

THE LOT VALLEY

PRESS PACK



ONCE UPON A TIME THERE WAS, A RIVER...



On one side the Mont Lozère, on the other the Garonne...
And in the middle flows a river, the Lot. Its Valley, like a long blue ribbon, weaves a unique strand of heritage, of culture and tourism which has developed across 5 départements, for you to explore at every meander of the river.

At the place where it all begins, the Mont Lozère... a humble source which springs from the earth at an altitude of 1,241metres, amidst wild flowers and spruces. At its finish, the Garonne, opulent and proud, the last leg before the ocean: the Lot has its mouth at Aiguillon. Between the two ends, the river flows turbulently over more or less 500 km... The Valley, such lovely a journey through all sorts of countryside: the high plateaux of the Aubrac, which look like the Mongolian steppes; the dense forests of Margeride, haunted by the memory of the beast of Gévaudan; emerald lakes, created by dams; steep-sided gorges, which take themselves for canyons; the rich plains of the Aquitaine, with their vineyards and orchards...

The Valley, is a fabulous journey back in time: from the prehistoric caves of Pech Merle to the mining basin of Decazeville, what a Story! Fortified châteaux and proud country houses which tell the tale of the Hundred Years War; Romanesque churches, sculpted like jewellery, which still resound with the ardour of the pilgrims of Saint-Jacques; the little river ports, living proof of the the boldness of the boatmen of times gone by, who, with their barges laden with wood and coal would make their way to Bordeaux.

The Valley, is an adventure at every meander.
A vast playground, for spending your holidays in tune with the 5 départements and the 5 senses...



See and marvel at the heritage;



Feel your body move whenever you embark on any of the many activities;



Touch with your fingers the artistic soul and the savoir-faire of the Valley;



Taste the sumptuous treasures of its lands;



listen and move in tune to its fêtes and festivals...

Happy Exploring!



Some figures for the valley

4 regions :

- Midi-Pyrénées
- Auvergne
- Languedoc-Roussillon
- Aquitaine

5 départements :

- Lozère
- Cantal
- Aveyron

• Lot

• Lot et Garonne

72 cantons

• 481 km long

• 590 communes

• 11800 km² in surface area.

• 400 000 inhabitants

AN UNDERSTANDING IN TUNE WITH ITS VALLEY



Here's a summary: In 1926, The Lot is struck off the list of navigable waterways. Little by little it loses its status of communication route. The 1960s see the decline of the Decazeville and Fumel industrial basins. So is the Valley becoming a Sleeping Beauty?

'Let's do a little bit of the river together': there is a clamour for real solidarity all the way from the source down to the mouth of the river, notably around tourism, which has been a factor in its development. 1969 sees the creation of the Association for the Development of the Lot valley, led by Christian Bernad with 5 départements involved: it brings together all those involved with the basin, the councillors, guild chambers, tourist boards, fishermen, navigation professionals, electricity providers... The first projects take shape around the redevelopment of the river to make it navigable once more.

1980 sees the birth of the Entente Vallée du Lot which, administered by 25 councillors, takes up the torch. Its task: to continue the economic, environmental, tourist and hydraulic development of the Valley.

The stakes are high: to turn the Valley into a thriving and dynamic basin for its inhabitants but also for tourists attracted by the fabulous potential that it has to offer. The environment is also a key word, with the need to improve the management and quality of the water.

Today, the Lot is once again navigable over virtually 150 km running through the départements of the Lot and the Lot et Garonne (The Aveyron département should open its first 14km long section by 2011) and river tourism is booming, thanks to the junction with the Baise and the Canal des Deux Mers. Another tourist success story: the cycle-route, which links Aiguillon to Bonaguil and goes on as far as Cahors alongside the river. After 40 years of hard work the Lot Valley is on the point of becoming The tourist destination not to be missed.

What it does

- Organises the development of tourism in the valley around inland navigation, cultural and heritage leisure activities around the water.
 - Makes people aware and gives information on the Valley and all it has to offer: for the public, schools, professionals, and canoe kayak lovers.
 - Takes part in seminars about the water and the integrated management of the rivers.
- To find out more about the Entente. And the Lot, a virtual visit, and various other information:

www.valleedulot.com



See



Feel



Taste



Touch



Listen



SEE



The heritage card

Once upon a time...

The castle that every child dreams about?
Bonaguil.

One of the most beautiful prehistoric caves in France ?
Pech-Merle.

A jewel of Roman art?
Conques.

An exceptional village, perched on its rock?
Saint-Cirq-Lapopie.

No you're not dreaming!

All that really does exist, at various points along the Lot valley. The valley of Marvels.

Romanesque châteaux, country houses, abbeys and churches, prehistoric sites, towns and villages full of character: the banks of the Lot valley are filled with some quite exceptional heritage. It is the fruit of a variety of lands and scenery: the rich plains and slopes of the Garonne region, the barren and stark plateaux of the Quercy, the tortuous gorges of the Auvergne and the Gévaudan, The granite massif of the Margeride... And the Aubrac, of course, this vastness positioned on a plateau, forgotten by mankind, which displays its pastures and its burons (stone huts) with their corbelled slate roofs. An heritage which evokes the arrival of the first human settlers, in locations which seemed to them idyllic; the Hundred Years war and the creation of the fortified towns, these new towns of the Middle Ages; the faith of the pilgrims on their way to Saint-Jacques de Compostelle; the bravery of the boatmen who would risk their lives plying the river to transport wood, wines and cereals; the tenacity of the miners of Decazeville, who relentlessly mined the coal from depths of the earth.

So what is the Lot Valley? Well it's a very beautiful book of History to leaf through on your way down the river.



TOP 5 hauts lieux

(county towns)

AVEYRON : Conques

CANTAL : Saint-Flour

LOT : Saint-Cirq Lapopie

LOT ET GARONNE : Villeneuve-sur-Lot

LOZERE : La Canourgue

Its châteaux

Medieval fortresses, defensive châteaux or pleasure residences, from Bonaguil to Cénevières, they inspire dreams...

Its villages & fortified towns

They are called Villeneuve-sur-Lot or Monflanquin; they have names like Saint-Cirq-Lapopie or Estaing... All of them reflections of a certain art of living.

The Romanesque art

First of all Conques la merveille. Then the churches of the Pays d'Olt in its red sandstone, La Canourgue and its capitals, Sainte-Urcize... Stunning!

Its towns & its museums

Medieval or Renaissance, from Saint-Flour to Mende, they are proud of their heritage, rich with their past illustrated in their museums.





