



Peter & Konny Christiansen
June 2nd to 6th
Discovery of the Lot valley on bike

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➔ *If you're going to be late for a meeting, we thank you for getting in touch with the partner and allow us to adapt the program if necessary.*

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June – Thursday 2nd

06h00 Take off for Amsterdam on KLM flight KL1340 from Billund Airport

10h55 Arrival in Toulouse Blagnac airport

- Pick up rental car at the AVIS desk (ref.: 31422050FR2)
 - Do not forget the AVIS rental voucher, if so, you will have to advance the rental costs.
 - Feel free to add a 2nd driver to the contract.
 - *At your charge:* Toll Road fees, petrol costs and all fines such as speeding, parking, ...

Drive to La cité de l'espace

--> *Airport - La cité de l'espace : 19 km – 20 minutes*

12h/12h30 Call Florence Seroussi (press officer – 00336 08 96 96 50) at your arrival, and she will meet you at the entrance. Unfortunately, she can't organise a guided tour since the team is very busy organizing an event the following day – the French astronaut Thomas Pesquet will meet the public at the Cite de l'espace.

- Lunch in the restaurant "L'Astronaute" in the Cite de l'espace
- Visit the Cité de l'Espace, a center of scientific culture oriented towards space and the conquest of space, devoted as much to astronomy and astronautics.

- **La cité de l'espace** - Av. Jean Gonord, 31500 Toulouse – 05 67 22 23 24

<https://en.cite-espace.com>

Afternoon Departure for Crayssac in the Lot valley (Lot) - by Cahors.

--> *La cité de l'espace - Crayssac : 125 km - 1h30*

Itinerary suggestion:

Crayssac, drive down "la Cévennes" (beautiful view) via the D9. Follow this road until Castelfranc, and finally continue to Duravel via D811.

On the way, before, Crayssac, stop in Douelle for a viewpoint of the meanders of the Lot Valley by car – spot for paragliding (after Pradines, take on your left, in direction of Flottes, then follow the signs for the paragliding area – about 15')

Installation in Clos de la Salamandre for the night.

- **Clos de la Salamandre** - Route de Vire, 46700 Duravel, +33 6 10 56 94 06 - [Web](#)
NB ! Please note that your host at the B&B is also the owner of Cycl'art (rental bikes).

Dinner in the restaurant **Les Dodus**

- **Les Dodus** - 11 Rue Ernest Marcouly - Puy-l'Évêque - T +33 05 65 22 91 82 - [Web](#)

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June – Friday 3rd - From Duravel to Anglars-Juillac (20 km)

09h15 Pick up VTC rental bikes at Cycl'art from 9h15. The Bike rental and the B&B is the same owner and the same place

- **Cycl'art** - Le Port de Viré, 46700 Duravel, +33 6 10 56 94 06 - [Web](#)

Bike size :

- M – Konny Christiansen 1m70
- L – Peter Christiansen fait 1m83

Schedule 30' cycling to Puy-Leveque

10h30 Visit of Puy-L'Evêque in company of Léa Tournier from Cahors-Lot Valley Tourist Office
Appointment at the Tourist Office, 4, place du Rampeau. Discovery of Vinoltis, the vineyard space. + visit of the village

On the road : beautifull views on the vineyard

Lunch in Puy-l'Evêque le Médiéval

- **Le Médiéval** - 24 Grand Rue, 46700 Puy-l'Évêque – T. 09 86 31 80 88 - [Web](#)

14.30 Departure for Anglars Julliac – via Belaye, by la vélo route (Pescadoires – D8) - 2h + stop at the point of view of Belaye.

