 01/03/2014 - from 18/03/2014 to 04/05/2014 except Sunday evening from 05/05/2014 to 26/10/2014 - from 11/11/2014 to 31/12/2014, except Sunday evening.

Price: Set menu adults 14 to 35€ - Children's menu 10€ (up to 10 vrs old).



Restaurant Villa Ric

Route de Leyme • Tel. 05 65 38 04 08 www.villaric.com



Open: from 04/04/2014 to 11/11/2014, closed every

Price: Set menu adults 36 to 52€.

SAINT-CHAMARAND | D4



Restaurant Le Relais

Pont-de-Rhodes • Tel. 05 65 31 00 16 http://logisdefrancelerelais.com

Open: from 20/03/2014 to 30/06/2014 except Sunday evening and Monday lunchtime - from 01/07/2014 to 13/09/2014 - from 14/09/2014 to 27/10/2014 except Sunday evening and Monday lunchtime.

Price: Set menu adults 17 to 32€ - Children's menu 9 to 12€ (up to 12 yrs old).

SAINT-CIRO-LAPOPIE | E6



Restaurant Auberge du Sombral

Place du Sombral • Tel. 05 65 31 26 08 www.lesombral.com

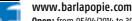


Open: from 01/04/2014 to 11/04/2014 except in the evening Monday, Tuesday and Wednesday, all day Thursdays, Sunday evenings - From 12/04/2014 to 11/05/2014 except in the evening Monday, Tuesday, Wednesday, Thursday and Sunday - From 12/05/2014 to 04/07/2014 except in the evening Monday, Tuesday and Wednesday, all day Thursdays, Sunday evenings - From 05/07/2014 to 30/09/2014 except in the evening on Monday, Tuesday, Wednesday, Thursday and Sunday - From 01/10 to17/10/2014 except in the evening Monday, Tuesday and Wednesday, all day Thursdays, Sunday evenings - From 18/10/2014 to 02/11/2014 except in the evening Monday, Tuesday, Wednesday, Thursday and Sunday - From 03/11/2014 au 11/11/2014 except in the evening Monday, Tuesday and Wednesday, all day Thursdays, Sunday evenings. Price: Set menu adults 16 to 30€.



Restaurant Bar Lapopie

CD8- Le Bourg • Tel. 05 65 30 27 44



Open: from 05/04/2014 to 30/09/2014 - from 01/10/2014 to 11/11/2014 except Monday evening, Tuesday evening, Wednesday lunchtime and Thurday evening.

Price: Set menu adults 15€80 to 25€80 -Children's menu 9€50 to 10€50 (up to 12 yrs old).



Restaurant Le Cantou

Le Bourg • Tel. 05 65 35 59 03 • 06 61 19 36 35 basilic-et-chocolat@live.fr



Open: from 05/04/2014 to 11/04/2014 except Wednesday - from 12/04/2014 to 11/05/2014 - from 12/05/2014 to 14/06/2014 except Wednesday - from 15/06/2014 to 15/09/2014 - from 16/09/2014 to 17/10/2014 except Wednesday - from 18/10/2014 to 03/11/2014

Price: Set menu adults 13€50 to 16€50 - Children's menu 9€ (up to 12 vrs old).





Restaurant Le Gourmet Quercynois

Rue de La Peyrolerie • Tel. 05 65 31 21 20

www.restaurant-legourmetquercynois.com

Open: from 15/02/2014 to 15/11/2014 – from 15/12/2014 to 31/12/2014 Saturday and Sunday **Price:** Set menu adults 15€80 to 27€80 – Children's menu 10€80.

SAINT-MÉDARD | (5



Restaurant Le Gindreau

Le Bourg • Tel. 05 65 36 22 27 http://legindreau.com



Open: from 01/01/2014 to 08/03/2014 – from 26/03/2014 to 18/10/2014 and from 03/11/2014 to 31/12/2014 except Mondays and Tuesdays.



Price: Set menu adults 39 to 85€ – Children's menu 14€ (up to 10 yrs old).

SAINT-PIERRE-LAFEUILLE | D5



Restaurant La Bergerie

Route de Paris • D820 • Tel. 05 65 36 82 82 www.labergerie-lot.com



Open: from 01/01/2014 to 07/01/2014 – from 29/01/2014 to 21/10/2014 and from 05/11/2014 to 31/12/2014 except Sunday evenings, Monday lunchtimes, Tuesday lunchtimes.



