



France - The Lot Valley - Castles and Medieval Cities Cycling Tour (2024)
Individual Self-Guided
7 days/6 nights OR 6 days/5 nights



From Agen, the symbolic city of the prune and renowned for its bridge channel, your cycling tour offers you to discover the Lot Valley. Green landscapes, pretty medieval villages as Nérac, Villeneuve-sur-lot, most beautiful villages of France such as Pujols, the impressive castle of Bonaguil, one of the most beautiful of France. In the course of streams you will cross many cities and villages on pleasant bike routes in the flat reliefs lined with orchards and with plum trees giving to the Lot Valley a garden look. Land of gastronomy and excellent local products, the Lot will wake your papillae with the truffle, the foie gras, the lamb or the melon of Quercy, the wine Cahors Malbec. This trip, alternating bicycle paths and small roads will allow you to discover an exceptional natural setting and will delight you by the diversity of its landscapes.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848



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Itinerary

Day 1: Welcome to Agen

Arrive at your 3 star hotel in Agen, where you will find the road book and bikes waiting for you. This beautiful city, capital of the prune, is half way between Bordeaux and Toulouse and offers a few interesting locations. Agen is a rich city with 2000 years of history, which reveals its heritage throughout medieval streets and elegant boulevards from 19th century: The Museum of Beaux-Arts (fine arts) shows five Goya paintings (including the self-portrait), among other Spanish works of the 18th and 19th centuries. Its vibrant city center, offers shops and services. Farmers' markets are a showcase of local products: foie gras, fruit and vegetables, and of course, prunes!

Day 2 : Agen – Le Temple sur Lot 59 km 90 m

From Agen you will start your cycling tour by crossing the famous bridge channel. The greenway offers you here continuous, easy and well secured kilometers. You will continue your route until Buzet to discover its vineyards then will continue on the canal of the Garonne until you reach the Lot River. You could enjoy the many stopping water places which are offered to you all along the route. "Aiguillon" marks the official departure of the velo route. Majestic rivers, medieval villages, hillsides hiding orchards, villages with feet in the water... The Lot Valley reserves you pleasant surprises. Do not miss one stop to the museum of the prune! Dinner, Night and breakfast in hotel 4*



Day 3 : Le Temple sur Lot – Villeneuve sur Lot 30 km 40 m

Today you take back the bike road in the direction of the medieval village of Villeneuve-sur-lot. You will take small, beautiful and shaded roads of the valley in the heart of the orchards of apples and producing plum trees of the famous of "Prune d'Ente" which once dried become the delicious prunes of Agen. Your route will be marked out by old bridges and superb villages such as Casseneuve, Sainte Livrade or Pujols, one of the most beautiful villages of France! Dinner, Night and breakfast in hotel 4*



Day 4 : From Villeneuve sur Lot to Puy Lévêque 57 km 200 m

From Villeneuve-sur-Lot, your route follows small roads through the orchards of plum trees in the wide area of the Lot. You will cross the beautiful village of Pujols and others remarkable perched villages, such as Montsempron-Libos and Fumel. A few kilometers away from Fumel a stop is imperative to visit one of the most beautiful fortresses of France, the castle of Bonaguil. Down from its rocky spur, it dominates for 8 centuries the

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valley and the medieval village. Then you will reach Puy-Lévêque, built on a rocky promontory and located on the borders of Quercy and Perigord, the medieval city is considered as a pearl of the Lot Valley and the vineyard. Night in B&B in hôtel 3*



Day 5 : From Puy L'évêque to Cahors 57 km 300 m

The veloroute weaves between vineyards and orchards, making you discover green and preserved landscapes, you will cross little villages like Belaye, medieval village offering a stunning view on the valley, or Luzech in the heart of a meander forming a peninsula, one of the most spectacular sites in the Lot Valley with wonderful scenery. Evazio Sarl – Licence d'agent de voyages IM 033110001 Garantie financière : APS Paris Assurance RCP : HISCOX 3/5 You will arrive in Cahors, « City of Art and History ». From the Valentré bridge to the Saint-Etienne cathedral, the first town of the Lot combines southern ambience and historical riches. Enclosed in a loop of the Lot Valley, Cahors, is made for the pleasure of exploration. Born in the time of Rome, the city of Cahors became in the Middle Ages a commercial and financial place of European stature. This golden age is today an intact ancient center that must be visited. Night in B&B in hôtel 4*



Day 6 : (Optional) Loop to Saint-Cirq-Lapopie 60 km 600 m

Loop tour to the jewel of the Lot Valley: Saint-Cirq-Lapopie, one of the most beautiful villages in France. The medieval village, which has no less than 13 historical monuments perched on a cliff, overlooks the Lot valley and offers a breathtaking view. You will travel back in time visiting the charming heart of the village and its remarkable heritage: narrow streets, fortified doors, donjon of the 13th century and old houses with stone

facades and wood sides. Night in B&B in hôtel 4*

Day7 : Departure Departure after breakfast.



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Route



Technical Characteristics

Tour Profile: Easy.

Total distance: 253 - 297 km

Travel Season: Daily departure from April 1 to October 31 for 2-8

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Prices per person:	7 day tour	6 day tour
Double Occupancy	€1015	€895
Single room supplement	€435	€360
Solo Traveler Surcharge	€165	€165
Rental Touring Bike	€190	€180
E-Bike Rental	€290	€275
Additional Nights Agen	On request	
Delivery charge for one bike	€100	
GPS ap for smart phone	€7	

Accommodation:

Charming 2* and 3* hotels and guesthouses throughout the region

Included:

- Accommodation B&B in charming guesthouses and 3 star or 2 star hotels
- 2 dinners without drinks
- Luggage transfer daily
- Route notes (French or English), maps
- GPS App for Smartphone
- Telephone assistance 24/7

Not Included:

- Transfer from the airport and/or the train station to Agen
- Entrance fees for visits and wine tasting
- Drinks and personal spending
- Assistance repatriation



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Bikes

VTC Touring Bike Unisex

Includes Locks, repair equipment, saddle bags, helmet, bar bag, bottle holder and on road assistance (large repairs)



Assisting people in realizing their touring dreams worldwide is our passion.

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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
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