

UNESCO global Geopark of the Causses du Quercy



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If you are running late, please inform the contact person indicated in the program below.

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Theme of the press trip : Unesco global Geopark of the Causses du Quercy

The Natural Regional Parc of the Causses of Quercy was recognized as a UNESCO worldwide Geopark in May 2017. The regional geology has left its mark throughout the territory, shaping the identity of the Causses of Quercy and concealing within it some remarkable treasures. Numerous actions are carried out by the Park and its partners to protect and make its heritage known.

For this press trip, we have focused our choice of accommodations, sites of visits, restaurants on services marked "Valeur Parc". A sign of recognition and confidence, the Regional Nature Park Values Mark is awarded by the Park to professionals who are concretely committed to the preservation and development of this territory.

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May, Monday 8th

06h00 Take off from Edinburgh to Paris CDG (08h50) on Air France flight AF1887

12h40 Take off from Paris CDG to Toulouse on Air France flight AF9418

14h00 Arrival in Toulouse

Pick up rental car at the AVIS desk at the airport

- Do not forget the AVIS rental voucher sent by e-mail otherwise you will have to advance the rental fee yourself.

- You do not need to refuel at the end of the rental period, which is taken care of by the Regional Tourism Board of Occitanie Tourisme.

At your expense: Toll Road charges, parking, fines (such as speeding, parking, ...).

Drive to the Lot.

Direction Limogne to discover the **Pecten Maximus**, a shell refuge.

<https://goo.gl/maps/zUAaVVKCTSzeMBVL6>

In Limogne-en-Quercy, close to the Compostela Trail, an amazing refuge has been set up to sleep in nature. Created by the artist and designer Sara de Gouy, Pecten Maximus is made of scallop shells! A nod to the symbol of the pilgrims, but also to the geological past of the area: here, millions of years ago, there was the sea... Accessible to all, Pecten Maximus is the second work in the Lot of the artistic project "Fenêtres sur le Paysage" (Windows on the Landscape), imagined by Derrière le Hublot in association (Behind the Window in association) with the Causses du Quercy Regional Nature Park.

Contact : Association Derrière le Hublot Limogne-en-Quercy – Phone : 05 65 54 70 07

www.derrierelehublot.fr

Hiking on the karstic **path of the igues de Crégols**

Start of the hike in Larnagol.

<https://tourismelot.sharepoint.com/:b:/s/MISSION3/EcOYOorD8MhJi0ce0mPhYvABB7IWfmQ0aQA6DVUeApgQw?e=WxdnUR>



PARC NATUREL RÉGIONAL
DES CAUSSES DU QUERCY

Dinner and overnight stay at **L'Oseraie Du Quercy** in Calvignac.

Your room for the night, "La TINI" located in a small wooden house inspired by the Tiny House.

L'Oseraie du Quercy is located in Calvignac, a small village nestled on its rock overlooking the Lot Valley, 11 km from Saint Cirq Lapopie and ideally situated to discover the Quercy region, between the Causse and the Valley.

L'Oseraie du Quercy, in addition to offering bed and breakfast accommodation, invites you to discover wicker and basketry (making objects from wicker and rattan). The basketry workshop will open its doors to you for a guided tour of the creations.

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Isabelle will offer you a choice of jarred dishes prepared by a local caterer with side dishes and dessert for dinner.

Contact : Isabelle Maugis - contact@loseraieduquercy.fr - <https://www.loseraieduquercy.fr/>

May, Tuesday 9th

Morning

Park at the parking P4 (paid parking)

Free visit of [St Cirq Lapopie with the tour guide \(in nl\)](#)

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!

12h00 Lunch in St-Cirq-Lapopie at the Restaurant Bar Lapopie

He is warned about the vegan diet. He will prepare something special with raw vegetables and or cooked vegetables (zucchini, potatoes) but he has nothing on the menu that will be appropriate.

Contact : A Saint Cirq Lapopie – le bourg – Phone : 05 65 30 27 44




14h00 Meeting at Liauzu area <https://goo.gl/maps/MZynUEAB7SGaoKk37> with Laurent Macary in Lot aventure for an activity via ferrata of Liauzu (depending on the weather).

Be careful, the phone doesn't work well in the Célé valley, so it's better to make a phone call in the morning with Laurent Macary to confirm that the via ferrata activity can be done.