Price: Set menu adults 19 to 64€ – Children's menu 14€ (up to 12 yrs old).

SAINT-SOZY | E2



Restaurant Grangier

Le Bourg • Tel. 05 65 32 20 14



www.hotel-grangier.com
Open: from 15/04/2014 to 15/10/2014 except



Monday, Tuesday lunchtime.

Price: Set menu adults 22 to 29€ – Children's

menu 9€ (up to 10 yrs old).

SARRAZAC | E1



Auberge de Cartassac

Cartassac • Tel. 05 65 32 64 10 www.aubergecartassac.com



Open: from 06/01/2014 to 07/12/2014 except Sunday

evening

Price: Set menu adults 16 to 38€ - Children's

menu 10€ (up to 12 yrs old).

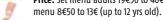


Restaurant La Bonne Famille

Le Bourg • Tel. 05 65 37 70 38 www.labonnefamille.fr



Open: from 01/01/2014 to 30/06/2014 except Sunday evening – from 01/07/2014 to 30/09/2014 – from 01/10/2014 to 31/12/2014 except Sunday evening. **Price:** Set menu adults 19€50 to 40€ – Children's





SAUZET | C6



Restaurant Auberge de la Tour

Le Bourg • Tel. 05 65 36 90 05 www.aubergedelatour.com



Open: from 17/01/2014 to 30/03/2014 except Sunday evening – from 07/04/2014 to 19/10/2014 – from 26/10/2014 to 31/12/2014 except Sunday evening. **Price:** Set menu adults 13€50 to 30€ – Children's

Price: Set menu adults 13€5 menu 10€ (up to 12 yrs old).

SOUILLAC | D2



Restaurant La Vieille Auberge

1 rue de Recège • Tel. 05 65 32 79 43



www.la-vieille-auberge.com

Open: from 05/02/2014 to 31/03/2014 except Sunday evening and Monday lunchtime – from 01/04/2014 to 11/11/2014 except Monday lunchtime – from 12/11/2014 to 28/11/2014 except Sunday evening and Monday lunchtime

Price: Set menu adults 17 to 45€ – Children's menu 13€ (up to 12 vrs old).



Restaurant Les Ambassadeurs

21 avenue du Général de Gaulle Tel. 05 65 32 78 36



www.ambassadeurs-hotel.com

Open: from 01/01/2014 to 23/02/2014 except Friday evening, Saturday, Sunday evening – from 31/03/2014 to 20/10/2014 – from 20/10/2014 to 28/12/2014 except Friday evening, Saturday, Sunday evening.

Price: Set menu adults 15 to 23€ – Children's menu 6€ (up to 10 yrs old).

VERS | E6



Restaurant la Truite Dorée

Rue de la Barre • Tel. 05 65 31 41 51



www.latruitedoree.fr
Open: from 22/02/2014 to 09/11/2014.

Price: Set menu adults 20 to 47€ – Children's menu 10€ (up to 16 vrs old).



Cookery lessons

with restaurateurs from the « Bonnes tables du Lot »

These usually take place in the morning – the lesson includes the preparation of a meal (first course, main course, dessert) – please contact the restaurant for details of their programme.



CAHORS | D6

Restaurant Le Balandre

5 avenue Charles de Freycinet Tel. 05 65 53 32 00 www.balandre.com



Restaurant Le Vinois

La Croix • Tel. 05 65 30 53 60 www.levinois.com



Restaurant La Table de Haute-Serre

Château de Haute Serre Tel. 05 65 20 80 20 www.hauteserre.fr

LACAVE | E2

Restaurant Le Pont de l'Ouysse

Tel. 05 65 37 87 04 www.lepontdelouysse.com







Festivals and highlights

The natural diversity of the Lot is reflected in the number and varied nature of high-quality festivals held from spring through to the autumn covering fields varying from music to the theatre, dance, the visual arts...



A single style of presentation, a unique experience each time un festival de festivals The Lot, a festival of festivals

Twelve festivals have come together under the same banner. They offer cultural high points combining enjoyment and conviviality. Blues, jazz, theatre, world, African, classical and contemporary music, lyric art or cinema enliven the arts summer season in the Lot. There are no oversized festivals here. Events are on a human scale. There is a wide variety on offer, and quality is a fundamental requirement.



