



LE LOT, Rocamadour (UNESCO)

6 days/7 nights



The Department of Lot developed at the entrance to the Massif Central in the east and the plains of the Garonne to the west and south. The geography appears as a succession of small, well individualized, natural regions stepping down in height from east to west. Segala, le Limargue, Bouriane, and in the south, the Quercy Blanc, and limestone plateaus fill the landscape. Two rivers cross the department from east to west: in the north, the Dordogne, and in the south, the Lot.

The Lot receives water flow from some notable tributaries: le Cele, le Vers, and le Vert. The climate is very southern in nature being both moderate and dry. A beautiful region that is never very cold nor very hot, it really is “le Lot”—the Prize—of all four seasons.

Programme

Arrival: Riders with vehicles may arrive in the late afternoon to their Bed and Breakfast or the hotel. Riders arriving by train will be collected in the late afternoon at the SNCF train station of Monsempron-Libos.

Day 1



After breakfast, riders are introduced to their horses. We will begin our trek around 10am. We enjoy a picnic lunch by Frayssinet-le-Gelat Lake. Our afternoon ride brings us to Cazals, an ancient fortified village dating back to 1319 and the Seneschal of the King of England, Guillaume de Toulouse or Tolza. Characterized by a vast central courtyard around which many houses were built to accommodate the clientele of the numerous friars and the teams driving animals with their drivers. The bastide, or fortified village, was largely destroyed in 1588 when the Marshall of Biron, the Seneschal of Quercy, shot down the village walls. Accommodations in guesthouses or hotel.

Day 2



In the morning we resume our trek on the road to Vigan, near the confluence of the Bleou and Seguy rivers, right in the heart of Haute Bouriane. Our picnic is ready for us at the foot of the ruins of 'l'Abbaye Nouvelle, the Cistercian abbey. Our afternoon trek takes us to Le Vigan, originally called Carbondac until the 11th century. The ending "ac" dates this settlement back to the days of the Celts or at least to the Gallo-Romans. In this village we discover a magnificent and impressive church abbey from the 13-14th centuries. Accommodations in guesthouses or hotel.

Day 3

After breakfast, we rejoin our trail to the le Moulin, the Mill, which was strengthened by Cougnaguet in the 13th century. We will have our picnic here. The construction of le Moulin, conducted by Cistercian monks lasted for 50 years. We journey on after lunch to travel through limestone plateaus, copses, and oak forests. Accommodations in guesthouses or hotel.



Day 4



Today we ride to Rocamadour, a small but exceptional village in the Lot. In the heart of the Parc Naturel Regional des Causses du Quercy, the medieval city of Rocamadour challenges the laws of gravity. Towers, houses, and dungeons cling to the limestone cliffs composing a haughty picture of Christendom. We enjoy our picnic at our guesthouse which leaves us the afternoon to explore Rocamadour. Accommodations in guesthouses or hotel.

Day 5

Today we leave Rocamadour behind as we climb the heights to Carluet where our picnic lunch awaits. We then take the trail to Labastide Murat. This ancient fortified village is situated on the limestone plateau of Gramat. We stop in Souloumes. Accommodations in guesthouses or hotel.



Day 6

After breakfast, we follow the valley of le Vers to arrive at the mill of Maquefave where we will have our picnic lunch. We conclude our ride in the village of Saint Denis Catus. Accommodations in guesthouses or in the hotel.

Day 7

After enjoying a hearty breakfast, riders may depart by car or will be taken to the train station.

PRICING is per person in double occupancy rooms for 6 days and 7 nights. Single rooms may be possible with supplemental fee. All meals and transportation to/from accommodations are included. All riding tack is included. You must bring your own riding helmet. The tour price does not include: tourism visits, wine tastings, or drinks in restaurants or hotels. The information in this itinerary is given for information purposes. The itinerary can change as needed to accommodate logistical issues, safety concerns, weather related conditions, or any other unavoidable circumstances.

LIST OF ACCOMMODATIONS

Depending on availability

- **Night 1 and 7** **Hotel Henry** in Puy l'évêque www.hotel-restaurant-henry.fr/



Or **another hotel**

- **Night 2**



Gîte Lafuste in Marminiac <https://locations-lot.fr/>

Or **another B&B**



- **Night 3 Le Manoir de la Barrière** in le Vigan
www.manoirlabarriere.fr/



- **Night 4 and 5 Domaine de Lagardelle** in Rocamadour
www.lagardelle.com



- **Night 6 Le Relais du Causse** in Souloumes
<http://www.relaisducausse.fr/>