

Press Trip

Huib AFMAN & Serge STRIPPENTOIR June, Monday 5th to Friday 9th Lot and Dordogne Valleys



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Support : Leven in Frankrijk – 45.000 ex – CVP 4.465 €/page

→ 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, Monday 5th – Dordogne Valley

♦ Nord de la vallée de la Dordogne : #ValleeDeLaDordogne @valleedordogne

08h00 Leave Périgueux after breakfast and drive to Souillac

→ Périgueux-Souillac : 112 km − 1h25

09h45 Arrival via Souillac Louis Roques distillery

The story of a family passion for five generations... The Roques family have been distillers from father to son since 1835. This know-how, passed down through five generations, ensures the continuity of the distillery, which has been located in a building with character since 1995 and is now run by the grandson of Louis Roques.





<u>Contact :</u> Distillerie Louis Roques - Souillac - 05 65 32 78 16 - <u>lavieilleprune@wanadoo.fr</u> - <u>www.lavieilleprune.com</u>

→ Souillac – Carennac : 32 km – 40 min

11h00 Visit of the village of Carennac with Marion Le Moing from the Dordogne Valley Tourist Office (duration 1h15) in front of the tourist office of Carennac. On the banks of the Dordogne, renaissance houses with sculpted windows and brown roofs are intertwined around an 11th century Cluniac priory where Fenelon lived. Near the Romanesque church and its cloister, the Château des Doyens invites you to discover the riches of the Pays d'Art et d'Histoire of which Carennac is a part.

<u>Contact:</u> Marion Le Moing - 06 83 27 78 24 - <u>quide@vallee-dordogne.com</u>

12h30 **Lunch in Carennac at the restaurant Le Prieuré.** In the heart of one of the most beautiful villages in France, we will welcome you in a family and friendly atmosphere. A tasty cuisine prepared with fresh local and seasonal products.

Contact: Le Prieuré - Carennac - 05 65 39 76 74

→ Carennac - Château de Montal : 15 km – 20 min

14h30 Visit of the Château de Montal (16 min by car from Carennac) duration. Situated on an overhang overlooking the Dordogne valley, the castle was built between 1519 and 1534 by Jeanne de Balsac, Lady of Montal. Never completed, this Renaissance masterpiece is distinguished by the exceptional richness of its sculptures which are worthy of royal palaces. Monumental staircase. Tapestries and furniture from the 16th and 17th centuries. Renaissance courtyard.

<u>Contact:</u> A Saint-Jean Lespinasse - 05 65 38 13 72 - <u>www.chateau-montal.fr</u>

→ Château de Montal - Autoire : 6 km – 10 min

- 16h00 Direction Autoire. In the heart of a cirque, **Autoire** lines up its square dovecotes, brown tiles, manor houses and half-timbered houses in a harmony of colours. Not to be missed: the highest waterfall in the department, accessible on foot via a small, wooded path.
- 18h00 Installation at the Laroque Delprat Manor for night and dinner the 17th century manor house with its unique architecture and four levels of hanging gardens. Aurélia and Julien, its hosts, have renovated it with respect to the original materials and ornaments to make it a high-quality place to stay. It offers rooms with a unique style, colourful and superbly decorated, combining contemporary comfort with the delicacy of restored woodwork. Some of the rooms contain authentic works of art from the period, which are listed, or beautiful tapestries with an exotic touch. We like: the swimming pool with a view of the Château des Anglais, fed by its own spring in the heart of the cliff, the poetic atmosphere of the shaded terrace under the yew tree canopy.

 Contact: Le Manoir De Laroque-Delprat Autoire 06 89 02 02 18 www.manoirdelaroquedelprat.fr





June, Tuesday 6th – Dordogne Valley

♦ Nord de la vallée de la Dordogne : #ValleeDeLaDordogne @valleedordogne

09h00 Departure to Padirac via Loubressac

→ Autoire – Padirac : 16 km - 21 min

Perched on a promontory with a superb view of the Dordogne valley and the surrounding castles, **Loubressac** offers the visitor the charm of its medieval houses with their ochre stones and raised roofs. The Saint-Jean-Baptiste church and the castle, a manor house dating from the 15th and 18th centuries, are well worth the short climb to get there... A short circuit of 1km to admire the village and its panoramic viewpoints:

- 1. On leaving the old Tourist Office, turn left towards the D 118. Follow it for a few meters and then take the lane that goes up on the right. Turn left to admire the panorama then retrace your steps and continue down the lane towards the church. Pass under the porch and continue across the street to go along the cemetery.
- 2. Enjoy the view over the Dordogne valley, with the castle of Castelnau in front of you.
- 3. You arrive at the entrance to the château de Loubressac. This castle (private) offers a magnificent view of the Dordogne and Bave valleys, the castles of Castelnau and Montal and the Towers of Saint-Laurent.
- 4. Walk past the church of Saint-Jean-Baptiste. It became a parish church after the abandonment of the Saint-Pierre church of the primitive village situated about fifty metres below the present site. It was built in the 14th century by the Lord of Loubressac, then enlarged and completed in 1520 by Anne d'Auriole and her husband Raymond de Contaud-Cabrerets.

