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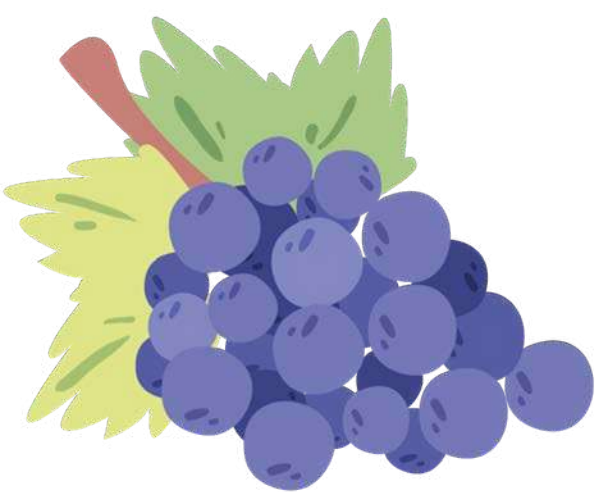
Lot Valley



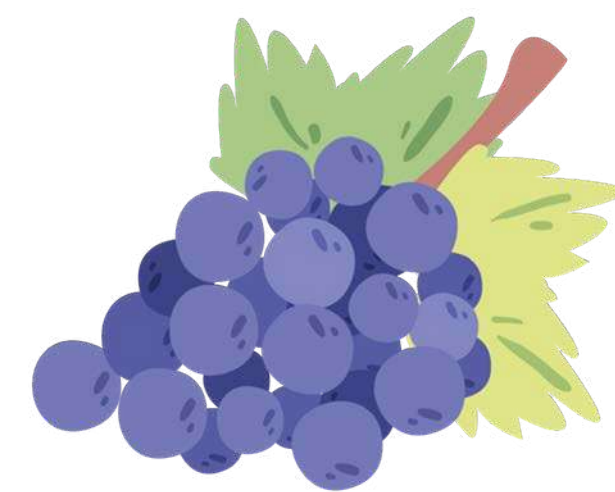
Navigation Guide

**LOCABOAT**  
holidays

Helpful tip: download a QRCodeApp



# Ahoy, Captains! Create your own route...





# Le Lot Amont

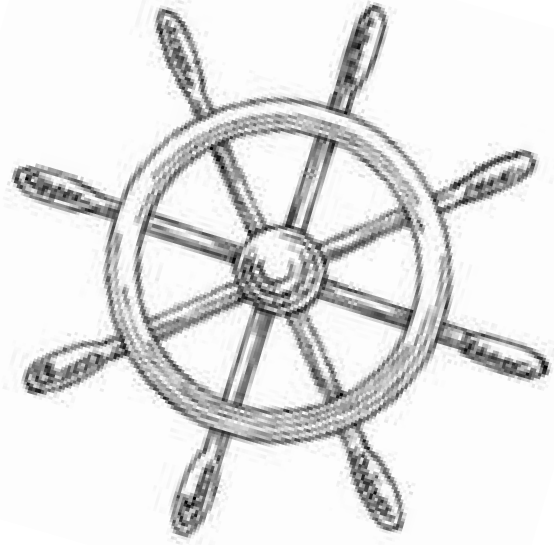
Towm	Navigation time	Number of locks
Le Lot Amont (heading West)		
<b>Cahors</b>		
Labéraudie	30 min	2
Pradines	40 min	/
Mercuès	20 min	/
Douelle	1h50	/
Caillac	30 min	1
Parnac	55 min	/
Caix	20 min	/
Luzech	10 min	/



