



#TourismeOccitanie

Andrea THOMAS & family
August 28th to September 4th, 2021
Discovery of the Lot Valley
Lot • Aveyron

Contacts on site :

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- > Lot Magali Duranceau - Office de Tourisme Cahors Vallée du Lot - Mobile: +33 6 45 47 98 31

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Media: Kronen Zeitung - Circulation : 1,3 million ex. – Audience : 2,5 million readers –
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- > **Companions** Peter Thomas and Paulina Thomas (15)

- If you realize You will be delayed, we thank you to inform the contact indquated ion the program below.

Share your stay in Occitanie with **#ExploreFrance #TourismeOccitanie #VoyageOccitanie #AveyronEmotion #TourismeLotDordogne**

And follow us on :

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[@tourisme_aveyron](https://www.instagram.com/tourisme_aveyron)
[@DestinationValleesLotDordogne](https://www.instagram.com/DestinationValleesLotDordogne)
[@FranceFr](https://www.instagram.com/FranceFr)

Saturday, August 28th - LOT

- During your stay in the Lot, please note that the boat rental is covered by Le Boat, lunch for the 3 of you is covered by Lot Tourisme.
- All meals on board (breakfast, dinners) and the cleaning of the boat are at your charge.

06h10 Take off from Wien to Toulouse via Paris CDG, with Air France AF 7518

11h05 Arrival in Toulouse-Blagnac Airport

- Welcome by Birgitte Reimers from the Occitanie Tourist Board
- Pick up rental car at the AVIS desk
- **Please note that:**
 - You don't have to fill up the tank at the end of the rental, the Occitanie Tourisme Board will cover petrol costs. However, if you will have to fill it up during your stay, (which is most unlikely) the costs are yours.
 - Toll-road fees and all fines such as speeding, parking, ... are at your charge.

Before leaving for Vers in the Lot, you can grab sandwiches and softdrinks at the airport. After 25 minutes – 27 km, you can stop at the Frontonnais motorway service area and have a lunchbreak.

Departure for Vers in the Lot

→ Aéroport Toulouse – Vers : 130 km – 1h40

13h45 Leave the rental car at the parking of the hotel “La Truite Dorée” **AND** ... leave the keys at the reception in case they will have to move the car.

14h00 Transfert by taxi from Vers to Douelle (30 minutes) with Taxi (costs covered by the regional tourist board)

Contact : TaxiCahors - Anne-Marie Diaz : +33 6 32 18 54 33

Le Boat

Le Moulinat - 46140 Douelle - +33 (0)5 65 20 08 79

14h30 Le Boat Douelle : pick up the boat.

- Training with a skipper.

Afternoon :

Enjoy a chill afternoon after an early wake up ! You can go shopping for groceries in the local supermarket, discover the village and take a swim in the river Lot.

Night on board

Sunday, August 29th - LOT

09h30 Cast off ! ... and immediat embarking for 3 days adventure-cruise on the Lot river!

Departure for Mercuès (1h50 of sailing)

11h15 Call the Château de Mercuès (+33 5 65 20 00 01) and prevent them of your arrival. A member of the staff will meet you at the Mercuès pontoo and drive you to the castle.

11h30 Château de Mercués : Discovery of one of the most prestigious wine estates in the Cahors vineyard. Lunch at the “bistrot du château”.

The cuisine of Château de Mercués strives to introduce gourmets to the flavors of the Lot, including black truffle, saffron, lamb and Cahors Malbec. Selection of exceptional products, subtle variations and daring combinations of flavors characterize this beautiful cuisine with local accents.

Contact : Château de Mercués – +33 5 65 20 00 01 - www.chateaudemercues.com

14h30 Return to the boat and departure for Cahors (1h30 of sailing)

17h00 Arrival in Cahors and meeting with Magalie Duranceau in the Tourist Office, for a guided tour in english

In the majestic setting of the Lot valley, where the river traces one of its most beautiful meander, Cahors, is truly a City of Art and History! From the 14th century fortified Valentré bridge to the cathedral Saint-Étienne, passing through the colorful market square and the lively terraces of Boulevard Gambetta, the main city of the Lot combines a southern atmosphere, historical, cultural and gastronomic richness.

