

**25 -29 août 2022**  
**Le Lot et Albi**

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**Thursday, 25 of August**

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**Arrival in Figeac in 3.00 PM**

**3.30PM Meeting to Champollion museum-** Place Champollion - Figeac - Tél : +33 (0)5 65 50 31 08

Discovery of the **famous Champollion Museum** - The Writings of the World (count 1h to 1h30 max).

Welcome to the birthplace of Jean-François Champollion. Based on the work of the famous decipherer of hieroglyphs, the collections tell the story of the fabulous adventure of writing and invite you to travel through the cultures of the whole world. On your way out, don't miss the Place des Ecritures and its famous giant reconstruction of the "Rosette Stone".

Contact: Céline Ramio, Director of the Museums of Figeac – 05 65 50 34 88 - <http://www.musee-champollion.fr/>

Discover Figeac with the circuit of the keys.

Under the "soleilhos" open to the sky, Figeac is a Town of Art and History where the arcades and arches tell the story of the golden age of the Renaissance.

Contact : Figeac Tourist Office - 05 65 34 06 25 - [info@tourisme-figeac.com](mailto:info@tourisme-figeac.com) - [www.tourisme-figeac.com](http://www.tourisme-figeac.com)

**Dinner and night stay at the Viguiers du Roy hotel.**

Built in the heart of the medieval quarter of Figeac, this was the home of the Viguiers du Roy for four centuries. Heir to a memorable past, the Mercure Figeac Viguiers du Roy Hotel invites you to discover a new way to live a heritage. The rooms and living spaces have all the codes of a modern hotel, offering you numerous work and rest areas.

Contact: Hôtel Mercure Viguiers du Roy - 52 rue Emile Zola - 05 65 50 05 05 - [hb5v9@accor.com](mailto:hb5v9@accor.com) -

<https://all.accor.com/hotel/B5V9/index.fr.shtml>

**Friday, 26 of August**

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**Departure for Saint-Cirq-Lapopie**

**1 -Either through the Lot Valley (1 hour).**

Route towards the Lot valley passing through the villages of Faycelles, Saint-Pierre-Toirac and its fortified church and Larroque-Toirac and its castle nestled against the cliff, Cajarc, Cénevières...

Or

## 2 - by way of the Célé Valley (allow 1 hour)

The Célé, a fresh and lively tributary of the Lot, undulates in a wild and poetic course. As you follow its course, the rock faces open up and reveal their dark caves decorated with prehistoric drawings, their pretty villages and their troglodyte houses. On the way, don't forget to stop at Marcilhac-sur-Célé and Espagnac Sainte-Eulalie, St Sulpice... to admire their superb abbey and priory, Cabrerets and Saint-Cirq-Lapopie.

Contact: Figeac Tourist Office - 05 65 34 06 25 - [info@tourisme-figeac.com](mailto:info@tourisme-figeac.com) - [www.tourisme-figeac.com](http://www.tourisme-figeac.com)

Perched on a cliff overlooking a meander of the Lot, Saint-Cirq Lapopie is a masterpiece of the medieval period. Dominated by the fortified church, the houses with their sloping roofs covered with brown tiles, reveal their harmonious volumes along the picturesque streets. 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! - was elected "Favorite Village of the French" in 2012.

PRACTICAL INFO: Large P4 car park at the top of the village (pass the village).

### At 11 a.m., meeting at the Saint-Cirq nautical stop for a cruise.

<https://www.croisieres-saint-cirq-lapopie.com/croisiere/la-croisiere-rando-depart-saint-cirq.html>

#### Meeting point 10 min before

Park in car park 1, the boat stop is 100m away. (St Cirq - P1 take 5 min).

The Croisière RANDO is a one-way trip of 1 hour by boat with the possibility of returning on foot along the famous towpath of Bouziès (1 to 1.5 hours, flat, marked and shaded path), an opportunity to discover this route.