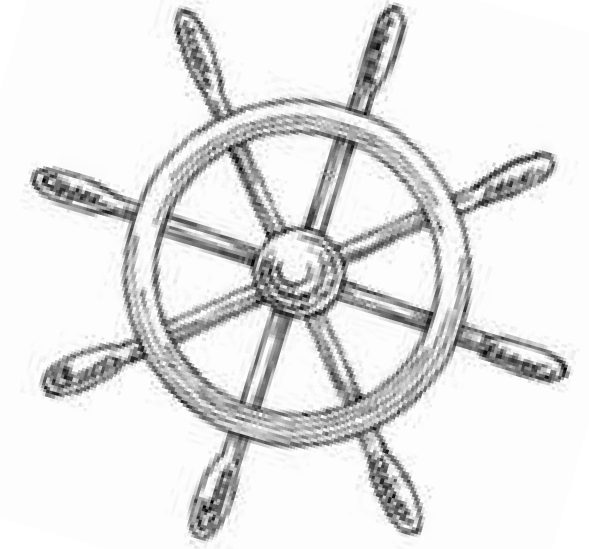
# Le Lot Amont



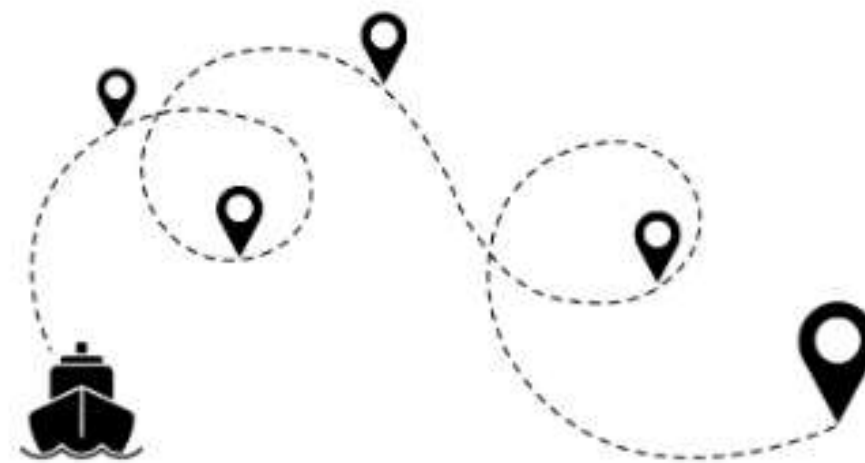
Towm	Navigation time	Number of locks
Le Lot Amont (heading East)		
<b>Cahors</b>		
Laroque-des-Arcs	1h15	2
Lamagdelaine	15 min	/
Arcambal	35 min	1
Vers	1h10	2
St-Géry	1h05	2
Bouziès	1h15	1
St-Cirq-Lapopie	1h	2
Tour-de-Faure	10 min	/
Cénevières	1h15	2
Larnagol	1h	1



# Suggested day-by-day routes from Cahors



Departure base	Day 2	Day 3	Day 4	Day 5	Day 6	Arrival base
<b>Cahors</b>	Mercues	Douelle	Parnac	Luzech	Caillac	<b>Cahors</b>
<b>Cahors</b>	Vers	Bouzies	Tour de Faure	Largnol	St Cirq Lapopie	<b>Cahors</b>



# Information about the Locks

All the locks in the Lot are manual and operated by the boaters themselves. They operate daily from 30 minutes before sunrise up to 30 minutes after sunset.

Get a crew member ashore (two if possible) before the lock to turn the cranks that will operate the door and sluices of the Lock.

The crew member should always be prepared to close the doors and sluices in an emergency.

For more information, please see the navigation guide.

Do not hesitate to consult our tutorial with the following link: [www.youtube.com/watch?v=86u8vRiGjkE](http://www.youtube.com/watch?v=86u8vRiGjkE)



# Quick History Points:

## The Valentré Bridge :

West of Cahors stands this 172-meter-long bridge made up of 8 majestic arches supporting 3 imposing towers ... So much so that according to legend, the devil participated in the construction since the task was so daring.

An absolute “must-see”, overlooking the river and listed as a UnescoWorld Heritage Site.

To know more about this bridge, flash the code!



## The Hedonist Paradise !

The truffle, the black gold of the region, so coveted that it has become almost mythical..... because to taste it, you have to deserve it. It hides in the poor and limestone soils of the Causse, grows when it feels like ... appears to enjoy the company of Holm oak and White oak.

Man, stubborn and voracious, stalks the truffle using sniffing dogs or pigs specifically raised for this purpose. The Lot holds its secret as the top producing department in France.

More info by flashing the code.....