Châteaux

As before

Château de La Baume (48)

Royal! At the heart of the Gévaudan, a marvel of the 17th and 18th centuries all in granite: its inside with a great richness has made it become known as the 'Petit Versailles'. Well worth seeing: ten rooms with their furnishings, tapestries, paintings, monumental chimneys, inlaid parquet... It's also one of the highest châteaux in France, at an altitude of 1200m! So why not rent one of the 3 stargites in the outhouses? Tel.: 04 66 32 51 59 chateaudelabaume.org



Château de Cénevières (46)

Perched. Looking out over the Lot, Cénevières is startling: a part fortified in the Middle-Ages hides a true Renaissance palace. Ceremonial room, painted ceilings, gallery and an amazing alchemist's cabinet, which hasn't yet given up all its secrets. The must: the patio overlooking the Lot. It's the family who will show you around, and if you're lucky, Guy de Braquilanges, Monsieur le Marquis in person. Tel.: 05 65 31 27 33 www.chateau-cenevieres.com



Château Le Chassan (15)

Family style. To the south of the viaduct of Garabit, at Faverolles, Le Chassan has been home to the same family since the 14th century! It was Jean-François Ponsonaille de Grizols who had the the current building constructed; and his descendants who love to see you admire the monumental staircase, the French style gardens, the 17th century tapestries. In the outhouses, exhibitions featuring the old trades, fossil and mineral collections. Tel.: 04 71 23 43 91

Photo stop

Château de Peyrusse-le-Roc (12)

Two towers all on their own on a granite outcrop: the place cuts a fine figure! The site was a major stronghold. Ruins, a rocky footpath, a medieval garden: enough to do wonders for the imagination.

Château de Roquelaure (12)

At the heart of a little village in the Pays d'Olt, a château in ruins which almost disappeared. A couple of enthusiasts gave a new lease of life to the three towers and to the main body of the building which goes back to the 11th century.



Château Le Bousquet (12)

Mysterious. At 5 km from Laguiole, a magnificent granite and basalt fortress, perfectly preserved: towers, crenellations, machicolation, chapel, secret underground passageways, this château has absolutely all the ingredients for a fairy tale! And even unsolved mysteries, including the one with a couple dressed in brocade costume, who were found immured... The interior is richly furnished in the Italian renaissance styles and the gothic kitchen is superb! Tel.: 05 65 48 41 13



Château de Bournazel (12)

Italian. Worthy of the châteaux du Val de Loire, Bournazel is a little gem! Built in 1545, this pleasure retreat is a treasure from the Renaissance. The façade of the north wing alone is worth making time to visit: columns, pilasters, friezes, males masks, imaginary characters... a real stone theatre. New from summer 2010, visit the interior of the castel. It's beautiful and it's new! Tel.: 05 65 80 81 99



Château d'Estaing (12)

Imposing. Château des Comtes d'Estaing from the 11th century mixing Romanesque, flamboyant Gothic and renaissance styles, with its restored rooms open to the public starting from the beginning of May. Tel.: 05 65 44 72 24 Don't miss the 11 and 12 September les Médiévales d'Estaing with its street shows and its medieval market.



SEE



Châteaux

Guided tours

Château de Bonaguil (47)



This is THE castle, the one that you dream about as a child, with knights everywhere. And yet, for the most part it dates back to the beginning of the 16th century: a powerful and mysterious lord, Bérenger de Roquefeuil, struggled all his life to fortify it, at the time of the golden age of the Renaissance châteaux. Towers, turrets, a chicane, a large barbican, drawbridges and a complete defence mechanism built around artillery... which was never to be used!

In the summer, shows, concerts, theatrical plays, theme workshops for children and entertainment in period costume restore life to the old walls.

Tel.: 05 53 71 90 33
www.bonaguil.org

Château de Calmont-d'Olt (12)



Do you know what a Couillard (catapult) is? Have you ever used a crossbow? Or seen a catapult being used?

And a bombarde? The Middle-Ages war almost for real, this is at Calmont d'Olt. This 11th Century fortress perched on a basalt peak, still has some beautiful remains: interior, towers, dungeon, main building. The ideal setting to recreate the siege of a castle: demonstrations of military machines, jousting between knights, archery or crossbow, coin minting workshops...

And for the children, a real knight's certificate!
Tel.: 05 65 44 15 89. www.chateaucalmont.org

Château de Vieillevie (15)

A village in the Châtaigneraie, which has something of the south about it with its cherry orchards, and a sturdy château, brimming with history. This one goes back to the 9th century for the oldest parts, the rest being 13th century. The owner will tell you as he shows you past the towers and the main building with its monumental chimneys. In summer, animated tours.

Tel.: 06 20 52 39 21

Château de la Servayrie (12)

Voice-over, scenographies... A veritable Journey through time where you'll meet a family which will be only too happy to welcome you with stories of a thousand years of history and will share with you their love for their ancestral home.

12330 MOURET
Tel.: 05 65 72 82 97 88
www.chateau-servayrie.fr



And also life in the château...

Château de Mercuès (46)

You can sleep there, what a joy! This bishops' residence at Cahors for 7 centuries is now a superb Inn and Châteaux: gardens, luxurious bedrooms, a renowned restaurant, all the French art of living.
Tel.: 05 65 20 00 01
www.chateaudemercues.com

Château de La Coste (46)

You can have a drink there, but not too many! Or at least You get the chance to find out more about the Cahors appellation: this 12th century fortress, built at Grezels on the orders of the bishops of Cahors – them again! – is home to a small wine museum.
Tel.: 05 65 21 34 18

Château du Colombier (12)

Welcome to the ancestral home to the last 30 Generations of Panouse counts: yes, that's right they were the founders of the Thoiry wildlife park near to Paris.

Le Colombier is its little brother: a 15th century château, with wax characters and period furniture; and gardens which whisk you back to the heart of the Middle Ages, with its tinctorial plants and its labyrinth of chivalrous love.

And of course, our animal friends, those which were known in the Middle-Ages: Messire Brown bear, the Lion king, birds of prey and monkeys.

At Mondalazac, near Salles-la-Source.

Tel.: 05 65 74 99 79 colombier.thoiry.net

Photo stop

Château de Valon (12)

A genuine eagle's nest overhangs the gorges of the Truyère, the 12th century fortress still cuts a fine figure despite the ravages of time.

The view is unforgettable.

Tel.: 05 65 66 22 36

Château d'Alleuze (15)

At a romantic location above the Truyère, a square dungeon, towers and the memory of a bandit, who terrorised the land during the 14th century. Every 2 years, a show brought to life by the village folk.

Tourist Office : 04 71 60 22 50

Château de Larroque-Toirac (46)

A fine example of 'rocas', these fortifications nestling in the cliff, used during the Hundred Years War.

So let's visit the Lord's inn.

Tel.: 06 12 37 48 39
chateau.toirac.free.fr

Château de Tournel (48)

Imposing ruins above meander on the Lot: The Tournel was one of the most powerful baronies of the Gévaudan. Two troubadour women would write poems in the Oc language back in the 13th century.



SEE



Outstanding villages

The Pays d'Olt

Saint-Eulalie d'Olt (12)

Well done to the inhabitants for restoring the half-timbered houses of their listed medieval town "one of the most beautiful villages in France". From the elegance of The Hôtel Renaissance to its 17th century mill the commune supports the spirit of the village and to revive the regional arts and crafts industry it founded the Small Arts School, with workshops open all year (with lessons and courses)
Tourist Office: 05 65 47 82 68

Visit idea: come and watch a traditional horse-drawn caravan being made using the authentic methods.