17th to 24th May 2014 **BRETENOUX AND AREA | G2** Festival du Conte Emoi

Tel. 05 65 38 59 53 / 05 65 38 67 46 www.arcade-bretenoux.fr.

28th to 31th May 2014 CAHORS | D6

Festival Régional de Théâtre Amateur Tel. 06 65 56 29 11

www.troupenboule.com



28th to 31th May 2014

CAHORS - DANS TOUTE LA VILLE | D6

Festival Visages

Tel. 05 65 20 88 60

www.mairie-cahors.fr/theatre

Dance, theater, music... 30th May to 30th June 2014

CAHORS | D6

Festival Cahors Juin Jardin

Tel. 05 65 53 20 65

July to September 2014 GRAMAT | F3

Les Musicales du Causse de Gramat

Tel. 05 65 38 73 60

Chamber music, choral ensemble and music from around the world

14th to 19th July 2014

CAHORS | D6

Cahors Blues Festival

Tel. 05 65 35 99 99 • 05 65 53 20 65 www.cahorsbluesfestival.com

16th July to 20th August 2014

SAINT-CYPRIEN ET LES ENVIRONS | C7

Festival du Quercy Blanc et des Arts Vivants

Tel. 05 65 22 90 73

19th to 26th July 2014

SOUILLAC | D2

Festival Souillac en Jazz

Tel. 05 65 37 81 56

www.souillacenjazz.net



19th July to 2nd August 2014

FIGEAC | H5

Festival de Théâtre

Tel. 05 65 34 06 25

www.festivaltheatre-figeac.com

19th July to 2nd August 2014

PRAYSSAC | B6

Festival du Tango Argentin

Tel. 01 43 54 18 14

http://letempsdutango.com

21th to 25th July 2014

GOURDON | D3

Rencontre Estivale de Musique de Chambre

Tel. 05 65 41 20 06

24th to 26th July 2014

Montcuo | B7

Festival de la Chanson Française à texte

Tel. 06 83 09 78 34 • 05 65 22 94 04

24th to 27th July 2014

CAJARC | G6

Africajarc

Tel. 05 65 40 29 86

www.africajarc.com

Festival of African culture



27th July 2014

MARTEL | E2

Festival de la Bande Dessinée

Tel. 05 65 37 30 87



28th July to 16th August 2014

SAINT-CÉRÉ | G2

Festival de Saint-Céré et du Haut-Quercy

Tel. 05 65 38 28 08

www.festival-saint-cere.com

Operas and concerts



1st to 8th August 2014

Rencontres de Violoncelle de Bélaye

Tel. 05 65 36 26 18

http://violoncelle-belave.voila.net/

Seminars in Belaye and concerts in churches in the Lot valley





1st and 2nd August 2014

GIGNAC | D1

Festival Ecaussystème

Tel. 05 65 32 69 05 www.ecaussysteme.com 3th and 4th August 2014 GOURDON | D3

Les Médiévales de Gourdon

Tel. 05 65 27 52 50

www.tourisme-gourdon.com



8th to 10th August 2014

BRETENOUX ET AUX ENVIRONS | G2

Art'zimut

Tel. 06 32 97 89 91 www.artzimut.fr



8th to 10th August 2014

GRAMAT | F3

Festival de Country

Tel. 05 65 38 73 60

www.gramatcountryfestival46.com



23th to 30th August 2014

GINDOU | C4

Rencontres Cinématographiques de Gindou

Tel. 05 65 22 89 99

www.gindoucinema.org

Open-air film festival

13th and 14th September 2014

Montcuo | B7

La rue des Enfants

Tel. 05 65 24 35 77

www.laruedesenfants.org

Numerous children's shows and events

13th and 14th September 2014

CAHORS | D6

Salon du livre ancien et moderne

Tel. 06 88 47 98 63

27th and 28th September 2014

CAIARC G6

Salon de la Bande Dessinée

Tel. 05 65 40 61 30

27th and 28th September 2014

ROCAMADOUR | E3

Rassemblement Européen de Montgolfières

Tel. 06 79 24 28 21

www.rocamadour.com

Hot-air balloon meeting



All Saints Holidays 2014

ANGLARS-JUILLAC | B6

Les Chantiers de l'Acteur et des Écritures

Tel. 05 65 36 23 76

www.loeildusilence.com

To find out wat's on in the Lot:

www.tourisme-lot.com

rubrique "AGENDA"



