



> **Contacts :**

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> **Journalist:**

Vincent Zuidema

> **Photographer:**

Ivo Maarten Hermesen

Supports: Motorboot - <https://vakantiesophetwater.nl>

> **Companion:**

Adriana Antonia Pouwels

PLEASE NOTE

- If using a **drone** in the Lot, please ensure that it is safe and obtain authorisation beforehand. Most of the Lot is classified by civil aviation (information found on internet) : [Drone Lot.docx](#)
- Three **reservations** have been made (meals, bikes, etc.), with two covered (for the journalist and photographer).

If you are running late, please notify the contact details shown in the programme below.

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Press Trip

Vincent Zuidema et Ivo Maarten Hermesen
5-14 September

Between River and Vineyards, Cruising through the Soul of the Lot



Friday 5 September

- 12h45 Departure from Rotterdam/Den Haag til Bergerac on Transavia flight HV6081
- 14h15 Arrival in Bergerac
- 14h30 Pick up the rental car at the **AVIS** office at the airport
- Don't forget the AVIS rental voucher sent by e-mail on 7/08, otherwise you will have to pay the rental costs yourself.
 - You don't need to fill up with petrol at the end of the rental period, as this is covered by the Comité Régional du Tourisme et des Loisirs d'Occitanie
 - At your expense: tolls, parking charges, fines (speeding, parking, etc.).
- 15h00 Drive to Douelle - 102 km – 1h40
- Arrival at **Le Boat** Douelle
- Le Boat - 1180, Le Moulinat - 46140 Douelle - [Le Moulinat, 46140 Douelle](http://www.leboat.com/fr/croisiere-fluviale/france/lot/douelle)
+335 65 20 08 79 - www.leboat.com/fr/croisiere-fluviale/france/lot/douelle
- Check in - 3:30pm is the last time to arrive in **Douelle** and receive the full instructions. Please note that you will not receive the full instructions on the day of arrival. You will therefore spend the first night on board in Douelle and receive the navigation instructions and lock instructions on the morning of Saturday, 6 September.
- Don't forget to buy groceries for breakfast, lunch, etc.
- 1) - either in Bergerac before checking in at Douelle
- If you choose to shop in Bergerac, please note that you will most likely arrive too late for check-in at 5 p.m. We can arrange a late arrival procedure if you arrive after 5.30 p.m. Please let us know your decision as soon as possible*

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- 2) - or in Cahors after checking in
Another, and perhaps better, option is to shop after checking in at Cahors or near Douelle. Please note that shopping time is limited. In Cahors, you will find Leclerc or Lidl, both of which are open until 8 p.m.
You can also go to Utile (closes at 7:45 p.m.) in Parnac (6 km from Douelle – approx. 7 minutes by car) or Intermarché (closes at 7:45 p.m.) in Espère (6.3 km – approx. 10 minutes away).

Night on board in Douelle

- Electricity available

Dinner in Douelle at **L'Auberge du Vieux Douelle** (offered by ADT Lot)

- Auberge du vieux Douelle - Chez Malique - Rue des tonneliers - 46140 Douelle
+33 (0)5 65 20 02 03 - <https://www.chezmalique.com>

Saturday 6 September

09h-10h	Instruction
10h00	Departure for Cahors Douelle – Cahors / 3h30 - 3 locks Lunch on board
13h30	Arrival in Cahors (pier after the Coty lock)
15h	Meeting with Léa Tournier, press officer at Cahors Vallée du Lot Tourist Office - www.cahorsvalleedulot.com at the jetty just past the Coty Mill lock. Guided tour of Cahors - The capital city of the Lot will certainly be one of the highlights of your cruise. A city of Art & History, Cahors is renowned for its vineyards — the birthplace of the famous Cahors wine — and for its rich gastronomy, including truffles. Of course, the best view is the one from the river as you arrive in town. You can also hop on the little tourist train departing from the Valentré Bridge to discover the city's heritage in a fun and easy way.
20h00	Dinner in Cahors at L'Ô à la Bouche (offered by ADT Lot). • L'Ô à la Bouche – 56 Allées Fénelon – 46000 Cahors +33 (0)5 65 35 65 69 - https://www.loalabouche-restaurant.com tourisme-occitanie.com