Atelier Les Roulottiers.
Tel.: 05 65 78 64 19

Saint-Côme d'Olt (12)

Such is the Pilgrim, don't count your steps here! You enter this listed village "one of the most beautiful villages in France" by the Théron fortified door. Then you plunge into the Middle Ages through a maze of Little streets lined with town houses with sandstone roofs. On top of that its spired bell tower.
Tourist Office: 05 65 48 24 46

Saint-Geniez d'Olt (12)

Formerly a major hub for tanners and drapers, the village has preserved its 18th century hotels and prestigious religious monuments. The Augustins cloister and its 14th century chapel as well as the Pénitents-Noirs one of 17th century are a few examples.

From Entraygues to Espalion

Left bank, right bank of the Lot, these character villages leave their mark. You'll appreciate the old tanneries, the Vieux Palais d'Espalion, the beautiful houses and the Collège around the château d'Estaing or even the medieval bridges and the chapel of Notre-Dame du Portet d'Entraygues.



Aubrac

From Laguiole (12), a village famous for its knives and its factory, reviewed and remodelled by Philippe Stark, we go on to reach Nasbinals (48) and Saint-Urcize (15) where we visit their Romanesque churches (cf Roman art) passing along the way through the village of Aubrac, which is one of the stages along the St Jacques de Compostelle paths.

Marvejols (48) A gallo-roman menhir, with superb 17th century fortified doors, its collegiate church Notre Dame de la Carce from the 13th century, the royal town of the Gevaudan is also the epicentre of occitane culture.
Tourist Office: 04 66 32 02 14.

Stopover idea: For pilgrims, an stage-cocooning evening at the Hôtel Relais Saint-Roch*** : in addition to night half board, there's a snack when you arrive, a laundry and shoe drying service. Prices start from €128
www.lozereres.com



The Valley of Célé

Marcilhac-sur-Célé (46) :

overlooked by cliffs, a fine collection of Renaissance houses snuggling around a Benedictine abbey church in ruins: back in the 11th century it was almost as important as Conques!

Espagnac-Sainte-Eulalie (46) : former priory from the 13th century and its wooden bell tower really adds to the charm of this village, giving it the air of a little paradise. Stopover gîte for the jacquaires pilgrims in the priory. Tel. 05 65 11 42 66.

in the surrounding area:
the museum of the unusual, at Cabrerets (46).
Tel: 05 65 30 21 01. www.museedelinsolite.com

The Châtaigneraie

Marcolès (15) :

Situated on a jacquaire path, it still boasts some medieval and Renaissance homes, which you can explore as you make your way along the carrierons, which are typical little streets. Artists' and craftsmen's workshops.
www.marcoles.fr

Maurs (15) :

founded in the 10th century, a round cité, full of charm, baptised 'the Nice of Cantal' for its micro-climate. What you should see: the Saint-Césaire Gothic abbey-church and its reliquary, and the horse fairs, in May and October, famous throughout the Midi-Pyrénées.
www.chataigneraie-cantal.com



The fortified towns



Heart of the Lot Valley

Saint-Cirq Lapopie (46): A gem! The location, on a balcony above a bend in the river Lot. The blond stone houses and blonde and red roofs, nestling around the church. The sloping little streets, lined with mossy walls. The terraces, capped with wisteria, where it's lovely just catching the sun. The craftsmen's workshops, set up in the medieval stalls. André Breton had his house there.

Tourist Office : 05 65 31 29 06 www.saint-cirqlapopie.com

A good address: Rediscover all the magic and the character of the region in one of the 25 rooms of this brand new charming hotel.

Hôtel Le Saint Cirq Tél.: 05 65 30 30 30
www.hotellesaintcirq.com



Lower Valley of the Lot

The Lot settles down, it has ever more meanders to it, there are more and more ports; a land of vineyards and orchards, that's the Aquitaine Lot.

Puy-L'Évêque (46) Standing on the left bank of the Lot, it was a very bustling and prosperous port. It has still kept some of its picturesque little streets, lined with Renaissance houses, chapels, 14th century Gothic building.

Tourist Office: 05 65 21 37 63

Luzech (46) A quite exceptional site: the cité is like a peninsular, set in a very tight bend on the Lot. Everything there reminds you of the life of the boatmen, the picturesque little streets and the chapel with votive offerings.

Tourist Office: 05 65 20 17 27

Penne d'Agenais (47)

On its spur, the cité defied both Simon de Montfort and the English. The air is thick with History: fortified doors, little streets with their steps, timber framed houses. Some fine restaurants and master craftsmen. Tourist Office: 05 53 41 37 80.

Pujols (47) Yet another village with a view! A little gem above the valley of the Lot, this most beautiful of French villages has kept its medieval heritage intact. A farmer's market in the wooden market hall.

Tourist Office: 05 53 36 78 69

Clairac (47) A port which was in use in the 18th century, has kept its boatmen and Coopers' houses, tobacco driers, a pretty washing fountain. Above the Lot. Montesquieu was a fan of all these places. OT : 05 53 88 71 59

The Bastides

These are the new towns of the Middle ages, concentrated in the South-west, with their grid pattern, central square lined with arcades and governed autonomous consuls.

Villeneuve-sur-Lot (47)

In all its splendour on the banks of the Lot, this river fortified town was built by Alphonse de Poitiers, brother of Saint Louis, in the 13th century. It has since lost its fortifications, but kept its towers, one of which is the Pujols tower, its timber framed houses and its central square, lined with leafy canopies or arcades. It's here that a lovely market is open for business on Tuesdays and Saturday mornings. A contemporary of the Pont Valentré de Cahors, the Pont-Vieux makes along with the Boutdu-Monde chapel a perfect postcard. Villeneuve is also the prune capital.

www.villeneuve-sur-lot.com



TOP 5 towns

CAHORS (Lot)

In a meander of the Lot, the Lot's little beauty. It cuts a fine figure, with its arcade houses, bricks and timber frames, its cathedral and its Valentré bridge (both of which are UNESCO world heritage sites).

Here's a good idea: try exploring it as you make your way through its secret gardens, recent creations, quite out of the ordinary and in different colours.

Tourist Office: 05 65 53 20 65

FIGEAC (Lot)

A real history book, that you can thumb through whilst on the banks of the Célé: an abundance of brick and timber framed façades, of Renaissance decoration, secret courtyards. It's also the home of Champollion, with the house where he was born. New: an exciting guided tour on the theme of the 5 senses.

Tourist Office: 05 65 34 06 25

MENDE (Lozère)

The capital of the Gévaudan brushes shoulders with the Cévennes. Its history goes back to the Middle Ages, with its cathedral like Gothic vessel, its houses with their projecting stories and its 13th century bridge. It's also known for its sport, being used to hosting several marathons and enduro. For the second time, 14th July 1995 and 16th July 2010, Mende is the city stage of Tour de France.