Contact: Fanny, les Croisières de Saint-Cirq Lapopie - Tél : 05 65 31 72 25 - [fanny@lot-navigation.com](mailto:fanny@lot-navigation.com)

### At 12:00 Lunch at the restaurant Les Falaises (ok-booked and offered by Lot Tourisme and Occitanie Tourist Board)

The hotel restaurant Les Falaises\*\*\* reveals all the charm of the Quercy region and the authenticity of the land. It offers a typical regional and quality restaurant, made of fresh products and accessible to all.

You will be welcomed in an idyllic setting with a breathtaking panoramic view of the river and the cliffs.

Contact: M. Horemans in Bouziès - 05 65 31 26 83 - [hotelfalaises@gmail.com](mailto:hotelfalaises@gmail.com) - <https://www.hotel-falaises-bouziès46.fr/>

Return on foot to Saint-Cirq-Lapopie (4.5 km, allow 1 hour and 10 minutes to walk up the towpath).

## Visits for the afternoon :

### Cuzals open-air ecomuseum in Sauliac-sur-Célé - open until 6.00 pm - (ok-booked)

Life in the old days!

A timeless interlude, a living encyclopaedia of the cultures and skills of life in the Quercy countryside in the 19th and early 20th centuries.

Imagine a 20-hectare route with twenty or so thematic stops presenting: the trades of yesteryear, the blacksmith, the baker, the clog maker... the thatched houses, life on the farm and its animals... etc. There are also nearly 8000 objects that come to life in the museum.

Contact : Caroline Lavergne – 05 82 11 04 46 – 05 65 31 36 43 - <https://musees.lot.fr/>

### 8.00 PM : diner at restaurant Lou Cantou (booked and offer by Lot Tourism and Occitania Tourism)

Located between the church and the Rignault museum, in the lower part of the village of Saint Cirq Lapopie, the restaurant welcomes you in its Quercy house and on its covered terraces to share its traditional and creative cuisine, rich in aromas and flavours

Contact : A St Cirq Lapopie - 05 65 35 59 03 ou 06 61 16 04 75- [basilic-et-chocolat@live.fr](mailto:basilic-et-chocolat@live.fr) - <https://www.facebook.com/profile.php?id=100058506284567>

### Night in hotel "l'Hôtel des Gabarres"- Tour de Faure

The hotel Les Gabarres\*\*\* located on the banks of the river Lot benefits from a remarkable location in the heart of nature at the foot of Saint Cirq Lapopie. You will enjoy relaxing with a snack by the swimming pool or on the terrace

with the panoramic view of the cliffs and the surrounding crops.

Contact : Hôtel Les Gabarres - Tour-de-Faure – 05 65 30 24 57 – [hotellesgabarres@gmail.com](mailto:hotellesgabarres@gmail.com) -  
<https://www.hotellesgabarres.com/>

### Saturday, 27 of August

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*Please, note : this week-end there is a Urban Trial in the Allées Fénélon in Cahors*

#### In the morning : Departure for Cahors - Tour-de-Faure > Cahors : 40 min

Free discovery of the city of Cahors and its must-sees: the heart of the city with its secret gardens, its cathedral, its market hall, rue Daurade and its Pont Valentré...

Contact press : Virginie Seguin, press officer - Office de tourisme de Cahors vallée du Lot – 06 14 40 26 03 –  
[vseguin@cahorsvalleedulot.com](mailto:vseguin@cahorsvalleedulot.com)

Free lunch - Suggestions :

L'ô à la bouche – 56 allées Fénélon 46000 Cahors - 05 65 35 65 69 – [www.loalabouche-restaurant.com](http://www.loalabouche-restaurant.com)

Le Bistrot 911 - 5 Avenue Charles de Freycinet - 05 65 53 32 00 - <https://www.terminus-1911.fr/>

#### At 3 PM : Meet with Aurore Del Vitto for a tasting of Cahors wines (1 hour) at the Cahors Malbec Lounge

A space for the promotion and tasting of Cahors wine, managed by the Union Interprofessionnelle des Vins de Cahors. It will give you the keys to understanding the Cahors vineyard and the desire to go and meet the passionate winegrowers who are waiting for you.