Belaye to Anglars Julliac : 17' - 3,5 km

17h30/18h35 Arrival at Clau del Loup

18h35 → *Taxi transfert to Duravel to pick up the rental car (35' return)*
Taxi Raimbault – +33 6 87 66 39 06

Dinner and overnight stay in the Hostellerie Clau del Loup

- **Hostellerie Clau del Loup** - Métairie Haute, 46140 Anglars-Juillac,
T.+ 33 5 65 36 76 20 - [Web](#)

June – Saturday 4th - From Anglars-Juillac to Luzech (13 km)

09h30 Departure from Anglars-Juillac (8,2 km – 48')

Visits / to see on the road:

- Stop à Castelfranc, lovely village, “Jardin des sens”
- Albas, hilltop village & “Jardin Toscan” Lunch in the “Guinguette”

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- 12h Lunch at the Guinguette d'Albas
- **Guinguette d'Albas** - 203, rue de la carrière - 46140 ALBAS, +33 6 29 95 84 28 – [Web](#)
- 14h Departure for Luzech
35' - 6,5 km till Luzech, for a stop at Luzech.
- Discovery of the village: Ichnospace + point of view of the Impenal + around the isle "Notre dame de l'Isle", among the vineyard at the bottom of the meander. 1h/1h30.
- 15h45 Check in at the Bed & Breakfast Jardin de la Sole
- **Jardin de la Sole** - 750, La Sole, 46140 LUZECH, T. +33 6 08 54 87 07 - [Web](#)
- 16h → *Taxi transfert to Anglars-Julliac to pick up the car + changement etc : 30' to 45'- return Taxi Raimbault – +33 6 87 66 39 06*
- Visit of the chateau of Caix, after check in at the B&B
- 17h30 Visit the château de Cayx, the parc/garden, wine tasting, Point of views on the castle with Olivier Le Senecal (danish speaking), +33 6 75 88 39 49 - [Web](#)
- 20h00 Dinner at the restaurant Les Jardins
- **Les Jardins** - 1533 Route du Port de l'Angle, 46140 Parnac, +33 5 65 23 58 24 - [Web](#)

June – Sunday 5th - From Parnac to Cahors

- 09h00 Depart for Cahors
- Visit on the way:
- 1h07' - 19,4 km to Douelle, and 30' at the Chamizo fresco about the history of the Cahors wine
 - Trip to Cahors = 1h07 – 12,5 km
 - Stop on the Pont Valentré on the way 30'
- 12h Arrival in Cahors and installation at the Hotel-restaurant **La Chartreuse** where you will leave the bikes.
- **La Chartreuse** - 130 Chemin de la Chartreuse, 46000 Cahors, +33 5 65 35 17 37 - [Web](#)
- 12h-13h --> *Taxi transfer to Parnac to pick up the car – 1h return Taxi Raimbault – +33 6 87 66 39 06*
- 13h Lunch at the hotel-restaurant La Chartreuse on their terrasse overlooking the banks of the Lot River.

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- 15h Guided tour of Cahors with Virginie Seguin from Cahors-Lot Valley Tourist Office. Meet at the Tourist Office. They can reach it by foot in 15'. 1.00 for the visit
- 16h00 /16h30 Henri Martin Museum – Free visit
• Festival “Lot of Saveurs” (juillet) - See the press kit
- 18h30 Recovery of rental bikes by Cycl’art at th Hotel La Chartreuse
- 19h30 Dinner at La Petite Auberge – 144, rue Ste Urcisse, 46000 CAHORS, +33 5 65 35 06 05

June – Monday 6th

- 10h Visit the Gouffre de Padirac. You simply present yourself at the reception, to get your tickets.
• **Gouffre de Padirac** - Le Gouffre, 46500 Padirac – T. 05 65 33 64 56 - [Web](#)
- Free lunch Suggestion: the restaurant in the Gouffre de Padirac is good!
- Drive back to Toulouse airport
→ *Gouffre de Padirac - Toulouse Blagnac Airport : 173 km – 2h*
- 15h15 Restitution of the rental car at the AVIS desk
15h30 Check-in on KLM flight KL1308 for Amsterdam
17h00 Take off
22h45 Arrival in Billund airport

We hope you enjoyed your stay!

This press trip was organized in partnership with Occitanie Tourism Board and Lot Tourisme, we will appreciate if you mention our websites in your future article(s):

Destination Occitanie - www.visit-occitanie.com/en/
Lot Tourisme - www.tourisme-lot.com
Cahors Vallée du Lot : www.cahorsvalleedulot.com/en/

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