The western portal bears the arms of the Gontaud d'Auriole family and an inscription in Latin recalls the date of 1520. It was unfortunately hammered by the Protestants who occupied Loubressac in 1572.

The tympanum represents the Crucifixion between two medallions, one representing Christ before Pilate and the other Judas with the thirty denarii of his betrayal in a purse around his neck.

- 5. On the horizon of this magnificent landscape appear the Towers of Saint-Laurent.
- 6. Magnificent viewpoint overlooking the castle of Castelnau.
- 7. Continue for 200m then take the lane on the right and then immediately on the right to return to the village of Loubressac.
- 10h30 Visit to the Padirac chasm. One of the greatest natural curiosities in France and Europe. After a vertiginous descent to a depth of 103 m, you will embark on the underground river for a boat trip





and continue by foot to discover a multitude of concretions, cascades of calcite, shaped by nature over millions of years.

<u>Contact</u>: A Padirac - le gouffre - 05 65 33 64 56 - <u>www.gouffre-de-padirac.com</u> – mma@gouffre-de-padirac.com

→ Padirac – Rocamadour : 18 km – 25 min

12h30 Lunch in **Rocamadour at the restaurant Jehan de Vallon** In the heart of the city and at the rhythm of the seasons, the chef proposes a refined cuisine made from local products.

<u>Contact :</u> A Rocamadour (dans la cité) – 05 65 33 63 08 – contact@beausite-rocamadour.com - <u>www.beausite-rocamadour.com</u>

Advice for parking. Go to the bottom of the city of ROCAMADOUR at the point indicated on Google Maps attached. Park along the road and walk up the stairs into the town. You will arrive next to the restaurant. https://goo.gl/maps/88QxBqekqfx5EAk87

Afternoon:

Free visit of Rocamadour

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

→ Rocamadour – Calès : 12 km – 20 min

Visit of the water mill of Cougnaguet in Calès (Hubert FAURE, does not speak English - please ask Serge for translation) but please announce yourself at the mill reception desk. Dutch support will be provided.

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.cougnaquet.com - odette.faure@wanadoo.fr

→ Calès – Grèze : 48 km – 50 min

Dinner and overnight stay at the Grézalide Hotel

Situated on the edge of Grèzes, a typical village of the Quercy limestone plateaus, the Château de Grèzes was once the priory of the Templars and was transformed into a seigneury in the 17th century. After the revolution, the castle became a state property and was used as the canton's





mounted police station, the village school, the town hall, and then as a holiday centre for children for almost half a century.

Contact : A Grèzes - Le Grézalide - www.grezalide.com

June, Wednesday 7th – Lot and Célé valleys

Grand Figeac Vallée du Lot et du Célé: #PaysDeFigeac @paysdefigeactourisme

Departure for the South of the Lot via free itinerary to discover the lovely scenic Célé Valley

→ Grèzes - Espagnac Ste Eulalie : 6 km – 10 min

• Espagnac Ste Eulalie has preserved the tranquility 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.

→ Espagnac Ste Eulalie – Brengues : 4 km – 4 min

• 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

→ Brengues - Marcilhac-sur-Célé : 9,5 km – 11 min

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

Hiking on the l'Espace Naturel Sensible des Caselles: 6,7 km (Sensitive Natural Area of the Caselles)

- 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

→ Marcilhac sur Célé - Sauliac-sur-Célé 7 km – 9 min

- 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/d9SdjivVJjLCRJVH8
- https://www.tourisme-lot.com/offres/le-chemin-de-pierre-levee-sauliac-sur-cele-fr-967867/





Cahors vallée du Lot : #cahorsvalleedulot @cahorsvalleedulot

→ Sauliac-sur-Célé - Cabrerets : 11 km – 16 min

11h30 Visit of the **Pech Merle caves**, meeting point 15 minutes before the start of the visit at 11h45. 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 breath-taking place!

<u>IMPORTANT</u>: 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/
<u>Contact</u>: A Cabrerets – lieu dit « Pech Merle » - Phone: 05 65 31 27 05 - www.pechmerle.com - bertrand.defois@pechmerle.com

→ Cabrerets – Conduché (Bouziès) : 11 km – 20 min

13h00 Lunch in Bouziès at the Restaurant Au deux Vallées

A restaurant set up in the former SNCF railway station at the crossroads of the Lot and Célé valleys. The typical room recalls the atmosphere of the past and the terrace by the tracks is ideal for summer evenings.

<u>Contact</u>: Au lieu-dit « Conduché » - 05 65 24 58 92 - <u>romain.charlatte@gmail.com</u>

→ Conduché - Bouziès : 9 km – 15 min

Discovery of the towpath of Ganil in Bouziès

Please Park your car at the Bouziès parking https://goo.gl/maps/zScWqGectkVBKwJx6 Short free walk from Bouziès to discover the Ganil towpath (3 kms way/return), 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!

Continue along the Lot valley to Cahors.

