

#TourismeOccitanie



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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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Thursday, October 27th

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- 11h40 Arrival in Toulouse Airport on Brussels Airlines flight SN3667
Welcome by Birgitte Reimers – Occitanie Regional Tourist Board
- Either a quick lunch in the airport or on the highway to the Lot
➔ Toulouse Airport – Bach: 118 km – 1h20

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15h15 Visit the natural site the « [Phosphatières du Cloup d'Aural](#) » in the regional nature parc [PNR des Causses du Quercy](#) with a guide. Please wear sneakers.

Meet at 3:15 p.m. with Pierre Foissac for a guided tour of the phosphate mines. Descend more than 20 meters underground and explore this place which is both a former phosphate mine and a veritable natural laboratory of evolution. The visit will last for about 1h.

Depart for Tour-de-Faure

→ *Bach – Saint-Cirq-Lapopie: 20 minutes*

Installation for the night at the Hotel-Spa **Le Saint Cirq** in Tour de Faure

Contact : Le Mas – 46330 Tour-de-Faure - Phone : +33 5 65 30 30 30 - www.hotel-lesaintcirq.com

19h00 Dinner at Le Gourmet Quercynois in St Cirq Lapopie

Shuttle between the hotel and the restaurant available – please see directly with the hotel.

The restaurant do not serve fish, but can offer a mushroom or truffle omelet as well as a Cabécou salad (delicious local AOC goat cheese), ...

21h00 Meeting with Emmanuel Thiers from [Astronomade](#) for star observation. Please note, that Emmanuel is not bilingual, but he thinks he can exchange / manage to animate with simple words.
113 rue de l'Église St Etienne - 46330 Tour-de-Faure – Mobile : 06 61 16 32 68

2 options:

1/ If the weather is nice:

Meet with Emmanuel Thiers in Tour-de-Faure at 21h (see earlier if possible): they will start the evening with explanations of the use of a sky map, the Black Triangle of the Lot, etc.

Then they will go to the cause of St Martin Labouval "Frau" to observe the sky with the connected digital telescope, as well as a more traditional mirror telescope.

Duration of the service: from 01h00 to 03h00 max

2/ If the weather does not allow observation meeting at the planetarium:

The evening is not lost, he proposes to spend a small part of the evening under the sky of his digital planetarium, in his Local, from 9:00 p.m., he has content in English that can be broadcast.

More info here: <https://astronomade.com/le-planetarium/>, distribution of digital content, immersive films with a 180° view, celestial vault, etc. Duration of the service: from 00:30 to 01:00, the service is logically longer for private evenings, but in English, this complicates a little!

Friday, October 28th

08h45 Departure for Bouziès

→ *Tour-de-Faure – Bouziès : 5 km – 10 minutes*

09h00 Horse riding with Pascal Gaudebert (06 11 93 25 23) from the horse farm of **Pech Merle**. Meeting at the Bouziès car park for a horse riding which will take you to St Cirq via the Ganil tow path carved into the rock on the Lot River.

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10h30 Guided tour of the picturesque village **St Cirq-Lapopie** (1h30). Appointment at the tourist office in St Cirq Lapopie with Virginie Seguin (presse officer of Grand Cahors - Mobile : 06 14 40 26 03). She will take you back to the car in Bouziès.

12-12h30

Lunch at the restaurant **P'tit Lapopie** in Tour de Faure.

Contact: D662, Tour-de-Faure, France – Phone : 05 81 22 47 88 - www.facebook.com/leptitpopie/

13h45 Departure for Grotte du Pech Merle

→ *Le P'tit Lapopie – Grotte du Pech Merle : 15 minutes*

14h00 Visit of the **Pech Merle** grotto in English (prehistoric paintings and other signs of human activity dating 29 000 years).

Meeting at 2 p.m. to collect tickets. Possible visit to the Museum of Prehistory while waiting for the visit to the cave at 2:30 p.m.