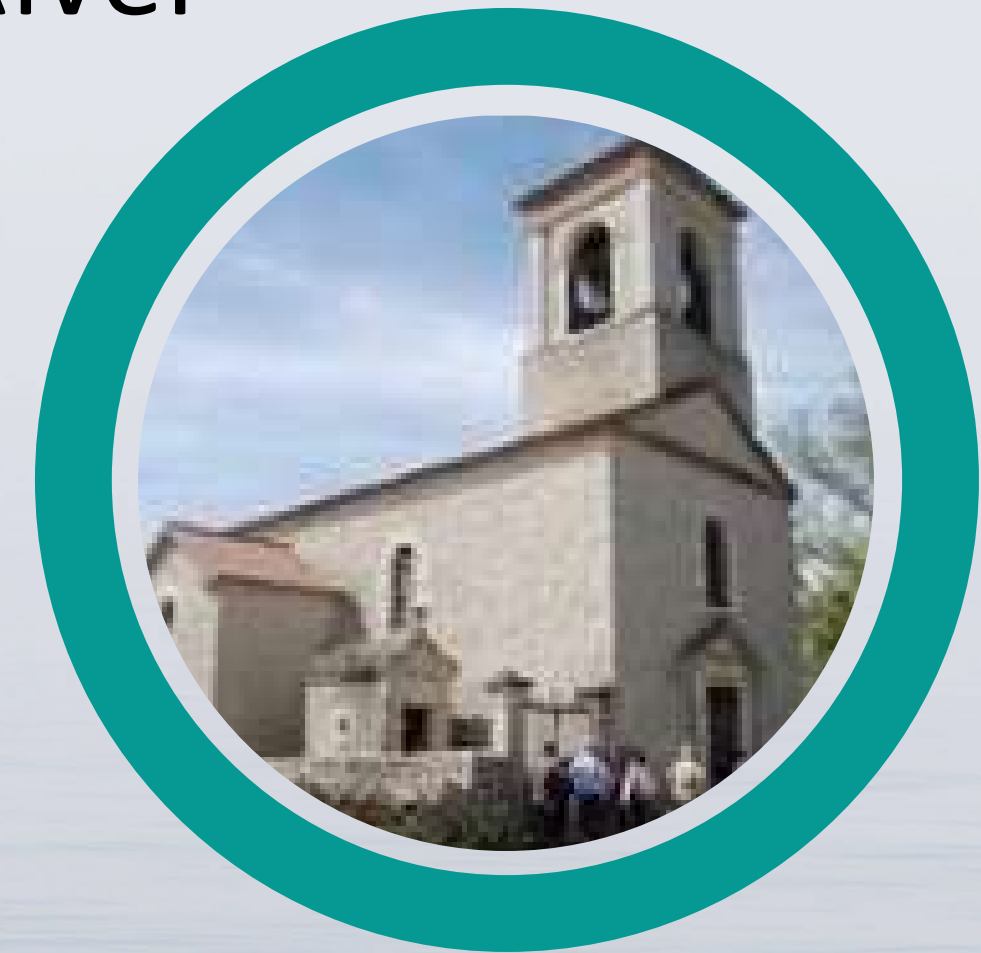


# Discovering the Lot River (heading West)

## Cahors :

Boat rental in Cahors, your departure town, is a step that should not be overlooked during your cruise on the Lot. This medieval town with a rich history is one of the most beautiful villages in France. Its famous Pont Valentré bridge, its farmers market and its sublime cobbled and medieval streets are well worth spending several days here. This town is also a not to be missed meeting place for gastronomy enthusiasts who wish to taste the famous Cahorstruffles.

This is the perfect place to start your trip!



## Labéraudie/ Pradines:

Stop off at Pradines, a village suspended on the cliffs overlooking the Lot.

Very close to the mooring, go tree climbing and ride a zip line, play paintball or rent canoes..... or experience the joys of board sports such as water skiing, wake boarding, or inflatable raft towed by a boat.

This charming village steeped in history and surrounded by a lush, green forest has many small churches to visit, such as the Church of Ste-Croix in Labéraudie.



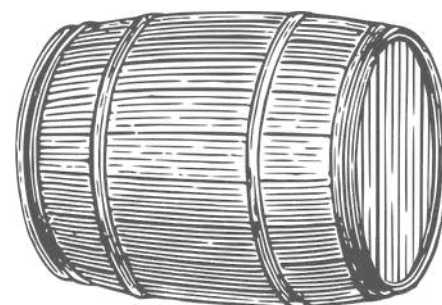




### Merquès :

Moor on the right bank upstream of the lock. From the pontoon, you can reach the center of the village by following the signposted path (2km). The castle of Merquès dominates the village dating from the 7th century, which was the summer residence of the Count-bishops of Cahors for centuries.

Today it is a Michelin-starred gourmet restaurant. You can also visit the cellars, and end the visit with a tasting of the Castle's six vintages.



### Douelle :

Douelle has played an important role in the history of the Lot River since the Middle Ages and was once the largest center of river navigation. For many years, wine barrels were made here before being shipped to Bordeaux, while the present port dates back to the 19th century. A boat, suspended from the nave of the church, recalls on the watermen's tradition of Douelle. Upstream from the suspension bridge, you cannot miss the largest mural in Europe painted by Chamizo, representing the history of Cahors wine. The oldest house in Douelle is now a restaurant: L'Auberge du Vieux Douelle, better known as 'Chez Malique', and renowned for its traditional cuisine.