TRAVEL AGENCY

BÉDUER | G5

Cyclande (individual/group)

Le Bourg • Tel. 05 65 11 40 45 www.cvclande.com

CAHORS | D6

Agence Belmon (group)

2 boulevard Gambetta - BP 224

Tel. 05 65 35 59 30

voyages.belmon-cahors@wanadoo.fr

Office de tourisme du Grand Cahors (group)

Villa Cahors Malbec - Place F. Mitterrand

Tel. 05 65 53 20 65

www.tourisme-cahors.fr

Quercy Découverte (group)

33 Côte des Ormeaux - Regourd Sud

Tel. 05 65 30 16 55

www.quercy-decouvertes.com

Raynal Voyages le Kiosque aux voyages (group)

48 boulevard Gambetta • Tel. 05 65 23 71 71

www.raynal-voyages.fr

CARENNAC | F2

Office de tourisme de la Vallée de la Dordogne (individual/group)

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Cour du Prieuré

Tel. 05 65 33 22 02

www.tourisme-vallee-dordogne.com

FIGEAC | H5

Agence Fitour Réceptif (individual/group)

4 rue d'Aujou - BP 40063

Tel. 05 34 25 82 57 • 05 65 34 72 73

www.fitour-voyages.com

GOURDON 46300 | D3

Fitour Afat Voyages (group)

58, boulevard Aristide Briand

Tel. 05 65 41 10 98

www.fitour-voyages.com

GRAMAT 46500 | F3

Mid'tours Cars Quercy Corrèze / Hometours (group)

Avenue de Belgique - BP 16

Tel. 05 65 38 71 90 • 05 65 38 72 62

www.hometours.fr

ROCAMADOUR | E3

Arcoutel (group)

Zone artisanale

Tel. 05 65 33 62 12

www.autocarsarcoutel.com

SOUILLAC 46200 | D2

Découverte et Loisirs (individual/group)

30 rue de la Halle - BP103

Tel. 05 65 37 19 00

www.decouverte-loisirs.com

Lot CIC Tourism Service for tour organisers and agencies in France and other countries

Tel. 05 65 20 35 33

www.espacepro-lot.com



TOURIST OFFICES

Office de Tourisme Vallée Causse Assier | G4

Tel. 05 65 40 50 60

office.de-tourisme-assier@wanadoo.fr (open during the holiday season only)

Information point open in season ESPAGNAC STE EULALIE | G5

LIVERNON | G4

Office de Tourisme du Grand Cahors | D6

Tel. 05 65 53 20 65 contact@tourisme-cahors.com www.tourisme-cahors.com



Information point open in season CAHORS - PONT VALENTRÉ | D6

Information point open all year round CATUS | C5
Tel. 05 65 20 86 40

Office de Tourisme de Castelnau Montratier | C8

Tel. 05 65 21 84 39

tourisme.castelnau-montratier@wanadoo.fr www.cc-castelnau-montratier.fr



Office de Tourisme de Cazals -Salviac | B4

Tel. 05 65 22 88 88 otcazals@club-internet.fr www.lot-tourisme-cazals.com

Information point open all year round SALVIAC | C4
Tel. 05 65 41 57 27
contact@salviac-tourisme.com
www.salviac-tourisme.com

Office de Tourisme de Duravel | B5

Tel. 05 65 24 65 50 contact@duravel-tourisme.com www.duravel-tourisme.com

Office de Tourisme du Pays de Figeac | H5

Tel. 05 65 34 06 25 info@tourisme-figeac.com www.tourisme-figeac.com



Information point open all year round CAPDENAC GARE | H5
Tel. 05 65 64 74 87
capdenac-gare@tourisme-figeac.com
Information point open in season
CAJARC | G6
Tel. 05 65 40 72 89
cajarc@tourisme-figeac.com
CAPDENAC LE HAUT | H5
FAYCELLES | H5
MARCILHAC SUR CÉLÉ | F5

Office de Tourisme Ouercy Bouriane Gourdon | D3

ESPRIT.