Contact : Magalie Dura (06 45 47 98 31) - Office de Tourisme Cahors Vallée du Lot - Villa Cahors- Malbec, Place François Mitterrand, 46000 Cahors – 0565532065 -

www.cahorsvalleedulot.com

Contact presse : Virginie Seguin – 06 14 40 26 03 – vseguin@cahorsvalleedulot.com

Diner, either on board, or in a lovely restaurant in Cahors

Suggestions for diner restaurants : [Restaurant l’O à la bouche](#), [Le Marché](#), Les Petits Producteurs

Night on the boat

Monday, August 30th -LOT

08h45 Depart for Vers (3h15 of sailing)

12h00 Arrival at the hotel-restaurant La Truite Dorée in Vers for lunch

This hotel-restaurant flatters the best taste buds, and has been welcoming tourists for 5 generations! Imagine a small coaching inn in 1888 transformed into a hotel-restaurant and tavern. Today Evelyne and Patrick are proud representatives of this family tradition, and they carefully watch over this superb 14th century Quercy building. The restaurant is very popular with locals, which is a good sign! The cuisine is traditional and highlights local produce: foie gras, farm lamb from Quercy, duck ...

Contact : A Vers – 05 65 31 41 51 – www.latruitedoree.fr - latruitedoree@wanadoo.fr

14h00 Depart for Bouziès (2h20 of sailing)

16h30 Arrival in Bouziès

Meeting with Magalie (according to the weather conditions) on the pontoon or in the Le Boat office. Immediat depart for the Pech Merle wonders.

Contact : Magalie Duranceau - Office de Tourisme (06 45 47 98 31)

The Lot has its Lascaux: the Pech-Merle cave, but this is not a copy-cave! Prehistoric paintings and engravings dating back more than 29,000 years. During this journey back in time you will discover a rich and varied underground world : mammoths, horses, bison, signs, footprints, hands and human figures come back to life in this breathtaking place!

NB ! Protective mesasure : photos are prohibited. However, we can provid you with high resolution photos.

Contact : A Cabrerets – lieu-dit « Pech Merle » - 05 65 31 27 05 - www.pechmerle.com

Retour to the boat moored in Bouziès. In Bouzies you can swimm in the Lot river.

NB ! Please note the very few restaurants in Bouziès, and anticipate dinner on board. There is a small delicatessen shop in Bouziès.

Tuesday, August 31st - LOT

09h Depart for a 1h30 hiking called « On the way of André Breton » which will take you to the pittoresque mediaval village de Saint Cirq Lapopie.

→ Please downloac the itinerary and Way Points (GPX). The way points can be downloaded in advance in your GPS on your smartphone : www.tourisme-lot.com/offres/sur-les-traces-dandre-breton-bouzies-fr-1274805/

10h30 Meeting with german speaking Léopold LENZINGER at the Tourist Office, for a guided tour in german (06 59 36 66 35).

Perched on a cliff overlooking a bend in the Lot, Saint-Cirq Lapopie is a masterpiece from the medieval period. Dominated by the fortified church, the houses with sloping roofs covered with brown tiles, reveal their harmonious volumes through the picturesque valleys. A place that charmed artists and writers such as André Breton who made the village his summer residence. This village of 220 inhabitants - 35 in winter! - attracts 400,000 visitors per year and was voted "Favorite French Village" in 2012.

Contact : Léopold LENZINGER (06 59 36 66 35) - Office de Tourisme Cahors Vallée du Lot

Contact presse : Virginie Seguin – 06 14 40 26 03 – vseguin@cahorsvalleedulot.com

12h30 Lunch at Saint Cirq Gourmand (a taste the traditionnal and famous “pastis-dessert” ... it has nothing to do with the alcohol “Pastis”).