Tourist Office: 04 66 94 00 23

SAINT-FLOUR (Cantal)

Built on a spur, the medieval city "Land of art and history" is imposing with its Gothic cathedral and its lava buildings. For lovers of old stone work, a treat: Renaissance façades and courtyards, medieval stalls and an indoor market set up in a former collegiate church. Tourist Office: 04 71 60 22 50

VILLENEUVE-SUR-LOT (Lot-et- Garonne)

A choice holiday destination with its water sports centre, a distinctive heart to the town and some pretty places to visit, such as its stud farm or the Gayac mill, the museum of Fine-Arts, (see alongside at Bastide).

Office: 05 53 36 17 30

Monflanquin (47)

Remarkably well preserved, with its orthogonal squared layout, and its square with leafy canopies. Pick any carryrou, (little street), and you might come across Janouille, the funny old troubadour jester : just follow him, he's the best guide for the city! Around about: the fortified towns of Tournon d'Agenais, Villeréal, Laparade ...

And also:

Lot : Montcabrier, such a pretty village and the 14th century Saint-Louis church; Castelfranc and its garden of fragrances.

Aveyron: Villecomtal in red sandstone and the land of Enfarinats: at the beginning of the 19th century, people would powder their hair with flour as a sign of fidelity to the old Régime !



SEE



Romanesque art

Take your time as the pilgrims would have done to head to Saint Jacques de Compostelle and this is where you can start to find out about Romanesque art. It will guide you from church to church as you contemplate the rich frescoes carved into the stone of the tympanum and the marquees. With as the jewel in the crown, Conques and its fabulous treasure.

Conques

At the crossing of the gorges de l'Ouche with the valley of the Dourdou, in a natural crater in the shape of a seashell the medieval village comes into view, a Mecca for Romanesque art. Its half-timbered corbelled houses huddle around its church.

For centuries the Romanesque abbey church has been a subject of conversation. Begun in 1040, and finished in 1120, it became a "a stopover church" on the road between Le Puy/St Jacques de Compostelle until the 14th century.

Left to decay during the Revolution, it was in 1837 that the commune entrusted an architect from Rodez with its demolition. Prosper Mérimée who was a minister at the time, objected, and got it listed as a historic monument and in doing so saved its tympanum sculpted in the 12th century. The restoration work began and was finished in 1950.

In 1994, it was made even more beautiful with the addition of white stained glass which makes it possible to play around with the architecture of the basilica by filtering the light from outside.



Its treasure, jewel in time

Arising from the generosity of the emperors and Carolingian princes, the richness of the treasure became even more so in 866 from the relics of the Sainte Foy then throughout the Middle Ages from the donations from pilgrims. From the 10th century, reliquaries are fashioned at Conques using precious metals, antique hard stones, pearls and gems. The Majesty of Sainte Foy, a reliquary statue designed to contain the saint's head is the most impressive piece of work. A unique item, one of the greatest examples of medieval silversmith's art in France.



Did you know?

Every year, more than 400,000 visitors stop over in the medieval village in the Aveyron, which is rated as one of the most beautiful villages in France and whose abbey church is a UNESCO world heritage site.

For further information, tel.: 0 820 820 803. www.conques.fr and at The Conques Centre for European Art and Medieval Civilisation www.ceacm.com.

You can find out everything about Romanesque art in France, region by region, and even in Europe by visiting www.art-roman.net

Pays de Serres

No less than eight chapels to explore on your hiking trip through the Lot-et-Garonne. With the remarkable 12th century Sainte-Quitterie church and its wall paintings (scenes from the Passion of Christ of which certain are complete: The Kiss of Judas, the Descent of the Cross, The entombing...). www.tourisme-lotetgaronne.com

Music festival in the Serres which takes place in various Romanesque chapels from 14 to 22 August 2010. Penne d'Agenais Tourist Board: 05 53 41 37 80 www.penne-tourisme.com

And also:

Montsalvy (15):

The abbey church calls to mind a monastery from the 11th century. It has been restored, and has kept a choir and a Romanesque apse which conceals a treasure of sacred art. www.montsalvy.fr

La Canourgue (48):

A pilgrimage church, it belonged to the abbey of Saint-Victor de Marseille. Remarkable: its ambulatory, its apsidioles in oven bottom and its chapiters, decorated with acanthus leaves, human and animal figures, one of them depicting a very beautiful struggle between an archer and a knight.

Saint-Alban-sur-Limagnole (48):

Stopover on the Jacquaire road, the church is the heiress of a monastery. You'll notice its mythological chapiters.

Saint-Avit (47):

In the canton of Monflanquin, 13th century church with sandstone roofing and perforated metopes.

Saint-Urcize (15):

The church of Saint-Michel was never finished... What was built really is superb: the mixture of granite and of tuff, the comb bell tower, the ambulatory for the pilgrims, chapitals of apsidioles. The village is the starting point for some lovely hiking trips: S.l. : 04 71 23 21 39.

Nasbinals (48): A marker for pilgrims on their way to Saint Jacques de Compostelle, the octagonal bell tower and its church of Sainte Marie is today one of the crowning jewels of Romanesque art in the Aubrac.

Idea for a stroll (12): The very best of Romanesque in the valley, is to be found in the Pays d'Olt. With this pocket-guide, you'll find marvel after marvel: Estables, Saint-Geniez d'Olt, Sainte-Eulalie, Bessuéjols and its Bell tower, Espalion and the church of Perse, made completely of red sandstone... There are a dozen sites over 30km!

SEE



Extraordinary museums



You'll be surprised by its astonishing collections!

The out of the ordinary

Le Grenier de CAPOU (12)

Enter the world of Guillaume Capoulade. He will give you the history on all the wooden objects put together by 4 generations of collectors, a real example of North Aveyron heritage.

The happy donkey farm,
Soulages-Bonneval.

12210 Laguiole.

Tel.: 05 65 44 31 63



Ichnospace (46)

If you want to follow some tracks to find out everything there is to know about dinosaurs. That is what this leading museum in Europe for dinosaur footprints and animal fossils can offer. Tel: 05 65 30 72 32. www.ville-luzech.fr

And also: The prehistoric Museum at Sauveterre la Lémance is due to re-open at the end of 2010.

Tel.: 05 53 40 73 03

www.tourisme-fumelois.fr/Musee-de-Prehistoire

Musée du Scaphandre (12)

For Capitain Némó's dives in "20,000 leagues under the sea", Jules Verne took his inspiration from the invention in 1860 of the 1st aqualung ever by Benoît Rouquayrol and Auguste Denayrouze, both of them from the Aveyron.

Designed in the beginning as a rescue device during firedamp explosions in the mines. This aqualung was awarded the grand gold medal at the Universal Exhibition in 1867. The first trials were carried out in the Lot. Exhibits which are rare if not unique are on display have drawn in specialists of the world over.

