

This descent of the Lot will begin at the foot of the village of **Saint Cirq-Lapopie**, a major site in the Lot valley, and continue up the river to **ST MARTIN LABOUVAL** with its neo-Romanesque church from the 19th century. It will then pass through **CREGOLS**, a small village representative of the Quercy rural architecture with four-sloped roofs, dovecotes, towers, and boletes (stone steps covered by a canopy roof, supported by stone pillars or wooden posts).

It will continue between the steep cliffs, carved by the river, which sheltered the first fortified hamlets, and later many castles and small feudal cities. After **VERS**, the cliffs give way to the “Cévennes”, arid and stony slopes with curved and massive hills once planted with vineyards. Passing by villages, each with their own personality and character, you will finally arrive at CAHORS, a Gallo-Roman and medieval town featuring the 700 years old Valentré bridge, which is listed as a UNESCO World Heritage Site.

	The Lot
	C-boats
	Rowers or accompanying persons: 290€, 2 nights, 4 meals Seat rental: 60€ (90 seats maximum)
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	<b>GRAND CAHORS TOURIST OFFICE</b> 05 65 53 20 65 <a href="mailto:officetourismecahors@mairie-cahors.fr">officetourismecahors@mairie-cahors.fr</a> <a href="http://www.tourisme-cahors.com">www.tourisme-cahors.com</a>  <b>ST-CIRQ-LAPOPIE TOURIST OFFICE</b> 05 65 31 31 31  <b>LOT TOURISM WEB SITE: <a href="http://www.tourisme-lot.com">www.tourisme-lot.com</a></b>

### PROVISIONAL PROGRAMME.

#### DAY 1

**15h00-17h00**

**St-Cirq-Lapopie - St-Cirq-Lapopie:** 5 km

Accommodation in mobile-homes or small cottages at a campground\*\*\*\*.

Diner at the campground restaurant.

#### DAY 2

**8h00-12h30**

**Saint-Cirq-Lapopie - Vers:** 17,8km

Picnic on the riverbank.

**14h30-18h30**

**Vers – Cahors:** 17,2km

Accommodations in a hotel.

Festive dinner at “La chartreuse” restaurant on the riverbank.

#### DAY 3

**10h00-12h00**

**Cahors - Cahors:** 7 km

Take pictures at the Valentré bridge.

Lunch at « La Chartreuse » restaurant.