A Stall-Tea room that offers a concept of slow food, an art of living, a certain idea of combining pleasure and responsibility with regard to both producers and the environment. They don't have a fixed menu, since they only work with produce from the days market . All the salads, savory pies, sandwiches and desserts are homemade and made with love the same morning by their little hands. A bit like at home, Adeline invites you to discover the dessert “Lou Pastis Quercynois”, this famous traditional GrandMa apple cake.

Contact : A Saint-Cirq Lapopie – 05 65 35 30 30 - www.lou-pastis.fr/salon-the-saint-cirq-gourmand-pastis.html

14h Continue the hike back to the boat

15h30 Depart for Vers (2h20 of navigation)

18h Arrival in Vers

Dinner and night on board.

Wednesday, September 1st – AVEYRON

Please note that "Tourisme Aveyron" have reserved family rooms for the 3 nights.

- Nights : 2 nights for the 3 of you, is covered 100% from "Tourisme Aveyron" / 1 night and dinner for the three of you is at your charge (Auberge du Fel)
- Meals : The other meals for you and your husband is covered by "Tourisme Aveyron" / and the meals for Paulina is at your charge.
- Activities : The 3-places canoe rental is covered by "Tourisme Aveyron" / The Mountainbike for Paulina is at your charge

09h Hand over the boat to the skipper Ian Willems, who will sail the boat safely back to Douelle.
Contact : Ian Willems +33 6 22 29 25 66

09h30 Depart for La Vinzelle
→ Vers – La Vinzelle – 92 km - 1h30

11h15 Free discovery of the village **La Vinzelle**
Easy hikingtour (1,5 km – 45 minutes) - Departure : From the clocktower – arrival : Vinzelle village

Discovery of the flowery village of La Vinzelle, a picturesque village perched on a rocky outcrop above the Lot valley. Follow the Peyral path which will make you discover the Way of the Cross and the splendid view of the lauze stone roofs and the river.

12h30 Suggestion : Lunch at "Chez Marie" in Grand Vabre

Depart for Conques
→ Grand Vabre – Conques : 6 km – 9 minutes

You will reach **Conques** from the bottom of the village. When you arrive at the barrier, press the button to open the barrier and allows you to park near your accommodation to drop off your luggage. You will cross the "Place de l'Etoile" and enter the village. Once your luggage has been deposited, you will take your vehicle back to the car park at the top of the village. For parking arrangements, contact the Tourist Office, which will give you all the explanations.

Guesthouse "Chez Alice et Charles" in Conques
Rooms at the inhabitant in a house of character. Superb view of the abbey church of Conques.

Contact : Rue du Chanoine André Bénazech - Conques - 12320 Conques-en-Rouergue
+33 (0)5 65 72 82 10 - <https://www.lecomptoirdegermain.com/>

14h30 Discovery of Conques, jewel of Romanesque art, classified as Most Beautiful Villages of France and visit of the medieval village. Meeting with Anne at the Tourist Office for a visit of the Abbaye (listed as an UNESCO world heritage site under the Compostella routes), its contemporary stained glass windows created by the world french and Aveyron born artist Pierre Soulages, and the gold treasure. Stroll through the alleys to discover artists and craftspeople.

Contact : Le bourg, 12320 Conques-en-Rouergue - +33 (0)5 65 72 85 00 - www.tourisme-conques.fr

Did you know ... that Aveyron is the French departement with the largest number of classified villages "Plus Beaux Villages de France" / "Most beautiful village in France" ? And by far ! Out of 96 departements and 162 classifies villages, Aveyron counts 10 villages :

- [Belcastel](#)
- [Brousse-le-Château](#)
- [Conques](#)
- [Estain](#)
- [La Couvertourade](#)
- [Najac](#)
- [Peyre](#)
- [Saint-Côme-d'Olt](#)
- [Sainte-Eulalie-d'Olt](#)

19h30 Dinner at the restaurant l'Auberge Saint Jacques in Conques

Contact : Conques 12320 Conques-en-Rouergue - 05 65 72 86 36

21h30 **Les Nocturnes de Conques**

Visit of the stands with light and music. Discover the floor of the church up close to the Roman capitals and stained glass windows by Pierre Soulages.