Activities are organised: aperitifs, tastings, evenings, oenology courses and conferences...

After the tasting, Aurore will take you to the Cahors vineyard to show you the landscape of the Cahors vineyard.

Contact : Aurore Del Vitto – Cahors malbec Lounge - In Cahors - Place François Mitterrand – 07 86 14 37 69 -  
[www.vindecahors.fr](http://www.vindecahors.fr)

#### Dinner at the restaurant Le Fil des douceurs (max 8.30pm) (ok-booked)

The restaurant, formerly on a boat, has left the quays to welcome you in an equally majestic setting just opposite the Pont Valentré. Dining room or terrace.

Philippe Larguile and his team will welcome you and make you appreciate the fresh local and sea products.

#### Night at the Best Western Divona Hotel in Cahors

This hotel is located at the foot of the Valentré Bridge in Cahors. The city centre is only a few minutes' walk away and all the rooms have a unique view of the majestic fortified bridge, the city's emblem.

Contact: at the foot of the Valentré Bridge in Cahors - 05 65 21 18 39 -

### Sunday, 28 of August : Albi city

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#### 14h30 : meeting point at the Tourist Office

42 rue Mariès – 81000 Albi : +33 (0)5 63 36 36 00

Welcome in Albi, **discovery tour(2h)of the Episcopal City** with a guide in Italian or English

The historic centre is for a part listed World Heritage by UNESCO. The Episcopal City of Albi is classified since 2010 and is part of the 802 unique places listed by UNESCO. Discover the Saint Cécile Cathedral, the Berbie Palace, Toulouse-Lautrec museum, the Old-Bridge, the river banks... \_



**Surprise for your dog**-On your arrival at the Tourist Office, we will give you a "Toutoubox" consisting of :

- Our new "Toutourisme" brochure (French brochure) which is composed of information, good tips...Everything you can do in Albi with your dog
- The magazine 30 millions d'amis which is the official partner of the Toutourisme Offices
- A treat to start the day
- Doggie bags to raise awareness of cleanliness in the city

**Good plan :**

Two many other main points of interest in the historic center :

**Musée de la Mode** : near the covered Market and Ste Cecilia place) This one of the strong identities of the Fashion Museum is to present a completely new exhibition every two years, always centred on a different theme. Each exhibit is then returned to its reserve. The museum presents clothes and accessories from the private collection of Dominique Miraille, from the end of the 17th century to the 2000s. In 2022, the fashion museum will present "10 years", the anniversary exhibition

- **Musée Lapérouse** : this museum is dedicated to the fabulous round-the-world trip of the Albi sailor, Lapérouse. To access this museum, one crosses the Pont Vieux to reach Botany Bay Square. From this terrace you can appreciate one of the finest panoramas of the Episcopal City: the river, the scows on the Tarn, the roofs of Old Alby.

**7.30pm : Diner in restaurant Alchimy**

Place du Palais –81000 Albi–  
tel 05 63 76 18 18  
<https://www.alchimyalbi.fr/>

**A must-see** : Albi this year celebrates the centenary of the donation of the work of the Albigenian Toulouse-Lautrec to the City of Albi. In this context, a very special exhibition is taking place "Quand Toulouse Lautrec regarde Degas", which will run until 3 September

<https://www.youtube.com/watch?v=qa12eJ99AoE&t=5s>

**Night in Ibis Style Le Theatro Hotel**

48 Place Jean Jaures  
81000 ALBI

Tél : [+33 5 63 43 20 20](tel:+33563432020)

[https://all.accor.com/hotel/9887/index.fr.shtml?utm\\_campaign=seo+maps&utm\\_medium=seo+maps&utm\\_source=google+Maps](https://all.accor.com/hotel/9887/index.fr.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps)

**Monday, 29 of August**

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End of program

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**This Press Trip was organized by :**

Comité Régional du Tourisme et des Loisirs Occitanie  
Lot Tourisme  
Albi Office de Tourisme  
Tourisme Tarn

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