Contact: Pech Merle - 46330 Cabrerets - Phone : 05 65 34 27 05 - www.pechmerle.com

Drive to Cahors

→ *Grotte du Pech Merle – Cahors (by the Lot Valley): 42 minutes*

Installation for the night in the **Best Western Divona Hotel** in Cahors

Contact: 13 Av. André Breton, 46000 Cahors - Téléphone : 05 65 21 18 39. –

www.divona-hotel-cahors.com

19h00 Dinner at the restaurant "le Fil des Douceurs" (please arrive before 8:30 p.m.).

32 Av. André Breton, 46000 Cahors – 05 65 22 13 04

Saturday, October 29th

09h30 Meeting with Virginie Seguin (presse officer of Grand Cahors - Mobile: 06 14 40 26 03) at the reception of the hotel for a guided tour in English of **Cahors** : visit the highlights of the city and the famous market.

11h30 Depart for Mercuès. You might have some circulation to leave the city because of the market day.

→ *Cahors – Mercuès : 10 km -17 minutes par la Vallée du Lot*

12h Lunch Château de Mercuès

Contact : Route du château – 46090 Mercuès – Phone : 05 65 20 00 01 - [Web](#)

13h15 Departure for the meeting point with Nautinea - parking at the bottom of Mercuès

→ *Château de Mercuès – Mercuès (44.495192, 1.394631) : 7 minutes drive.*

NB ! For the meeting point please look on the map hereafter:

<https://goo.gl/maps/oqVSNxdKm3JZohtN7>

13h30 Meet with Shefqet Berisha at the parking Mercuès for a bike ride on the Lot valley cycle route.

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Merquès-Luzech section, i.e. 15 km (1h-1h10) one way. Shefqet will accompagnie you on the course.

Contact: Nautinéa - Le Payras – 46140 Douelle – 05 65 22 25 12

16h00 Departure for Rocamadour in the [Dordogne valley](#)

→ *Merquès – Rocamadour : 1h00*

17h15 Meeting with Marion Le Moing (06 83 27 78 24), guide from the tourist office, at the hotel Beau Site in the heart of Rocamadour. Enter the city and drive to the hotel, you have a "minute drop" car park while you leave your luggage at the reception. You will go with Marion Le Moing to the P5 car park at the bottom of the city. From here you will begin the visit of **Rocamadour** classified Great Site of France - [Web](#)

Dinner and night at the **Le Beau Site** in Rocamadour, situated in the heart of the medieval cité

Contact: Cite Médiévale – 46500 Rocamadour – Phone : 05 65 33 63 08 -

www.beausite-rocamadour.com

Sunday, October 30th

09h15 Departure for the unique natural site the **Gouffre de Padirac**

→ *Rocamadour – Gouffre de Padirac : 18 km – 27 minutes*

09h45 Meeting at the ticket office at the [Gouffre de Padirac](#) for an exploration of the 103 meters deep "Isfaldshul" and discover much more.

10h Begin the visit in the Gouffre

11h45 Drive to Alvignac

→ *Gouffre de Padirac – Alvignac : 9 km- 13 minutes*

12h00 Lunch at "Le Voyage d'Ernestine" in Alvignac

182 Grand Rue, 46500 Alvignac – 05 65 10 89 12 - www.le-voyage-ernestine.fr/

14h00 Drive to Toulouse Airport

→ *Alvignac – Toulouse airport: 171 km – 1h48*

16h40 Check-in

18h10 Take-off

We hope you enjoyed your stay!

This press trip was organized in partnership with : Atout France, Destination Occitanie, Lot Tourisme, and the Tourist Offices Vallée de la Dordogne , Cahors – Vallée du Lot

We will appreciate the mention of the below websites in your future article(s):

Atout France – www.france.fr/da

Destination Occitanie : www.tourisme-occitanie.com

Lot Tourisme : www.tourisme-lot.com

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