→ Bouziès – Cahors : 27 km – 35 min

Check-in at the Hotel Terminus

A family hotel established for more than 100 years in the city center of Cahors. In this magnificent residence in Cahors, the Marre family welcomes their guests with the greatest care.

<u>Contact :</u> Hôtel Terminus - 5 Avenue Charles de Freycinet - 05 65 53 32 00 - <u>www.balandre.com</u> - terminus.balandre@wanadoo.fr

18h00 Meeting at the Cahors Malbec Loung for a Cahors wine tasting. 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 meet the passionate winegrowers who are waiting for you.

Contact: Cahors - Place François Mittérrand - 05 65 23 82 35 - www.vindecahors.fr

19h00 The **Mont St Cyr** (771m altitude) offers an exceptional view of the town of Cahors and the meander of the Lot. From here, you will understand the fortification of Cahors, and the medieval and 19th century city.

NB! To be done before or after diner. However, not in the morning because of the light.

→ Hotel – Mont St Cyr: 8,4 km – 15 minutes - Accès to the Mont St Cyr

Dinner at the hotel in "Bistrot 1911".

June, Thursday 8th – Lot and Célé valleys

🗘 Cahors vallée du Lot : #cahorsvalleedulot @cahorsvalleedulot

09h30 Meet with Valérie in front of the tourist office of Cahors, for a **2 hours guided tour of the city**. In the majestic setting of the Lot valley, where the river traces one of its most beautiful loops, Cahors is truly a City of Art and History! From the Valentré bridge to the Saint-Etienne cathedral, via the market square and the terraces of the Gambetta boulevard, the first city of the Lot combines a southern atmosphere, historical riches, and gourmet pleasures.

Departure for Caillac

→ Cahors – Caillac: 12 km – 20 min

12h00 Lunch at the restaurant Le Vinois. Eva and Thomas welcome you in a friendly family atmosphere and take you on a journey for a while. The cuisine is instinctive, modern, and innovative, while remaining simple. Twisted, home-made recipes made from fresh produce, enhanced by masterful culinary techniques, and daring variations. The hardest part will be choosing...

Contact: Le Vinois - Caillac - 05 65 30 53 60 - https://levinois.com

13h30/45

Departure for Vire-sur-le lot for the Clos Triguedina

→ Caillac - Puy L'Evêque : 29 km – 35 min

14h00/15

Continuation to Puy L'Evêque for a visit to the Clos Triguedina.

Clos Triguedina: The birthplace of the Baldès family. They built the Clos Triguedina by passing on their know-how, emotions and passions from father to son. Their pioneering spirit identifies them as one of the founding families of the Cahors appellation.





Guided tour by Sabine Baldès of the estate. Commented wine tasting in our Wine Pavilion. Our @ range includes AOC Cahors red wines, but also white wines, rosé, sparkling and dessert wines.

• <u>Contact</u>: Sabine Baldès - Clos Triguedina Lieu-dit "Les Poujols", 46700 Vire-sur-Lot Phone: 05 65 21 30 81 - www.jlbaldes.com/

Departure for Puy L'Eveque and the Virebent factory

→ Clos Triguedina - Virebent factory: 5 km – 10 min

16h30 Meeting with Frédérique Caillet for a visit of the Virebent factory

The history of Virebent porcelain goes back more than 40 years. This famous factory has been awarded the "Entreprise du Patrimoine Vivant" label and is one of the last porcelain workshops to be entirely made in France. Its particularity is to work the 3 main families of earthenware: porcelain, earthenware and stoneware using essentially 3 techniques: casting, sizing and pressing. Contact: A Puy L'Eveque - Rue de l'Usine - 05 65 36 46 31 - www.virebent.com - porcelaine.virebent.france@wanadoo.fr

End of the program in the Lot and hit the road for Toulouse.

→ Puy L'Eveque – Toulouse: 131 km – 1h55

Serge will drop of Huib in Toulouse and continue his way to Biarritz.

Installation at **Hotel Saint Sernin** in Toulouse (room, breakfast, and city taxes)

- 2 Rue Saint-Bernard, 31000 Toulouse, +33 5 61 21 73 08 www.hotelstsernin.com/fr/
- 20h00 Meeting in the lobby of the hotel with Birgitte Reimers (+33 6 10 30 86 52) NB! Birgitte will give you the voucher for the taxi driver.
- 20h30 Dinner at the restaurant "Monsieur Georges"
 - 20 Place Saint-Georges, 31000 Toulouse 05 61 29 81 96 www.monsieurgeorges.fr/fr/

June, Friday 9th

07h00 Transfer by taxi to the airport – Please give the voucher to the taxi driver.

 \rightarrow 8 km – 15 minutes

07h20 Check-In for Sevilla via Madrid

Free access to the VIP lounge

09h15 Take-off for Madrid on Iberia flight IB 8737

10h35 Landing in Madrid

11h40 Take-off for Sevilla on Iberia flight IB 3950

12h50 Landing in Sevilla

We hope you enjoyed your stay!





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

Destination Occitanie : <u>www.tourisme-occitanie.com</u> Lot Tourisme : <u>www.tourisme-lot.com</u>

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