Tel. 05 65 27 52 50 info@tourisme-gourdon.com www.tourisme-gourdon.com



Information point open in season ST GERMAIN DU BEL AIR | D4 Tel. 05 65 31 09 10 LE VIGAN | D3

Office de Tourisme du Causse de Labastide Murat | E4

Tel. 05 65 21 11 39 labastide-murat@wanadoo.fr www.tourisme-labastide-murat.fr

Office de Tourisme du Pays de Lacapelle Marival | G4

Tel. 05 65 40 81 11 ot.pays.lacapellemarival@wanadoo.fr www.lacapelle-marival-tourisme.fr

Office de Tourisme du Pays de Lalbenque | E7

Tel. 05 65 31 50 08 office-de-tourisme@lalbenque.net www.lalbenque.net

Office de Tourisme de Latronquière | H3

Tel. 05 65 40 20 10 ot.latronquiere@wanadoo.fr www.latronquiere-tourisme.fr (open during the holiday season only)

Office de Tourisme de Luzech | C6

Tel. 05 65 20 17 27 office.de.tourisme.de.luzech@wanadoo.fr www.ville-luzech.fr

Office de Tourisme de Montcuq en Quercy Blanc | B7

Tel. 05 65 22 94 04 info@tourisme-montcuq.com www.tourisme-montcuq.com

Office de Tourisme de Prayssac | B6

Tel. 05 65 22 40 57 contact@tourisme-prayssac.com www.tourisme-prayssac.com

Office de Tourisme de Puy L'Evêque | B6

Tel. 05 65 21 37 63 office.de.tourisme@puy-leveque.fr www.puy-leveque.fr

Office de Tourisme St Cirq Lapopie – Pech Merle | E6



Tel. 05 65 31 31 31 info@saint-cirqlapopie.com www.saint-cirqlapopie.com



Information point open all year round LIMOGNE | F7 Tel. 05 65 24 34 28

Information point open in season CABRERETS | E6

Office de Tourisme Vallée de la Dordogne Rocamadour – Padirac | F2

Tel. 05 65 33 22 00

info@vallee-dordogne-rocamadour.com www.vallee-dordogne-rocamadour.com

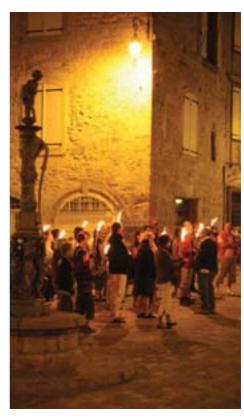


Information point open all year round
BRETENOUX | G2
CARENNAC | F2
GRAMAT | F3
MARTEL | E2
PAYRAC | D3
ROCAMADOUR - LA CITÉ | E3
ROCAMADOUR - LHOSPITALET | E3
SAINT CÉRÉ | G2
SOUILLAC | D2
Information point open in season
LOUBRESSAC | F2

GUIDED TOURS

Sousceyrac | H2

Town visits are organised in summer. For days and times of guided tours, please phone the Tourist Office concerned.





We'd like to know what you think:

Please let us have your comments and suggestions for improving this brochure by e-mail to: **qualite@tourisme-lot.com**

Thank you for your contribution.

ADRESSES UTILES



107 quai Cavaignac - CS 90007 46001 (ahors Cedex 09 Tel. 05 65 35 07 09 www.tourisme-lot.com

Clévacances Lot



Tel. 05 65 53 01 02 · info@clevacances-lot.com www.clevacances-lot.com (Clévacances holiday lets and B&B)

Gîtes de France Lot



182 quai Cavaignac 46000 Cahors Tel. 05 65 53 20 75 accueil@gites-de-france-lot.fr www.gites-de-france-lot.fr (List of rural gites and B&B)

Relais départemental Bienvenue à la Ferme



Chambre d'agriculture du Lot 430 av. Jean Jaurès - CS 60199 - 46000 Cahors Cedex 9 Tel. 05 65 23 22 21 • f.melet@lot.chambagri.fr www.bienvenue-a-la-ferme.com/midi-pyrenees (List of farm shops, farm inns, farms to visit and eductional farms, equestrian farms and farm camp sites.)