Night on board in Cahors
• Electricity available

Sunday 7 September

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- 09h00 Departure for Vers
Cahors – Vers / 3h30 – 5 locks
- 12h30 Lunch on board
- 14h00 Visit **Vers** : Admire the grey-white limestone cliffs tinted with ochre, which take on extraordinary colours at sunrise and sunset. The art gallery near the port showcases oil and pastel paintings depicting scenes from the Lot Valley. This charming gallery is run by Sally Davies and Jeffery Stride, a delightful couple who welcome visitors into their home, where the gallery is located.
- 15h00 A meeting is scheduled for 15h at the workshop with Jeffrey. If you are running late, please let them know at this number.
- Their work is also featured in a beautiful temporary exhibition at the Henri Martin Museum in Cahors, on display until the end of the year — visiting it would be an excellent way to round off your discovery.
- Shopping facilities: Vers has both a grocery store and a bakery.
- Suggested activities:
- Pétanque at the boulodrome (you'll need to bring your own boules)
- 20h00 Dinner in Vers / **La Truite Dorée** (offered by ADT Lot)
• La Truite Dorée – Rue de la barre - 46090 St Géry Vers
+ 33 (0)5 65 31 41 51 - www.latruidoree.fr/restaurant-hotel-restaurant-cahors-lot
- Night on board in Vers
• Electricity non-available

Monday 8 September

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- 09h00 Departure for Saint Cirq Lapopie
Vers – Saint Cirq-Lapopie / 3h30 – 5 locks
- 12h30 Stop in Bouziès for lunch either on board or at(suggestion) restaurant **Les Falaises** –
www.cahorsvalleedulot.com/restaurants/restaurant-les-falaises/
- Bouziès - Saint Cirq-Lapopie / 1h – 2 locks**
- 15h00 Walk (1,2KM climb 20 minutes) to **St-Cirq-Lapopie**

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16h00

Meet with Léa in front of the tourist office for a guided tour of [St Cirq Lapopie](#), one of the main stops on your holiday, rightly ranked as one of **the most beautiful villages in France**. With 13 listed buildings, this medieval village has preserved its heritage and irresistible charm. Below the ruins of the fortress, the village boasts many beautiful old houses built in stone or wood between the 13th and 16th centuries.

Diner in St Cirq Lapopie at **Le Cantou (offered by ADT Lot)**

- Le Cantou in Saint Cirq Lapopie – le bourg - 05 65 35 59 03/ 06 61 16 04 75
basilic-et-chocolat@live.fr

Night on board in St Cirq-Lapopie

- No electricity

Tuesday 9 September

10h

Hop on the bikes on board and enjoy a refreshing morning ride to the castle in Cénevières - 12 km – approx. 40 minutes.

For your information: You can reach the castle by boat and moor at the pontoon in April and May, but from June onwards the water level is too low and you risk running aground.

11h

Visit of the **Castel in Cénevières** in English. The Château de Cénevières, a beautiful Renaissance gem, offers spectacular views of the river from its terrace. A visit promises wonderful surprises for history buffs and all visitors alike.

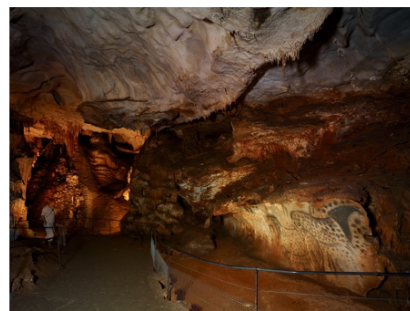
- Contact: Château de Cénevières, 668 Route Du Château, 46330 Cénevières
Phone: +33 (0)5 65 31 38 08– 06 07 01 76 69 - contact@chateau-cenevieres.com - www.chateau-cenevieres.com/en-GB/ -

12h30

Lunch on board

Return to Bouziès

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St-Cirq-Lapopie - Bouziès / 50min – 2 locks