Espalion. Tel.: 05 65 44 09 18

www.museeduscaphandre.com

Quercy open air museum (46)

covering 50 hectares. Imagine two farms and 25 theme museums devoted to rural life as it once was in the Quercy.

Immense! There's all sorts of things going on around the work in the field. Craftsmen at work. A Cuzals.

Tel. : 05 65 31 36 43

And also

The Railway Museum of Cajarc (46)

It is located in a former goods hall. Railway signs, telephone, equipment, lanterns and station master caps...

For all you locomotive fans! Tel. 05 65 40 62 92.

Like the Clairac Train Museum (47) and its train collections.

Tel.: 05 53 79 34 81

Le Musée d'Eysses (47)

Not far from Villeneuve-sur-Lot la médiévale,

Get a feel of Antiquity through the relics of the gallo-roman city of Excisum and objects from daily life dug up during the archaeological digs.

Tel. : 05 53 70 65 19

The Auvergne postal Museum (15),

It's the massive story of the Post Office from 1690 to The present day. And it's all the work of an enthusiast, with postmen's work clothes, etchings, mail-coach, historic documents, postal matters... Restoration of An old Post Office: it feels all so real! At Saint-Flour.

Tel.: 04 71 60 38 03

Archeological Museum (48) At Banassac, next to the Canourgue, it is a showcase for the importance of this pottery village at the time of the Romans: Pieces that come from here are to be found all over Europe! Well worth seeing:

Sigillata pottery for domestic use and blacksmith's grave.

Tel.: 04 66 32 82 10

The River House (12)

Let the Lot tell its story and that of gabarriers. All shown on a giant screen, exhibitions and models. At Saint Parthem.

Tel. : 05 65 64 13 12

TOP 5 Museums

The cave of Pech-Merle (46) and Prehistory Museum
Horses, bison, aurochs, human figures, an elephant footprint...
a real ancient cartoon strip, dating from 20,000 years back.
One of the finest prehistoric sites in France.
Emouvant A Cabrerets, Tel.: 05 65 31 27 05

Champollion Museum, The World of Scriptures (46)
In the house where Champollion was born in Figeac,
5,000 years of human history, From the time of the Sumer tablets right up to the modern day computer. Videos, multimedia games, to understand where scriptures come from. Exciting. Tel.: 05 65 50 31 08

Decazeville basin (12)
The epic of the black mouths with their 3 museums.
In 1900, they used to bring out a million tonnes of coal per year.
The last mine closed in 2001. Geology museums
Pierre Vetter : 05 65 43 30 08 ;
from the mine at Aubin, Tel. : 05 65 43 58 00: from the collection at Cransac, Tel. : 05 65 63 95 02

Margeride Ecomuseum (15)
3 sites brought together to tell the story of the Margeride.
The garden of Saint-Martin at Ruyne with its ecosystem and plants from another era; the Clémence Fontille school (classroom from the 1930s) ;
Pierre Allègre's farm, the daily life of the peasants in the 19th century.
Tel. : 04 71 23 42 96 www.margeride-truyere.com

Museum of the Fortified Towns « Bastides » (47)
At Monflanquin, the only museum in France which explains the concept of the fortified towns (the historical conditions, octagonal urbanism...) in the South-West.
Tel.: 05 53 36 40 19

FEEL



Nature in motion!

From the steppes of the Aubrac to the Plateaux of the Quercy, from the gorges of the Truyère to the edges of the Célé, the Valley of the Lot looks beautiful. Sometimes with a green appearance, sometimes in blue. It takes on the riches of its meadows, it perfumes itself with the purity of its lakes and the freshness of its rivers. From its many scenery types, it weaves a unique character which exudes generosity, sensitivity and passion.

Whether you follow it over the 150 Km of cycle path, or at the lazy rhythm of a little water barge or on the numerous footpaths, you'll be struck by the same harmony: a real communion with nature. A sense of well-being which takes an immediate hold over you. Like the simple joy of the pilgrim or of the happiness of the fisherman in contemplation, but be warned: when you go into the Valley you'll get a real taste of this journey!

1. Cycling

From the high plateaux of the Aubrac to the gracious river bends of the Lot, taking in along the way proud medieval cities and perched villages, a host of paths and roads, drown in the perfumes of wild flowers and liberty... The Lot Valley is a paradise for lovers of the bicycle: Saddle up!

Pilgrims on their bikes! (12)

The Saint-Jacques road: and why not on a bike?
The chance to pedal past the places in the département that you mustn't miss, from Conques to the Lot valley. Over 8 or 11 days.
Prices start from €462, in a 2* hotel, half-board.
And also: the cycloguide and its 24 circuits.
Aveyron Reservation - Tel.: 05 65 75 55 50

Cool, a cyclerroute (46 & 47)

Imagine little roads very well signposted with just a few ups and downs, which flirt with the Lot. From the confluence with the Garonne right up to the castle of Bonaguil, and which continues as far as Cahors, in total, 160 km of country road that everyone can use.
Leaflets on the route are available in the Tourist Offices along the route.
Package stays starting from €325.
Agence Safran: 04 75 25 78 78 - www.safrantours.com

The shade of the chestnut trees (15)

In the south of the Cantal, the Châtaigneraie is A protected conservation area, interrupted only by bucolic villages, Marcolès, Montsalvy, and gentle glens. In the cycling saddle for a week on the little hidden roads with 2 star hotel accommodation.
Prices start from €572.
Cantal tourisme: 0826 96 15 15 - 00 33 471 605 821
www.cantal tourisme.fr

Mende loves cycling (48)

For Tour followers, Mende will forever be marked by the stage victory by Laurent JALABERT on Bastille Day in 1995. And there is now a Mountain Bike Park on the Mende plateau: packages to suit every age, both little and big, to learn about mountain biking.
Mende Tourist Office: 04 66 94 00 23.
www.mende-letour.com



TOP 5 activities

1. Cycling
2. Along the water
3. Hiking
4. Adventure
5. Well-being



FEEL



2. Along the water



Treat yourself to a bit of time off along its main rivers (Lot :480Km, Truyère: 180Km, Célé: 101Km).

Not forgetting the big lakes where you can now do all sorts of watersports!

Just a stroll, for a weekend or why not for a week: The choice of cruises is endless! As well as of boats, of barges and canoe come to that. If you're looking for that tranquil trip, welcome on board a passenger boat;

Or plump for the tame adventure of a house boat, you won't need a licence and you'll be able to whatever you want!

River cruise

It's magic in the Lot

- Explore Cahors the medieval city along the river starting from Pont Valentré.

- From the port of Bouziès, a splendid cruise which makes its way along the tow-path and flirts with the cliffs as you admire Saint Cirq-Lapopie on its rocky piton.

Lot Navigation at Cahors and at Bouziès.

Tel.: 05 65 24 32 20

www.lot-navigation.com

Between vineyards and châteaux, discovery cruises lasting 1h30 and tasting cruises which last 3h30 and stop for some wine tasting between locks.