If you are a lover of good wine, several winegrowers will be happy to show you their wines.

If you fancy an adrenaline rush, take flight and admire the countryside from the sky.



## Caillac :

The vineyards of Lagrézettes surround a beautifully restored 15th century castle.

You are invited to the cellars of the castle for a tasting of different vintages in the presence of an oenologist.

The town is close to the “Causses du Quercy” regional natural park.



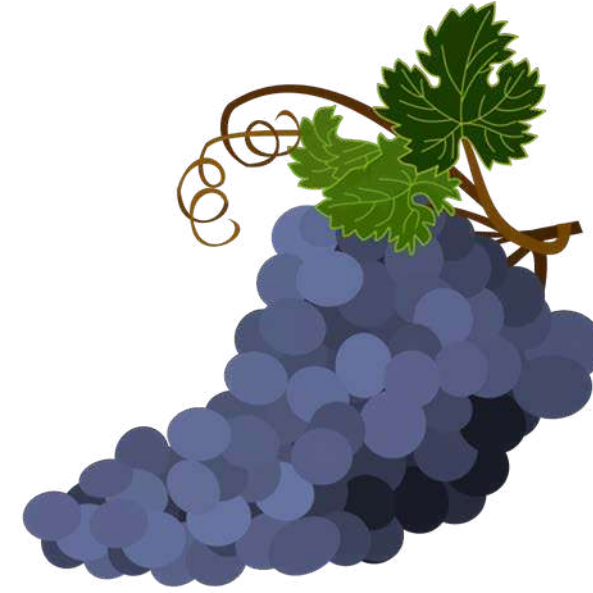
## Parnac :

Parnac is a charming village. The Gothic church of St-Saturnin, overlooking the river, is a delight to visit and was listed as a historic monument in 1910. In the summer, the Château St-Didier-Parnac welcomes visitors for wine tastings. The history of winemaking dates back over 300 years, when the Rigal family developed their own wine. Hop on your bikes and go for a ride through the beautiful vineyards.



## Caix :

Moor in front of the Cayxcastle which dates from the 15th century to enjoy the view within a calm environment. In medieval times, it was part of the Luzechdefenses. Today it is owned by the Danish royal family and is used as a summer residence. The gardens and cellars can be visited by appointment but the castle is private. In the village, the Lafonfamily offers free tastings of their red and blush wines.



## Luzech :

Encircled in a winding curve of the Lot, Luzech is the last stop downstream. Take a walk down its medieval streets to discover the beauty of its stones and see its 13th century keep, its Gothic church as well as its Romanesque church. The “Maisondes Consuls “ hosts the Tourist Office as well as two museums, one on the theme of mills and the other on dinosaurs. Children are sure to be fascinated by the mold of a 60 m<sup>2</sup> dinosaur footprint, dating back 140 million years.



# Discovering the Lot River (heading East)

## Cahors :

Nestled in one of the winding curves of the Lot river and surrounded by steep hills, Cahors is famous for its vineyards and its gastronomy, especially truffles and foie gras. The winding streets of the historic center will lead you to the magnificent St-Etienne Cathedral, a UNESCO World Heritage Site, one of the stops or the pilgrimages to St-Jacques-de-Compostelle. Stop to admire its sculpted portal and cloister. The "Fontaine des Chartreux" fountain has supplied the town with drinking water for centuries. All that remains of the palace built for Pope Jean XXII is its square tower of 32m. Walk across town to see the Valentré Bridge, also a UNESCO World Heritage Site.



## Laroque des Arcs :

Laroque-des-Arcs, inhabited since Roman times, was founded in the 12th century to protect the "arches" carrying water from the valley to the Cahors thermal baths. Traces of this Roman aqueduct are still visible at "Pech de Clary" (right bank), as well as the ruins of the toll tower, which allowed the local lords to levy a fee for travelers who "borrowed" the river.

Looking towards the cliffs, it is possible to see the "Châteaux des Anglais" (English castles). These fortifications built in limestone in the 11th century were intended to protect the villagers in the event of an attack. A little further, on the heights, you will see the St-Roch chapel.