22h15 Highlighting and polychromy of the Last Judgment tympanum

(https://youtu.be/_s6J-VbNeBU)

[Les nocturnes de Conques - Une expérience visuelle et artistique unique](#)



Night in Conques Chez Alice et Charles

Thursday, September 2nd -Aveyron

- 09h Depart pour Veillevie
→ *Conques-Veillevie : 15 km – 18 minutes*
- 09h30 Meeting at the Port de Veillevie, and get on the shuttle bus to Entraygues-sur Truyère.
Leave your car at the end of the canoe-route and take a shuttle bus up stream to the starting point of the activity. At the end of the descent you will find your vehicle, and you can leave directly.
Contact : Base canoë sport nature ASVOLT - Le Port 15120 Veillevie - 04 71 49 95 81
- 10h Descente the Lot in canoe from Entraygues to Le Port
This is the most “fun” part of the river. Accessible to all and yet rich in emotions - 2h30 of descent.
Contact : Base canoë sport nature ASVOLT - Le Port 15120 Veillevie - +33 (0)4 71 49 95 81
- 12h30 Lunch suggestion : Restaurant la Terrasse à Veillevie
- 14h Departure for La Galerie du Don à Le Fel
→ *Veillevie – Le Fel : 15 km – 22 minutes*
- 14h30 Discover the **Galerie du Don**
Installed, literally astoundingly, on the heights of the Fel, the Pottery of the Don takes height! The site is breathtaking and the extraordinary avant-garde architecture undoubtedly makes the Don du Fel a true cultural icon. However, the innovation that we see outside is also felt inside, where the visitor is confronted with an astonishing selection of the very best in contemporary ceramics on a European scale!
Contact: Le Don du Fel - 12140 Le Fel - <https://ledondufel.com> - Tél : +33 (0)5 65 54 15 15
- 15h45 Departure for Le Fel
→ *Le Don du Fel – Le Fel : 3,5 km – 6 minutes*
- 16h Discover the Fel village
Le Fel is a village, a vineyard and pottery from the future! Just above Entraygues-sur-Truyère, you will reach this characterful village built on a narrow ridge overlooking the Lot valley. Take the discovery circuit "a village, a vineyard", the views over the valley are breathtaking! (1 hour walk, 1.5 km)
https://medias.caravelis.com/proxy_caravelis/xml/oi/TFO062447567744/TFO062447567744-17a/medias/pdf/circuit-lefel.pdf
- 17h30 Meeting with Pierrick Mousse and discover the wine estate **Domaine Mousset** situated in the heart of le Fel village.
Producers of AOC Entraygues / Le Fel wines, Laurent and his son Pierrick have been offering whites, reds and rosé produced in organic farming since the 2019 vintage. 8 hectares of vines planted in terraces on the steep hillsides dominated by the picturesque village of Fel . Unique panoramas over the Lot valley and its slopes sculpted by generations of winegrowers.
Contact : Pierrick Mousset, Domaine Mousset le bourg 12140 Le Fel –
Phone : +33 (0)5 65 44 50 51 / Mobile : 06 31 10 55 57 –
www.tourisme-aveyron.com/fr/diffusio/artisans-entreprises/domaine-mousset-vins-d-entraygues-le-fel-le-fel TFO16016628755

- 19h Dinner and night at l'**Auberge du Fel** in Fel.
A hotel full of charm and character, where you can savor the calm and sweetness of life during your stay.
Contact : Hôtel restaurant du Fel le Bourg, 12 140 Le Fel - Phone: +33 (0)5 65 44 52 30 - <https://auberge-du-fel.com/>