Boat «O Phil du Lot» at Luzech. Tel. :06 32 25 84 55

Life is a long tranquil river when you're on-board Croisières Fénelon cruises.

1 hour or all day trips (with on-board meals included), You'll love every minute of it! Cahors. Bateaux Le Fenelon, Tel. : 05 65 30 16 55

And also (47)

15 km of river cruise on board a barge starting from the Fumel bridge.

La Gabarre Fuméloise, Fumel Tourist Office. Tel.: 05 53 71 13 70

House boats

If you feel up to taking on the manual locks, why not try of the Baboumarine boats at Port St Mary, Cahors (46).

Tel.: 05 65 30 08 99

www.baboumarine.com

Relive the the great history of the Lot as you pilot one of the Nautic boats at Luzech (46).

Tel. : 05 65 30 71 11

It's westwards now towards Luzech or to the east to see the château of Mercuès with one of Le Boat boats at Douelle (46)

Tel. : 05 65 20 08 79

Off down the fascinating Lot valley on board one

Lot Navigation's boats, at Bouziès (46).

Tel. : 05 65 24 32 20. www.lot-navigation.com

Boat hire

Pilot it yourself either for a few hours or for the day, It's ideal for a little stop on the holiday beaches.

The Caix Water Sports park At Luzech (46)

Naviglot, Tel. : 05 65 20 18 19

And Fishing too!

It doesn't matter what sort of angler you are (beginner or competition level), or where you're used to doing your angling (river or lake), you're in the Mecca of trout fishing, carps and other fresh water fish and even migrators. From fly fishing to fishing with a lure, and sports fishing to "live « or "practice» fishing, there's something for everyone. They've even devised a night trip for seasoned carpists!

Package Break idea: Carnivorous fish trips on the Sarrans lakes and leaving from Garabit-Granval, by boat, with a fishing guide.

3 Days/2 nights full-board, 3 star gîte.

Cantal Tourisme: 00 33 471 605 821

Package stay 'Lozere Fly Fishing Tour', a week's introduction to fly fishing, on the Lot and in the gorges of the Truyère, amongst other places. €1,300 starting price for 2-4 persons, lasts 8 days/7 nights. www.peche-autrement.com;

Info: www.peche-autrement.com; www.pechelot.com; www.pecheveyron.com; www.peche47.com; www.federationpeche.fr/15/

Out of the ordinary!

Fancy a bit of hydroplaning!
It's what you get when combine a pedalo boat
with a flying saucer.

You really must give it a go!

at Castelmoron-sur-Lot (47)

Tel.: 06 78 46 39 59 www.nautilius.fr

Floating chalet On the Sarrans lake (12)
Weekend or unusual cruise, at the heart of nature, moored at
the Peninsula of Laussac (boating license not required)
Tel.: 05 65 66 44 57

Package Break idea (46)

Sure I'll take the boat, but never without my horse!
This package break combines a cruise down the Lot and rides
on the hidden roads. With the Boat, 05 65 20 08 79,
and Serge Moro, Landes equestrian farm,
Tel.: 06 26 34 02 64

Lot Navigation at Cahors and at Bouziès (46).

Tel.: 05 65 24 32 20

At Castelmoron-sur-Lot (47).

Castelmoron Nautic. Tel.: 05 53 88 24 06 www.castelmoron-nautic.fr

Canoe hire: In the Célé Valley (46) It'll give you a stir!

Whether it's just for 2 hours or for the day, we guarantee you'll enjoy it!

Conduché nature Sports Bureau, at Bouziès.

Tel.: 05 65 24 21 01

On the Lot (15 and 12). With Asv'Olt, starting from Vieillevie/and or

Enraygues. Rafting also available. Tel.: 04 71 49 95 81

www.asvolt.com

Weekend break idea (15) :

Nature and Canoe Weekend in the Lot valley

with 2 half days of canoeing and visits to historical locations (Estaing, Conques).

€168 for 1/2persons. Tel. : 0826 96 15 15(€0,15 Incl. VAT/min).

FEEL



3. On foot



Loaf along the lost paths of the Valley, You'll be spoilt with some extraordinary scenery, and breathtaking beauty. Like the GR652 and 654, jacquaires paths (of which several are on the UNESCO world heritage list) which cross the Lot valley and have etched in the stone of the churches the print of the pilgrims' shell.

Hiking and spas (48)

Specializing in hiking in the Cevennes, Les Chemins Francis can offer you a week around Mont Lozère and its villages, alternating with some Spa sessions at the spa town of Bagnols-les-Bains. Prices start from €494.

Les Chemins Francis - Modern'Hotel** ; Hotel Le Malmont*** - 48190 Bagnols les-Bains .
Tel.: 04 66 47 60 04 www.hotel-cheminsfrancis.com

Follow the railways! (12)

The result of an excellent idea of converting the former Bertholène-Bozouls-Espalion Railway into a 22 km hiking circuit.

On foot, by bike and even on horse back, you cross the SNCF tunnels and viaducts. Torches essential! At Bozouls, Tel.: 05 65 51 28 00.

Treasure hunt by SMS ! (12)

With the help of a little satellite tracking, off you go into a nature trail around the village of Aubrac with your mobile in one hand and a set of clues which will lead you to the treasure. A piece of advice: Make sure your mobile is charged up before you set off! Maison des accompagnateurs (Guide company),
Tel. : 05 65 61 24 33 www.maison-des-accompagnateurs.fr

Hold on, here's something a little gentler. (46)

If you're looking for a short stroll (2h), come and explore the more vulnerable natural areas of the Lot and their nature trails. This is what the green Vallée de la Masse, above Castelfranc, and the Planagrèze circuit on the palteau, above the Célé valley are all about. Guide €2. Lot Tourisme: 05 65 35 07 09.

Along the gorges (15 et 48)

The Gorges du Bes are spectacular, all the way from Chaldette right up to the reach of Grandval, kingdom of the pilgrim falcons. You can start your exploring from La Fontaine de Grégoire, which are charming guest houses located at Saint-Urcize, with some advice from Fred Remise, the owner thrown in for good measure.
Tel.: 04 71 23 20 02.

In the Lozère : a former spa Hotel which has been completely Refurbished, the residence «La Chaldette», is just 100m from The spa, comprises 15 Comfortable apartments situated on 3 levels with a lift.

Tel.: 04 66 48 48 48 (Proactive Agency) - www.lozere-resa.com

Incredible!
Extraordinary and good fun!