Contact : Lot Aventure à Tour-de Faure



In case of bad weather, visit of the castle of Cénevières 

Please make yourself known at the entrance of the castle.

Built on a rocky peak, the castle of Cénevières was first a medieval stronghold before being transformed into a Renaissance palace in the 16th century. A superb place to visit absolutely, especially since the De Braquilanges family proposes many animations like the night guided tour in costume, lit with candles, a snack on the terrace, tales for children or a stargazing !

Contact : A Cénevières - 05 65 31 27 33 - www.chateau-cenevieres.com - contact@chateau-cenevieres.com



 Dinner and night at the **hotel les Gabarres** in Tour-de-Faure.

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All restaurants in the area are closed on tuesday (it not yet our tourist season). However, the chef of the restaurant **Le Ptit Popie** (lieu-dit le Roucayral - 46330 TOUR-DE-FAURE – Phone : 05 81 22 47 88) has kindly proposed to prepare and deliver your meals at your hotel. *He is warned about the vegan diet. He will do his best, and prepare something special with raw vegetables and or cooked vegetables (zucchini, potatoes) but he has no vegan meals on his menu.*


Contact : **hotel les Gabarres** - 621 RUE LOUIS BENECH - 46330 TOUR-DE-FAURE - 05 65 30 24 57
www.hotellesgabarres.com

May, Wednesday 10th

08h45 Leave the hotel direction Bouziès
Do not forget your picnic!

09h00 Discovery of the towpath of **Ganil in Bouziès**
Park at the Bouziès parking <https://goo.gl/maps/zScWqGectkVBKwJx6>
Short free walk from Bouziès to discover the Ganil towpath (3 kms AR), a path carved in the rock. It is at the point where the cliff falls steeply to the level of the water that the rock was dug out over 300 m and 2 m high. A pure marvel created by man!
At 10:00 am leave Bouziès to go to the cave of Pech Merle



10h15  Visit of the **Pech Merle caves** at 10:30 am, meeting point 15 minutes before the start of the visit.

The Lot has its own Lascaux: the Pech-Merle cave. Prehistoric paintings and engravings dating back more than 29,000 years follow one another on a rich and varied journey to discover the underground world. Mammoths, horses, bison, signs, footprints and human figures come to life in this breathtaking place!

IMPORTANT: no photography in the cave are allowed as it is a protected site. We have images available on request in our online photo library piwigo : <https://tourismelot.piwigo.com/>

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

Free itinerary to discover the lovely scenic Célé Valley

Sauliac-sur-Célé : viewpoint of the « Chemin de la Viste »

It is possible to go to the viewpoint from the road. Park on the side of the road and take the path to the viewpoint on foot or do the whole 3.9 km circuit.

<https://goo.gl/maps/d9SdjivVjLCRJVH8>

<https://www.tourisme-lot.com/offres/le-chemin-de-pierre-levee-sauliac-sur-cele-fr-967867/>

Marilhac sur Célé : is on the route to Santiago de Compostela (variant 651 of the GR65). Organised around its abbey, whose Romanesque church has retained its austere beauty, this village exudes

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tranquillity and is bathed in the freshness of the banks of the Célé. It looks very tiny next to these majestic limestone cliffs!

Picnic lunch offered by the Saveurs et Bouchons shop in Tour-de-Faure.

Hiking on the **l'Espace Naturel Sensible des Caselles** (Sensitive Natural Area of the Caselles)

<https://www.tourisme-lot.com/en/offers/circuit-des-caselles-de-marcilhac-marcilhac-sur-cele-en-2466806/>

<https://cdt46.media.tourinsoft.eu/upload/PR20.-CIRCUIT-ENS-LES-CASELLES--DE-MARCILHAC.pdf>

Brengues

To see, the English castle in Brengues. From the village take the yellow marked path to the castle (20 min walk) - <https://goo.gl/maps/AQ2t9XLSrTBqqwdw5>

Espagnac Ste Eulalie has preserved the tranquillity of its ancient priory crowned by an exceptional bell tower. The imposing remains of the abbey, with its tormented history since the 13th century, make this village a privileged stop on the road to Compostela.

Contact : Office de Tourisme de Figeac – Phone : 05 65 34 06 25 – info@tourisme-figeac.com – www.tourisme-figeac.com

Overnight stay at the La **Métairie Haute in Marcilhac-sur-Célé**.

