

# ROWING DOWN THE LOT

 **JUNE 19 TO 21**  
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.

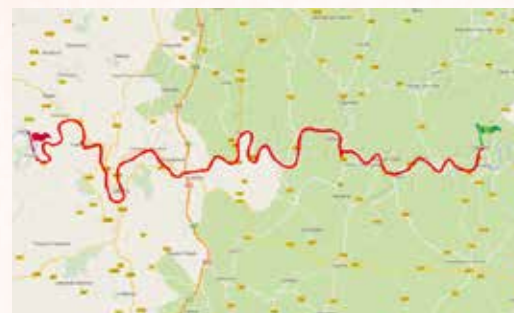


## SIGHTSEEING


The Lot river rises near the Bleynard 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.

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.


At their feet the Lot river makes a lot of twists and turns (as in Cahors) thus silting up the area, where are grown many crops such as corn, tobacco, fruit trees and nowadays vine (mostly downriver from Cahors). In the 19th century 74 locks were built or repaired between 1840 and 1865 remain the same today, with their typical houses and architecture.





## PRATICAL INFORMATION


 **TOUR DURATION**  
3 days - June 19 to 21, 2020


 **TOUR PLACE**  
Lot River


 **BOATS**  
Recreational four-person sculling boats

 **FEES**  
270€ : with accomodation, 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

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## TO ENLIVEN YOUR STAY

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