

ROWING DOWN THE LOT



JUNE 21 TO 23
3 DAYS / 63 KM



ROWING LEVEL

ROUTE

This tour on the Lot River starts inside the « Natural Regional Park Quercy plateaux ». On the first day, after discovering the village of Larnagol and admiring the Cénévières castle, you will stop for the night near the famous village of Saint-Cirq-Lapopie, one of the major local sightseeing spots, which was elected « Favorite village » by the French in 2012. On the next day you will continue your journey passing through steep cliffs and across several typical villages before entering Cahors, the galloroman and medieval city. Afterwards, rowing on the meanders of the Lot River surrounding the city will give you a great point of view of its numerous beautiful buildings. You will end your day passing under the Valentré bridge which is 700 years old and classified as Heritage of Humanity by the UNESCO. After a festive diner and a good night sleep you will start again on Sunday morning on a route that will lead you to the village of Douelle, in the vineyard of Cahors, and end your tour near the contemporary fresco painted by Didier Chamizo. You will then be driven back to Cahors by bus and enjoy a closing meal.

SIGHTSEEING

The Lot river rises near the Bleybard in Lozère and flows into the Garonne in Aiguillon. When flowing through Quercy, the river cuts deep into the Jurassic limestones of Gramat and Limogne, thus creating caves in the cliffs which were inhabited from Prehistory. In the Middle Ages these walls sheltered the first fortifications before these became castles and feudal cities (Calvignac, Cenevières, Saint-Cirq Lapopie). The valley widens a bit after Vers, and the cliffs make way to «Cévennes», with its stony dry slopes and massive rounded hills which used to be covered in vineyards. The tour mixes sport and sightseeing as it presents many beautiful views of this exceptional landscape.



PRATICAL INFORMATION



TOUR DURATION
3 days – June 21 to 23, 2019



TOUR PLACE
Lot, river



BOATS
Recreational four-person sculling boats



FEES
260 € : with accommodation, 2 nights and 4 meals included



FOR COMPANIONS
Identical fees



SEAT RENTAL
105 seats available, 17 €



SAFETY
Supervision : 30 people
Safety boats : 5



PROVISIONAL PLANNING
Day 1 : Larnagol - Saint-Cirq-Lapopie - 13km from 3.00pm to 5.30pm + Meal
Day 2 : Saint-Cirq-Lapopie - Vers - 17,8 km from 8.00am to 12.30am + Picnic
Vers - Cahors - 17,2 km from 2.00pm to 6.30pm + Meal
Day 3 : Cahors - Douelle - 15 km from 8.30am to 11.30am + Meal

CONTACT



Pierre AUSSET
AVIRON CADURCIEN
0624030856
pierre.ausset@orange.fr
www.avironcadurcien.com

TO ENLIVEN YOUR STAY



Tourist Office of Cahors
Phone : 0565532065
officetourismecahors@mairie-cahors.fr
www.tourisme-cahors.fr

«**Lot Tourisme**»
Phone : 0565530709
info@tourisme-lot.com
www.tourisme-lot.com