## LAMAGDELAINES

### Lamagdelaine :

The town owes its name to Marie-Magdeline, the great sinner of the Gospel. Lamagdelaine, where you can discover signs of a Roman presence as well as the Font-Polémie Gallo-Roman underground aqueduct, was once called Saint-Pierre de Floirac. Its lords were the Gourdons, a branch of Laroque lordship, but the Pèlegride Cahors “college universitaire” school also had property there.

### Arcambal :

Arcambal is a typically picturesque village where you will discover many remains of the past, such as the ruins of an old fortification, now covered with vegetation. The old “Château du Bouquet” Castle is also worth a visit, as is the impressive St-Antoine church, built in the 15th century.



### Vers :

Vers is a small village located at the confluence of the Lot River and the Versstream, punctuated by small waterfalls and a string of mills. Admire the gray-white limestone cliffs tinted with ochre pigment which give extraordinary color schemes both at sunrise and sunset. The art gallery near the port exhibits oil and pastel paintings depicting landscapes of the Lot valley. Just 1km from Vers you will find the biscuit factory and the Delfourmuseum. Buy some sweet treats at the store and enjoy a break in the tea room. A 15-minute walk west of Vers, you can visit the Velleschapel.



## Saint Géry:

Make a stop at St-Géryif you would like to visit the “MémorailQuercy Vapeur”, a railway museum from 1880 to the present day. Models of freight and passenger trains from different eras are on display, as well as a mini steam train on which you can hop on and visit the park (June to September). Next to the lock, you will see the old pumping station with its large chimney which brought water to the station to replenish the steam trains.



## Bouzies :

The towpath around the Ganillock was dug with the sheer force of arms into the limestone rock of the cliff, to allow horses to pull boats along this section. Not far from Bouziès, there is a 30m fresco carved in the rock by the artist Daniel Monnier (signposted access from the port).





## Saint CirqLapopie:

Clinging to the cliffs 100m above the Lot river, the village of St-Cirq-Lapopie is one of the major sites of your vacation. It is one of the most beautiful villages in France. It takes its name from one of the families who built the first fortress here, the Lapopies. With its 13 historical monuments, this medieval village has retained all of its heritage, but above all its incredible charm. Walk through the charming, floral alleyways among the medieval houses, which were built in wood or stone between the 13th and 16th centuries, and make your way to the fortified church. You will discover many craft boutiques and art galleries. To access it from the river, there are two trails: the first, in front of the St-Cirqlock and the other further downstream. These two paths help you avoid the sometimes dense traffic on the D40, however the slope is steep.

Enjoy your walk !



### Tour de Faure :

Tour-de-Faure is a peaceful village with many old buildings. Stroll along the paths around the village and appreciate the unspoiled beauty of the surroundings.



### Cénevières:

Discover the castle of Cénevières and admire the Lot valley from its terraces. The owners, the De Braquilanges family, will be delighted to recount their story during a guided tour. You have the opportunity to contemplate both the Fortified Castle with its keep, its chapel, as well as the Renaissance Palace with its gallery, frescoes and alchemy room. Then you can take a bike ride to the small hamlet of La Toulzanie, 2km away, which is endowed with Troglodyte cave houses, giving the impression of being on a movie set!



### Larnagol :

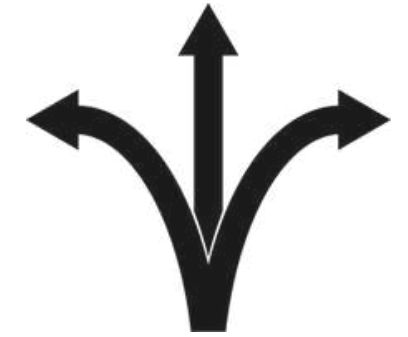
Larnagolis a charming little village typical of the region. Stroll around and take a tour of the pretty church which you can see from the river.





# Our base

# Cahors



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Tel: + 33 (0) 5 65 30 08 99  
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## Access to base :

- by car : from the North: A20 –D820 in the direction of Chemin de Saint-Mary to Cahors ;
- From the East : A62 –E72 in the direction of D953 to Saint-Loup –D653 and D27 in the direction of Chemin de Saint-Mary to Cahors;
- From the South : A62 –Follow A62/E72/E9 and A20/L'Occitane in the direction of D800E to Fontanes –Exit 58 –Continue on D800E. Take D820, D620 and Chemin de la Chartreuse in the direction of Pont Stéphane Hessel.
- Montauban Train Station (65km) // Cahors Train Station (1km)
- Toulouse Blagnac Airport (112km) // Brive Vallée de la Dordogne Airport (87km)