Friday, September 3rd - AVEYRON

- 09h Depart pour Estaing
→ *Le Fel – Entraygues-sur-Truyère : 29 km – 40 min*
- 10h Meeting with Séverine from the tourist office at the “place du Foirail” in Estaing for a discovery of the village. Estaing is classified “Plus Beaux Villages de France” / Most beautiful village in France.
Contact : Séverine (06 87 19 29 74) - Office de Tourisme des Hautes Terres d’Aveyron - 2 Bd Joseph Poulenc, 12500 Espalion – Phone : 05 65 44 10 63
- Depart for Espalion
→ *Estaing – Espalion : 10 km – 11 min*
- 12h Free visit the city of Espalion
- Suggestion for a lunch restaurant : La table de Romane in Espalion
- Depart pour St Côme d’Olt
→ *Espalion – St Côme d’Olt : 5 km – 6 min*
- Stop by **Saint Côme d’Olt**, classified “Plus Beaux Villages de France”
- Depart for Saint Geniez d’Olt
→ *Saint Côme d’Olt - Saint Geniez : 23 km – 30 min*
- 15h Meeting with Gaëlle for an e-mountainbike ride with Aubrac Bike
Ride around the Castelnau-Lassouts-Lous Lake (2h00 ride approximately).
Contact : Gaëlle - VTT électriques Aubrac Bike avenue d’Espalion 12130 Saint Geniez d’Olt
Phone : 06 26 12 67 27
www.tourisme-aveyron.com/fr/diffusio/autres-commerces/aubrac-bike-reparateur-velo-st-geniez-d-olt-et-d-aubrac_TFO425747539483
- 19h Dinner at the Lion d’Or in Saint Geniez d’Olt
Contact : Place de l’Hôtel de Ville St-Geniez-d’Olt 12130 St-Geniez-d’Olt-et-d’Aubrac
Phone : 05 65 47 43 32
- Night at Château de La Falque
In its exceptional setting, a former 17th century monastery, the Château de la Falque is delighted welcoming you.
Contact : St-Geniez-d’Olt - Route des Monts d’Aubrac - 12130 St-Geniez-d’Olt-et-d’Aubrac -
Phone: [+33 \(0\)5 65 62 45 60](tel:+330565624560) - www.chateau-la-falque.fr/en/

Saturday, September 4th - AVEYRON

Depart for Saint Eulalie d'Olt

→ *Saint Geniez – Sainte Eulalie d'Olt : 3 km - 5min*

09h30 Meeting with Yaa guide at the tourist office for a discovery tour of **Sainte Eulalie d'Olt**, classified "Plus Beaux Villages de France". The tour includes the meeting with the glass blower Yann in his workshop. **Contact** : Office de Tourisme des Causses à l'Aubrac - Bureau de Ste Eulalie d'Olt - Espace Louis Marcilhac 12130 Ste-Eulalie-d'Olt - 05 65 47 82 68

12h Look for a bakery to buy sandwiches for lunch in the village, the car, on the road, or ... have a quick lunch before leaving for the Toulouse-Blagnac Airport.

Départ pour Toulouse-Blagnac Airport

→ *Sainte Eulalie d'Olt - Toulouse Airport: 198 km – 2h20*

15h Return of the rental car at the AVIS desk in the airport.

15h30 Check in on KLM flight to Amsterdam

17h00 Take off from Toulouse to Vienna via Amsterdam

22h20 Arrival in Vienna-Schwechat Airport

**This presse trip was organised with our support, and
we thank you for mentioning our websites in your articles :**

Atout France - www.at.france.fr

Destination Occitanie – www.tourismusoccitanie.de

Tourisme Aveyron – www.tourisme-aveyron.com

Lot Tourisme – www.tourisme-lot.com