On 25 July more than 4,000 people have a bit of fun running the Marvejols-Mende (48) half marathon.
www.marvejols-mende.org



VITAL

Pocket guides for easy hiking:

. Aveyron: Regional Park Pocket Guide ,
50 circuits from the Aveyron to the Lot Valley
Lot. Tel.: 05 65 75 55 75

. Lozère: The Mende regional park and its surroundings, €8.50
And the Pays de la Canourgue Regional Park, FFR P487, €11.50

. Cantal: walks and hikes available in guide packs in all the Tourist Offices of the Châtaigneraie.
Tel.: 04 71 46 94 82 www.rando.cantal.fr

. Lot: Regional Park Pocket Guide 40 walks to do in the Lot on foot and 2 Pocket Guides GR, n° 65 and n°651

. And on the net: 84 circuits to explore this beautiful part of the world with its hills and orchards, all for free at www.tourisme-lotetgaronne.com/



4. Adventure !

Bring out the Indiana Jones in you. We're off to the Valley's parks, with the promise of adventure either on your own or with the family!

Are you really a Wolf? (48)

In the Lozère, in the Sainte-Lucie park, the answer is yes! And it's been that way for the last 25 years, in the very land of the beast of Gévaudan. Ever since Gérard Ménatory opened a conservation centre for this so little understood animal. More than 100 wolves from Canada, Siberia, Mongolia, Poland and the Arctic are back once more in their natural habitat living in 25 hectares in semi freedom. The guided tours help the public to understand the animals during the feeding sessions, games, or when the young wolves are having their vaccinations.

An in the summer, during the 'Nights of the wolves' you'll be able to have a go at howling with the wolves!

On site, stand alone 2 star gîtes for hire if you fancy spending the night with the wolves. The Gévaudan wolves, tel.: 04 66 32 09 22.



Not to be missed...

Le Vallon de Villaret (48)

A unique leisure park, which puts the emphasis on nature, games and contemporary art. In a glen of greenery, games, designed by artists, around water, woods, sounds and light. Three hours of exploration for the 2-72 year olds! At Bagnols-les-Bains.

Tel.: 04 66 47 63 76. www.levillaret.fr

Bison park (48)

Is that really a bison in the field? No, you're not imagining it!

Here near to Sainte-Eulalie-en-Margeride, this survivor from the prehistoric age has its own reserve. You visit in a horse-drawn carriage so as not to disturb the animal.

But there aren't any Indians!

Tel.: 04 66 31 40 40. www.bisoneurope.com

Park-in-the-sky (47)

Like in the Tyrole, tighrope cable, Himalayan footbridge... All the ingredients for testing your taste for daring and adventure all wrapped up in one here. In total:

7 tourist circuits in the trees in 15 hectares of woods and meadows. Thrills and spills, and sporting as well as quite stimulating fun. At Lacapelle Biron. Tel.: 05 53 71 84 58. www.parc-en-ciel.com

The IFERS, trees from the adventure(12)

at Saint-Geniez-d'Olt. With forty or so suspended games: 7 tyrolian, rope bridges, the cry of Tarzan, nets...

Whether you're on your own, or with the family or even in a group, come and get away from it all in perfect safety in this leafy setting which overlooks the Lot valley.

Tel.: 05 65 70 60 60 www.ifers.net

and also

Climb up or down (46)

Scale the sides of the Lot Valley, have a go at some potholing, In a sinkhole on the plateaux: with the Nature de Conduché sports bureau, everything is possible!

Tel.: 05 65 24 21 01.

- **Golf for ever (47)** : Novel18 hole course on the slopes of Villeneuve-sur-Lot.

For a real treat: you should go there during the apples and prunes season because the orchards come right up to where you walk by. A real delight! Castelnaud deGratecambe.

Tel. : 05 53 01 60 19. www.vslgolf.com

- **White gold (48)**

The Lozère in winter is the time and place to get your skis and snow shoes out for some invigorating trekking, at Nasbinals and Bonnetcombe.

www.hiver-autrement.com



Get away Break idea

The call of the deer (12)

Who said that there are only cow in the Aubrac? From mid-September to mid-October, the deer call out in the forest. Something you must do: go up to them and listen to them. But mushroom lovers need not fear: there'll always be a chance to pick some mushrooms to go into a nice friendly evening meal in an authentic stone hut "buron".

2 days starting from €121 /person

www.reservation-aveyron.com

And also in the Lozère (48) in Mas de la Barque Auberge.

Prices Start from €84 per person.

www.lozere-resa.com or

www.automne-autrement.com



FEEL



5. Well-being



Cocooning breaks

No more daily stress! From the green hot springs to the exotic courses on offer, no other region has ever taken such good care of you!

Plenty of Go at Cransac (12)

Wood, Zinc, glass... In terms of architecture the new Soleil spa chain is everything that is modern. As for spa treatment, originality is top of the agenda with packages on offer from the Compagnie des Spas Thermaux. On site accommodation "LesLogis des Boisements***". 2 day stay / 1 night with breakfast and 3 courses included: €150 per person. Tel.: 05 65 75 55 50

Let yourself be pampered (47)

A Nordic sauna, oriental hammam, Japanese bath... Take a veritable Aquatic world tour and try out all the sensations from this new spa complex built on the spring sources for just a few hours and more if you really enjoy it. Accommodation on site at the Résidence des Bains*** at Casteljaloux. Tel. : 05 53 20 59 00.

And other ideas for health and relaxation breaks in the Lozère at www.detente-autrement.com

The hot springs in the valley (48)

Are you more of a hot springs or spa person? You've got a choice: More spa sort of person? Nip off to the Escloupiés, a once 18th century farm with 8 spacious rooms, and a very good work-out gym. And even therapy treatment using Aubrac tea. Tel.: 04 66 94 02 35. www.spaenaubrac.fr.

Are you a bit more into hot springs? In this case La Chaldette is for you, (04 66 31 68 00) on the Aubrac plateau or at Bagnols-les-Bains (04 66 47 60 02): 2 cocooning stations also offering fitness breaks.

And also

Explore the incredible Jardin des Nénuphars (Nénuphars Garden) at Latour-Marliac (47). Of the 14 springs that it has, certain are hot water, but people come here because it's so easy to chill out in this park. Imagine 2.5 hectares of the most prestigious water lily nursery in the world. (260 varieties of water lily), a museum, an exotic greenhouse, a bamboo grove, a lake with a Japanese bridge, a restaurant too and you can also buy plants on site at Le Temple-sur-Lot. Tel. : 05 53 01 08 05 www.latour-marliac.com



Did you know?

The hottest spring in Europe is at Chaudes-Aigues (15)

where the water comes out at 82°. Caleden, the hot spring and fun therapy Centre has relaxing therapeutic breaks for everyone! Tel. : 04 71 23 51 06 www.caleden.com

At Cransac-Les-Thermes (12),

We offer therapeutic treatment using hot natural gases, drawn from «la Montagne qui brûle». (Burning Mountain) Tel.: 05 65 63 09 83. www.chainethermale.fr



I was the one who did it!

André Derain, André Breton, Françoise Sagan...

Always a source of inspiration to artists, let yourself fall to the call of creation.

A short course is all that's needed, and your happy hands will be soon mastering all the "expertise" of the Lot Valley.



Interested in a course?

