

ITINERANT
TOUR

ROWING DOWN THE LOT

**16 - 18 june**
3 days / 63 km

REQUIRED 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 gallo-roman 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 is 80m to 120m wide, which provides this tour with unequalled majesty. Navigation on the river was enabled by the restoration of locks by volunteers, who also operate them. Fauna, flora, trees : everything is here !



PRATICAL INFORMATION



TOUR DURATION

3 days, 16 -18 june 2017



TOUR PLACE

Lot, river



BOATS

Recreational four-person sculling boats



FEES

240 € : with accommodation including 2 nights and 4 meals



FOR COMPANIONS

Identical fees



SEAT RENTAL

60 seats available, 14 €/day



SAFETY

Supervision : 30 people
Safety boats : 5

PROVISIONAL PLANNING

Day 1 : 13 km from 3pm to 5pm - Accommodation in mobile home or cabin in a four star camping. Diner at the camping restaurant. Accommodation available the day before.
Day 2 : 17,8 km from 8am to 12.30am then 17,2 km from 2pm to 6.30pm
 Accommodation in a two-star hotel, picnic at noon and festive diner at the hotel restaurant.
Day 3 : 17,8 km from 8am to 12.30am then 17,2 km from 2pm to 6.30pm
 Lunch at the hotel restaurant l'hôtel.

CONTACT

Pierre AUSSET
AVIRON CADURCIENMob. 06 24 03 08 56
pierre.ausset@orange.fr
www.avironcadurcien.com

TO ENLIVEN YOUR STAY

Tourist office of CahorsPhone 05 65 53 20 65
officetourismecahors@mairie-cahors.fr
www.mairie-cahors.fr**Departmental committee of the Tourism of the Lot**Phone 05 65 35 07 09
info@tourisme-lot.com
www.tourisme-lot.com**Tourist office**
Saint-Cirq-LapopiePhone 05 65 31 31 31
info@saint-cirqlapopie.com
www.saint-cirqlapopie.com