A corner of paradise, nothing more. In the middle of 38 hectares of conifers, Karel, Juliette and their daughter Junie know how to share with you their taste for calm, well-being and beauty. This place is a real remedy against stress and the guest rooms are the reflection of it. A sober, soothing, elegant and natural decoration with a tree in the room as a sleeping companion. Little extras give this place its meaning: yoga classes and natural drinks, without alcohol, made from plants picked with the rhythm of the seasons.

Dinner served at 7:30 pm

Contact : A Marcilhac-sur-Célé - 05 65 38 09 01 - www.lametairiehaute.fr

May, Thursday 11th

09h30 Departure to Espédaillac (20 min by car)

Discovery of Espédaillac by a hike :

Un paysage façonné par la brebis (A landscape shaped by sheep) - 7,4km - <https://www.tourisme-lot.com/offres/un-paysage-faconne-par-la-brebis-espedaillac-fr-2774584/>



PARC NATUREL RÉGIONAL
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Lunch at the **Auberge Beauville**

In Espédaillac, everyone knows him! Stéphane Rossignol is a village figure. He is not only a talented cook (he runs the Auberge Beauville), but also an outstanding cutler. He has created his cutlery Le Lotois XLVI and above all a knife: 46gr, 46 €, a pinch of passion, and a hint of local culture: it is "le

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Lotois". Stéphane does not stop there; he has also created a special knife for Rocamadour... This country inn, restored with respect to the region's buildings, is an authentic address. Here, we eat traditional cuisine!

Contact: Auberge Beauville - Espédaillac – Phone : 05 65 40 55 62 - www.bit.ly/FBlelotoisXLVI
stephane.rossignol785@orange.fr

14h30 Meeting with Marie at the Tourist Office of Labastide-Murat for an e-bike itinerary in the Vers valley:
[Le boucle du Vers en Géocaching](#) - Duration: 3 hours

In case of rain, Marie will make a "tour" on the emblematic heritage places of the Central Causse, namely

- Church of Caniac du Causse : discovery of the crypt of Saint-Namphaise, between local legend and rural life
- Site of Planagrèze : short stop on an emblematic site of the UNESCO world Geopark, in the heart of the ENS of Brauhnie (discovery of the restored igues, the igue and the dolmen of Planagrèze, presentation of the protected species.
- Discovery of the church of Lunegarde and its painted decorations

Then drive by car in direction of Rocamadour

19h00 Dinner at **l'Estanquet** in Rocamadour (8 min walk from the hotel)

In a "bistro chic" setting, but in all simplicity and conviviality, discover a traditional cuisine and dishes "revisited" according to the chef's inspiration. Amandine is in the dining room and Joshua is in the kitchen. The friendly duo works wonderfully, and it is felt in the plates where the home-made predominates.

Contact : A Rocamadour - place de l'Europe -l'Hospitalet - 05 65 10 98 08 -
lestanquet46@gmail.com



PARC NATUREL RÉGIONAL
DES CAUSSES DU QUERCY

Night at the **hotel les Esclargies**

This hotel is "Zenitude" just a stone's throw from Rocamadour: nestled in the middle of an oak grove in the middle of nature, you will be amazed by the calm and serenity it exudes. No wonder it is classified as a "natural hotel"!

Contact : A Rocamadour - 05 65 38 73 23 - www.esclargies.com - infos@esclargies.com

May, Friday 12th

10h00 Meeting with Sophie Villard to discover **La Borie D'Imbert**.

At the Borie d'Imbert you will discover everything. The job of a goat farmer, to discover how a herd is managed, the job of a cheesemaker, to learn the different stages of making Rocamadour farm cheese, and you end up tasting this delicious cheese and many other specialities produced here: goat's milk, grilled pork, cold cuts, goat's milk soap, Amadour wine...

Contact : A Rocamadour - D247 - 05 65 33 20 37 - www.laboriedimbert.com

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Discover Rocamadour by the pedestrian loop from the belvedere (indicated in green on the map), and don't miss a visit to the chapels and the black Madonna.

www.vallee-dordogne.com/app/uploads/ot-dordogne/2022/06/rocamadour-2022.pdf

Lunch in Rocamadour at the **Belvedere**

As for the gastronomy, you will enjoy a generous and careful cuisine, alternating local flavors and gastronomic discoveries. The chef will awaken your taste buds with his specialties where he combines local products with a touch of audacity, such as: duck foie gras pan-fried with beets, Quercy lamb shoulder stuffed in the old-fashioned way, duck breast roasted with honey, or creamy walnut tiramisu.