Diner on board or suggestion : restaurant **Les 2 Vallées** in Bouziès

- Contact : A conduché - 05 65 65 24 58 92 – romain.charlatte@gmail.com
<https://lesdeuxvallees46.fr>

Night in Bouziès

Wednesday 10 September

09h00

Pick up the e-bikes at **Les Vélos de Saint Cirq** à Tour de Faure

- 2231 Avenue de Montagnac -Tour de Faure - Phone : 06 75 96 02 73
LesVelosDeSaintCirq46@gmail.com - <https://lesvelosdesaintcirq.com>

Enjoy an e-bike ride to the Pech Merle Cave

- 8,3 km – 36-minute ride – elevation difference of 148m

10h15

Pick up the tickets

10h30

Guided tour of the **Pech Merle caves** in English - **IMPORTANT**: Photography is not permitted inside the cave, as it is a protected site.

- Grotte de Pech Merle in Cabrerets – lieu dit « Pech Merle » - 05 65 31 27 05 -
www.pechmerle.com - bertrand.defois@pechmerle.com

12h30

Lunch at restaurant **La Roue** in Cabrerets (offered by ADT du Lot)

- La Roue à Cabrerets – 05 65 22 91 79 – 06 66 88 47 08

Leave the bikes at Les Vélos de St Cirq

St Cirq Lapopie – Arcambal / 4h – 7 locks

Passing Bouziès, Empty the black water tank in Bouziès

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- Afternoon **Arcambal** : Stretch your legs with a walk through this peaceful town, where you'll discover many historical sites such as the impressive Saint-Antoine Church, built in the 15th century.
- 20h00 Diner at restaurant **Les Aromates** (offered by OT Cahors -Vallée du Lot)
 • Les Aromates - 33 route de St Cirq Lapopie – 46090 Arcambal
 +33 (0)5 65 23 05 25 - www.les-aromates.fr

Thursday 11 September

Arcambal – Laroques-des-Arcs / 1h – 1 lock

Laroque-des-Arcs : Traces of the Roman aqueduct are still visible at Pech de Clary (right bank), as well as the ruins of the toll tower, where local lords once charged river users.

Laroque-des-Arques – Pradines / 2h30 - 4 locks

- 12h30 Lunch on board

Pradines : This charming village, surrounded by lush forest, is steeped in history and features lovely churches worth visiting.

Diner on board

Night on board in Pradines

- No electricity

Friday 12 September

Pradines – Parnac / 2h30 min – 2 locks

- 10h30 Visit the Château Saint-Sernin

Accessible on foot or by bike from Parnac (approximately 1 km, [see map](#) and also send with the program). Anne and Fara will welcome you to share their passion and discover their range

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AOP Cahors and IGP Côtes du Lot red, white, and rosé wines (dry or sweet), grape juice, and ratafia.

- **Château Saint-Sernin** in Parnac - +33 6 21 69 42 46 - +33 5 65 20 13 26 - contact.saintsernin@gmail.com - <https://chateau-st-sernin.com/fr/>

Lunch in Parnac restaurant **Les Jardins** (offered by ADT Lot) - Please arrive by 1 p.m. at the latest.

- Les Jardins in Parnac – 05 65 23 58 24 – www.restaurant-lesjardins.fr

Parnac – Douelle / 1h15 – 1 lock

Douelle : Douelle was once the largest river port in the region. Upstream of the beautiful suspension bridge, don't miss the largest mural in Europe, painted by Chamizo and illustrating the history of Cahors wine. If you're a wine lover, several winemakers will be happy to introduce you to their wines, produced in the surrounding vineyards.

Wine estates to visit in Douelle (in order of proximity to the river):

- Domaine de Marcilhac
- Domaine Le Passelys (wine and cider)

Suggested visits (car rental required) — select according to your interests:

Luzech

Explore this charming village nestled in a natural meander of the Lot River. Wander through its picturesque streets and take in beautiful views over the water. You'll also discover:

- The Notre-Dame de l'Île chapel, set in an idyllic location on the peninsula (chapel closed, but the surroundings are worth the walk)

Three small museums for heritage lovers:

- Musée Armand Viré (archaeology and local history)
- Ichnospace (dinosaur footprints and fossils)
- Planète des Moulins (mill technology)

Albas

Enjoy a walk through the picturesque village. You can also stop at:

- The Maison du Pal – a freely accessible space offering heritage information
- Tuscan-style garden – a charming green escape overlooking the Lot River

Castelfranc

A small, charming bastide. Don't miss the Jardin des Sens, a medieval-inspired garden located at the confluence of the Vert and Lot rivers.