Association départementale des Logis du Lot



CCI - 107 quai Cavaignac - CS 10079 46002 CAHORS CEDEX 9 Tel. 05 65 20 41 98 www.logishotels-midipvrenees.com

Parc naturel régional des Causses du Ouercv



11 rue Traversière - BP. 10 46240 Labastide-Murat Tel. 05 65 24 20 50 www.parc-causses-du-quercy.org

Comité Régional du Tourisme Midi-Pyrénées



15 rue Rivals - CS 78543 31685 Toulouse cedex 6 Tel. 05 61 13 55 55 crt.midi-pyrenees@crtmp.com www.tourisme-midi-pyrenees.com

Association de Tourisme Equestre du Lot Comité départemental de Tourisme Equestre

Maison des Associations - Espace Clément Marot Place Bessières - 46000 CAHORS Tel. 06 25 18 51 59 www.cheval-lot.com

Comité de la Randonnée Pédestre du Lot

Maison des Associations - Espace Clément Marot Place Bessières - 46000 CAHORS Tel. 05 65 23 06 28 http://cdrp-46.net/

Comité départemental de Canoë Kayak

314 route de Laroque - 46000 Cahors cdck46@wanadoo.fr

THE LOT ON YOUR MOBILE

(only in french)



NEW Tours around the Lot

15 selected tours, some by car, some on foot, some by bike and even by boat around Cahors. More new tours coming soon!







Explore the Lot

www.tourisme-lot.mobi All the practical info you need to make your holiday a success: visits, walks, events, activities, restaurants...



lotmobile.jimdo.com



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LES CIRCUITS accountant au Lot



Share

"Esprit Lot" (the "Real Lot") & your photos on Instagram



#espritlot #tourismelot



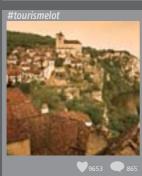


















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HOW TO GET HERE

By Road

- Paris: 500 km on the A 10 then A20 motorways via Orléans, Limoges, Brive
- Toulouse: 100 km on the A20 motorway via Montauban
- Bordeaux: 200 km on the A 62 motorway then the D 811
- Clermont ferrand: 200 km on the A89 motorway via Tulle then the A20

A very dense road network covers the Lot and there are many minor country roads which enable you to reach all the hidden corners of the département.

- Michelin road map number 337
- I.G.N. tourist maps numbers 48 and 57
- Breakdown emergency number, 24/24: dial 17

By SNCF train

- The Paris-Toulouse line through the Lot serves Souillac, Gourdon and Cahors
- The Paris-Rodez line serves Gramat and Figeac.
- Information: Information/Reservation Services 36 35

By air

• TOULOUSE/BLAGNAC International Airport

(1 hour from Cahors via the A20) National and international flights

Tel. 08 25 38 00 00

- Bordeaux International Airport (3 hours from Cahors) National and international flights - Tel. 05 56 34 50 50
- Agen (1 hour from Cahors) Tel. 05 53 77 00 88
- · Airport Brive Vallée de la Dordogne

(20 mins from Souillac) Regular flights to Paris and London. Tel. 05 55 22 40 00

www.aeroport-brive-vallee-dordogne.com

- Rodez (1 hour from Figeac) Tel. 05 65 42 20 30
- Bergerac (1 hr 30 mins from Cahors) (low-cost airlines flying to the UK, Belgium and the Netherlands, plus regular flights to Paris)

Tel. 05 53 22 25 25

GETTING AUROUND

Coaches/Buses

There are a number of regular coach services in the Lot. A timetable is available from:

Conseil général du Lot

Avenue de l'Europe – Regourd – B.P. 291

46005 Cahors Cedex 9 • Tel. 05 65 53 40 00

Car Hire

Car hire facilities in the following towns: Bretenoux – Cahors – Figeac – Gourdon – Gramat – Prayssac – Saint Céré – Souillac

Explore the Lot

(for individuals, maximum 6 people,

Explore the Lot, in an air-conditioned people-carrier, various half or full day circuits offered: Saint Cirq Lapopie, Grottes du Pech Merle, Rocamadour, Gouffre de Padirac, the Cahors vineyards... On reservation only. English-speaking driver.

QUERCYTOUR Tel. 06 83 10 21 36 www.quercytour.sitew.com



CREDITS

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lotmobile.jimdo.com





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www.tourisme-lot.com

