FRENCH BIKE TOURS

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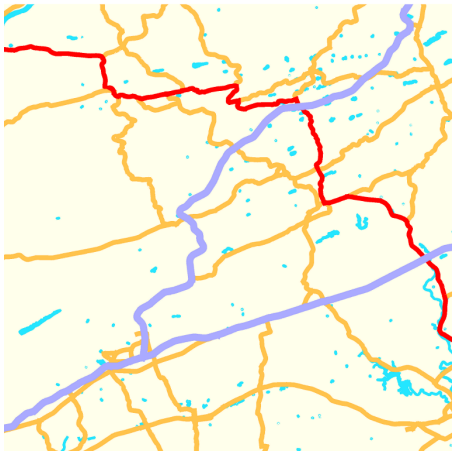
CULTURE , GASTRONOMY , NATURE , WINE

type :	Classic Cycle Routes of France Round trips Self-guided
hybrid :	●●●●○
e-bike :	●●●○○
duration :	8 days
comfort :	●●●○○
period:	Apr May Jun Jul Aug Sep Oct
code:	FRSB060

Cycling Through the Lot Valley and the Périgord

8 days, *€ 0*

Introduction



- Sarlat, Rocamadour, Saint-Cirq-Lapopie and Cahors, four iconic destinations steeped in French heritage
- A journey through the Causses du Quercy Regional Natural Park
- Spectacular views over the Dordogne and Lot valleys
- The vineyards and wine-growing landscapes around Cahors
- An immersion in the traditional architecture of the Quercy and Périgord
- An itinerary exceptionally rich in heritage, landscapes and characterful villages

Day to Day

Day 1 **Arrival in Cahors**

Arrival in Cahors, the historic capital of the Lot and the starting point of your cycling adventure.
Take time to explore this emblematic town nestled in a loop of the Lot River. Its medieval streets, historic houses and famous Pont Valentré, listed as a UNESCO World Heritage Site as part of the Routes of Santiago de Compostela, immediately set the tone for the journey. This first day is dedicated to settling in and discovering the town, before setting off the following day to explore the landscapes of the Quercy.

Day 2 **Cycling from Cahors to Gourdon**

Your first kilometres take you along quiet roads through the Lot. The route gradually leaves Cahors behind and enters the characteristic landscapes of the Quercy, with vineyards, wooded valleys and limestone plateaus.
As the day progresses, the scenery becomes increasingly wild and peaceful, with charming white-stone villages appearing along the way. The arrival in Gourdon is a fitting reward after the day's ride.
Perched on a rocky promontory, this medieval town overlooks the surrounding countryside. Recognised as a "Cité de caractère", Gourdon charms visitors with its historic streets, fortified gates and authentic atmosphere.
A first stage offering a glimpse of the remarkable heritage that awaits throughout the journey.

Day 3 **Cycling from Gourdon to Sarlat-la-Canéda**

The route reaches the Dordogne Valley, where every kilometre reveals another remarkable piece of heritage. Several of the South-West's most prestigious villages follow one another throughout the day.
First comes Domme, a royal bastide built high on a rocky spur, offering spectacular views over the valley.
Then comes La Roque-Gageac, a picturesque village clinging to the cliffs along the Dordogne, followed by Beynac-et-Cazenac, dominated by its impressive medieval castle.
At every turn, new views open up over the river, cliffs and golden-stone villages.
The stage ends in Sarlat-la-Canéda, the jewel of the Périgord Noir and one of France's best-preserved medieval towns.
A day when cycling becomes the perfect way to discover this exceptional heritage at your own pace.

Day 4 **Cycling from Sarlat-la-Canéda to Martel**

Leaving Sarlat behind, the route heads east, gradually moving away from the Périgord Noir and back towards the landscapes of the Lot.
The day takes you along a succession of quiet country roads through forests, limestone plateaus and peaceful valleys.
Souillac, roughly halfway through the stage, is the perfect place to take a break and explore some of its heritage before continuing towards Martel.
The arrival in Martel is one of the highlights of the day. Known as the "Town of Seven Towers", this medieval town boasts remarkable architecture and a particularly well-preserved historic centre.
A beautiful transition between the landscapes of the Périgord and those of the Quercy.

Day 5 **Cycling from Martel to Rocamadour**

A particularly rich day combining medieval villages, Quercy landscapes and natural wonders.
From Martel, the route reaches Carennac, a magnificent stone village on the banks of the Dordogne, back on the quiet roads of the Quercy, the route continues towards Loubressac, perched high above the valley.
We suggest a well-deserved lunch break at the famous Padirac Cave. A spectacular descent underground reveals its subterranean river and a fascinating world shaped by water over thousands of years.
The day ends in Rocamadour, one of the Lot's most iconic sites. Clinging dramatically to the cliffside, the town offers a spectacular arrival and a truly unique atmosphere.
A stage combining four of France's Most Beautiful Villages with one of the region's major natural attractions.

Day 6 **Cycling Rocamadour to Cabrerets**

After the dramatic cliffs of Rocamadour, the route once again enters the unspoilt landscapes of the Causses du Quercy Regional Natural Park.
The scenery changes as vast open spaces, steep-sided valleys, dry-stone walls and quiet country roads

create a particularly enjoyable day of cycling.
The route eventually reaches the Célé Valley and the charming village of Cabrerets, nestled between cliffs and river. This is home to the famous Pech Merle Cave, one of France's great prehistoric sites, with paintings and engravings created thousands of years ago. A day combining wide-open landscapes, natural heritage and a fascinating journey back to the origins of human history.

Day 7 **Cycling from Cabrerets to Cahors**
For the final cycling day, the route follows the magnificent Lot Valley towards Cahors.
The first major highlight is Saint-Cirq-Lapopie, officially ranked among The Most Beautiful Villages of France. Perched high above the river, this medieval village offers spectacular scenery and is one of the undisputed highlights of the journey.
After exploring the village, the final kilometres lead gently towards Cahors, bringing this cycling adventure to a close after several days spent discovering the iconic landscapes and villages of the Lot and Périgord.
A final stage dedicated to panoramic views, heritage and the simple pleasure of cycling along the Lot River.

Day 8 **End in Cahors**
After breakfast, your cycling adventure comes to an end in Cahors.
Depending on your departure time, take the opportunity to enjoy a final stroll through the old town, admire the famous Pont Valentré or simply savour one last moment in the heart of the city.

Prices, Data, Booking

Practical Info

7 Nights included

2 and 3 Star Hotels

Breakfast included every morning

Maps and tourist information on all the places of interest

24/7 Bilingual Emergency hotline

Luggage transport to your next accommodations. Luggage accepted per person: 1 suitcase or travel bag (20 kg maximum)

For time tables and further information check the **website of SNCF** or **rome2rio** for all French National trains (SNCF).
We strongly advise you to **download the sncf mobile app** prior to departure.
If you want to travel on a train with your bike, you can find more information **via this link**.

Parking on request

We will supply the directions of this trip with a personalized code which gives you access to our travel App.