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Crayssac

Visit the Plage aux Ptérosaures, a prehistoric fossil site famous for its pterosaur tracks.
(Note: guided visits are not available in English)

Dinner on board or in Douelle - Suggestion: **Athinea** - +33 (0)6 38 23 70 17
www.antinea-lot.com

Night on board in Douelle

- Electricity available

Saturday 13 September

Morning:

Get in the rental car and make a stop in **Cahors** to experience **the wonderful market** you missed on Wednesday in Cahors. This is one of the most beautiful food markets in the region, held on the iconic square in front of the cathedral, where it has taken place for over 700 years. Enjoy the lively atmosphere and take the opportunity to shop for delicious local and fresh produce for lunch on the boat or to bring back as souvenirs.

Don't miss the chance to buy a "**pastis**" – a traditional Quercy-style apple cake, known for its incredibly thin layers of pastry and rich apple flavour. It's a true local delicacy and a great treat to enjoy onboard or share back home.

If you buy goat cheese to bring home, make sure you :

- Have it vacuum packed (odour!!!)
- Cheese in general, pack it in your suitcase (not in hand luggage). At customs, you risk them taking the cheese as you could have hidden something dangerous in the curd.

12h00

Lunch in Cahors at **Les Petits Producteurs** (offered by OT Cahors Vallée du Lot) – ***NB ! It is important that you arrive at 12 noon and no later.***

- Les Petits Producteurs – 4 place Champollion – 46000 Cahors
+33 5 65 31 26 24 - www.lespetitsproducteurs.fr

Free visit in the afternoon

- Mont St Cyr - [WEB](#) - Take a drive up Mont St Cyr, which offers a magnificent view over Cahors, set in a meander of the River Lot.
- Musée Henri Martin – Free visit of the museum – (2 tickets offered – one ticket at your charge : 9€). Dive into Cahors' artistic heritage at this beautiful museum. The exhibition by Sally Davies and Jeffery Stride, which you may have already discovered a few days ago at

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their gallery, continues here in a new setting. A nice way to extend your artistic journey in the Lot.

- Villa Cahors-Malbec Lounge: Enjoy a free wine tasting experience at the Malbec Lounge, located within the Cahors Tourist Office. Thanks to the oenomatics (wine dispensers), 7 to 8 different wines are available at any given time. Just ask for a tasting card at the front desk. Opening hours: from 9:30 am to 6:30 pm (opens 30 minutes after the Tourist Office, and closes 30 minutes before).

Clearing of the boat

Night on board in Douelle

Sunday 14 September

9am Check out of the boat

Suggestion: On your way to Bergerac Airport, you could make a stop in **Les Arques** and visit the lovely and underestimated **Ossip Zadkine Museum** - [WEB](#) - It's a small museum and will not take long. He is considered to be one of the greatest masters of Cubist sculpture. Zadkine lived and worked in Paris, his wife was from Montauban (south of Cahors) and they had a second house in Les Arques which today is a museum.

11.30am Drive to Bergerac airport (leave at 11h30 at the latest) - 106 km – 1h45

13h30 Leave the car at the AVIS office in Bergerac airport

13h55 Check in for Rotterdam

14h.55 Take off with Transavia (HV6082)

16h25 Arrival in Rotterdam

We hope you enjoyed your stay!

This press trip was organised by the Occitanie Tourism and Leisure Board, Le Boat and Lot Tourisme. We would be grateful if you would mention our sites in future articles:

Destination Occitanie : www.voyage-occitanie.com

Lot Tourisme : www.tourisme-lot.com

Cahors Vallée du Lot : www.cahorsvalleedulot.com

Le Boat : www.leboat.com/nl

tourisme-occitanie.com