Contact : A Rocamadour - lieu dit l'Hospitalet - 05 65 33 63 25 - lebelvedere-rocamadour@orange.fr - www.hotel-le-belvedere.fr

Departure for a hike between Ouyse and Alzou, the "Randonnée des 3 Gouffres" (The 3 chasms walk) www.tourisme-lot.com/offres/la-boucle-des-3-gouffres-rocamadour-fr-2807628/

if the weather is rainy there are several alternative.


Please show your letter of accreditation at the entrance of the sites :

1/ visit of the water mill of **cougnaguet in calès**

The Moulin de Cougnaguet is located in a haven of peace, at the foot of the cliffs and on the edge of a wooded stream. Classified as a historical monument, the mill lives to the rhythm of Hubert and Raymonde's singing accent, who take great pleasure in revealing all the secrets of this splendid, fortified building. This water mill is equipped with four pairs of millstones that still work and produce flour in a mechanism inherited from the past... Visitors, young and old, are each time transported by this place out of time. Models make it easier to understand how it works.

Contact : A Calès - 05 65 38 73 56 - www.cougnaguet.com - odette.faure@wanadoo.fr



- 2/ visit of the caves in Lacave  The caves of Lacave, a magical journey of 1h30 in the bowels of the earth. Skillfully worked, the lights hidden here and there create striking optical illusions which sublimate the natural forms of this underground network.

Contact : A Lacave - 05 65 37 87 03 - www.grotte-de-lacave.com - grottes-de-lacave@wanadoo.fr

3/ visit of the abyss of Padirac

One of the greatest natural curiosities of France and Europe.

After a vertiginous descent to a depth of 103 m, you will embark on the underground river for a boat ride and continue on foot to discover a multitude of concretions, cascades of calcite, shaped by nature over millions of years.

Contact : A Padirac - le gouffre - 05 65 33 64 56 - www.gouffre-de-padirac.com - mma@gouffre-de-padirac.com

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PARC NATUREL RÉGIONAL
DES GORGES DU HÉRON

Dinner and overnight stay at **Domaine du Bel Air** in Le Bastit

Bel air is a farm property located on the heights of the village of Le Bastit near Rocamadour. Sébastien and his family have an ethic of living in harmony with the environment that surrounds them. A quiet site with buildings full of history and local architecture, land cultivated and occupied by animals. Here, the homemade products are made according to the seasons and the generous vegetable garden allows us to feed the table every day.

Contact : A Le Bastit - Champ Redon, Bel-Air - 05 65 38 77 54 - 06 74 41 18 38 - info@domaine-belair.com - www.domaine-belair.com

May, Saturday 13th

09h15 Departure to visit the Phosphatières (Phosphate mines)



PARC NATUREL RÉGIONAL
DES GORGES DU HÉRON

10h15 Meet Frédéric Bérard for a visit to the Phosphatières

Let yourself be surprised by the contrasts: a phosphate mine that has revealed fossils from the Tertiary era and contains a "tropical" flora... A guided tour and themed areas with a treasure hunt for young and old are available. An unusual place to discover!

Tip: bring good shoes and slightly warm clothes.

Contact : A Bach - Route de Varaire - Phone : 05 65 20 06 72– aural46@phosphatieres.com - www.phosphatieres.com

12h15 Lunch at Au Gout du Jour restaurant in Lalbenque (15 in by car)

Classically inspired cuisine, it declines the dishes of the French or Mediterranean culinary repertoire. Good products chosen with meticulousness, cooked with know-how and passion, accompanied by spices and fresh herbs, and here is the traditional dish revisited... with the taste of the day.

Contact : Denis Dujour - 26 rue du marché aux truffe à LALBENQUE

15h30 Check in on flight KLM flight KL1308

17h00 Take off from Toulouse to Amsterdam (18h55)

21h50 Take off from Amsterdam to Edinburgh on KLM flight KL1293

22h15 Arrival in Edinburgh

We hope you enjoyed your stay!

This press trip was organised in partnership with the Occitanie Regional Tourisme Board and Lot Tourism, we thank you for mentioning our sites in your future articles:

Destination Occitanie : www.tourisme-occitanie.com

Lot Tourism : www.tourisme-lot.com

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