Pick up your pens (46)

Sophie Talou loves calligraphy. which is why she teaches it to nostalgic lovers of fine writing, complete with sergent major pens, walnut stains and blotting paper as in times gone by, you'll find "les pleins et les déliés" of the English woman and the Note. 1 day (2 x 3hours): €45, 3 days: €120.

Champollion Museum, The World of Scriptures at Figeac,
tel. : 05 65 50 31 08 www.ville-figeac.com.

Zen at the Hamlet! (47)

If you want to know all the tips on flower cookery, the mysteries of Feng Shui or just a charming stay in a ever so beautiful gîte off then to the Poppy Hamlet at Saint-Léon.

For information on the course schedule 05 53 84 06 13.
www.lehameaudeescoquelicots.com

Make your own knife (12)

At Laguiole, village of Aveyron diehards, life's all about the shepherd's knife.

The factory which was restyled by Philippe Starck is open to visitors (tel: 05 65 48 43 34), the knife museum makes its forges roar as the steel blades are worked before you (tel. 05 65 51 23 47) and the streets are sprinkled with cutlery works.

A must: Make your own personal knife at maître Honoré Durand, on Saturdays from 9am to 6 :30pm. Prices start from €171



Did you know?

When you're given a knife as a present, custom dictates that for the sake of friendship you should offer to give a coin.



Summer at the Bernard Palissy museum (47)

The pottery workshops are an excellent idea for the children in summer. It's at Lacapelle Biron, in a 14th century house at the museum dedicated to the works of Palissy a Renaissance ceramist and of his followers. Tel.: 05 53 40 98 22
www.cc-monflanquinois.fr/musee_palissy.htm

It's in the box! (48)

A beautiful place, a renovated 17th century building with a magnificent structure in the shape of an upturned boat 's hull: the house of Chazaly is home to the Permanent Centre for Photography, which hosts exhibitions and get-togethers. And at the end of July, a weekend is dedicated to photography and nature, with walks and introduction courses.

At Fournels, tel.: 04 66 31 67
www.fournels.fr.

Everything's good about the pig! (15)

If you want to know everything about how to cut up the pig into pieces and how to prepare pâtés, sausages and other delicacies, you need to head to Quézac. In a week long cookery course at the farm, you'll pick up a load of local recipes.
Tel.: 04 71 49 00 40. www.bedou.com

The expert's workshop (47)

Painting on furniture, on porcelain, on skates, framing, raku technique... Welcome to the château de Grenier for a course on how to interpret your dreams, at Saint-Léger,(47) For dates and prices call 05 53 79 59 06. www.atelierblg.fr, www.chateaugrenier.com

TOUCH



Shopping, it's an art...



When pottery is a gift! (12)

The building is already a work of art in itself, so you can imagine what its art gallery is like: an incredible temple dedicated to contemporary European pottery. With the support of Nigel and Suzy Atkins creators of fine gold items but also of the community of the villages of Entraygues sur Truyère, this display gives you a free insight to the exhibitions of artists from all over the world.

Weekend courses are organised there all year round. And a shop offers a tempting collection of pots, unique items and jewellery from the authors all of which can do some serious damage to your bank account.

So be warned ! Le Don du Fel, Le Fel. Tel. : 05 65 54 15 15

www.poteriedudon.com

Just as we like it! (46)

The Virebent factory at Puy-l'Evêque is one of the last three porcelain manufacturers in France. Founded in 1924, it has some quite unrivalled expertise, which enables it to use the three types of clay, earthenware, sandstone and porcelain. Some of its creations are even at the museum of decorative Arts in Paris. But when the business was about to close down in 1999, a young Parisian designer, Vincent Collin, took over the business. Today Virebent is in good health, producing tableware for top restaurants and is now developing its own range of tableware.

Make sure you give the shop a visit!

Tel.: 05 65 36 46 31 www.virebent.com



Idea for a stroll

Talent street (46)
Ceramists, potters, enamellers, engravers, cabinet makers... can all be found on the Craftmen's roads and await you with the secret of their workshops.
www.rm-art46.org
And over in the Lozère, The Association of Craftsmen at the Pont de Montvert (Montvert Bridge).
www.metiersdartencevennes.org

And also

The hand in the basket (15)

It's at Montsalvy, a pretty Châtaigneraie village, well known for its abbey Romanesque abbey church and its basket makers. Several times a year they organise basket making courses with at the end of July a huge 'Basket festival', where more than 80 basket makers come to show off their creations and their expertise.

Basket makers Association,
tel.: 04 71 49 29 62

www.chataigneraie-cantal.com



Soaps of yesteryear (47)

They make them with rosemary, with aniseed or even with lavender or with shea. No less than 11 perfumes formulated using old methods and with passion by Ania Canaux.

100% natural. A pure delight for our skin. €5 per item. At Monflanquin.

Tel. : 05 53 36 46 15 Details of sales outlets at www.saponaire.com

TASTE



Dinner is served!



A as in Aligot, B as in Black Wine, C as in charcuteries de montagne, Crunchy Mende biscuit, chestnut, F as in foie gras, P as in Agen prunes, S as in safran... The Lot Valley, valley of Marvels, Eden for the greedy among you: on the markets, in the farm, on the menus of the village inns just like those from the ones with one star or more, the expression of whole art of life. And what a choice!

From the pl teaux of the Aubrac to the sweetness of the Agen area, all sorts of countryside, crops and culinary traditions are what is so temptingly tasty about the menus.

Make sure your taste buds are standing to attention, take your seat, ask for the menu and get tasting!

The starters

The charcuterie:

Being a mountainous part of the country, the Lozère is the place to come for drying and maturing of salt meats like the fricandeau, the herb sausage, the potato sausage or the dry Lozère ham. And in the Châtaigneraie region of the Cantal, the pigs are happy and plump, having been fed for centuries on chestnuts which give their meat an irresistible flavour!



What you might want to buy:

For the gourmet lovers, the experts in fine foods, you'll see we have 16 month matured hams, poutous, succulent sausages and also all the specialities from the Gévaudan and from the Le Cayrolais understanding in this town shop at Cayrols(15),
tel.: 04 71 46 11 04.
www.le-cayrolais.com

Did you know?

What is the "pouteille" ?
A dish of pigs' trotters, beef dices and potatoes. And the manouls? It's tripe. Two specialities which both have their equivalent in the Canourgue.
And if at Bagnols-les-Bains, people call you a bag of bones, no panic, this is also a Lozerian speciality: the little bones of the pig cooked slowly in the animal's belly.

The TOP 5 Great Chefs

AVEYRON: Michel Bras The 3* guide Michelin flavour magician dominates the high plateaux of the Aubrac.
Tel.: 05 65 51 18 20

CANTAL: Louis-Bernard Puech artisan cuisinier ,1* from the Michelin guide, at Calvinet in the châtaigneraie, and an ardent defender of local produce.
Hotel Beauséjour.
Tel. : 04 71 49 91 68

LOT: Alexis Péliou
A taste bud virtuoso at the stoves of the Gindreau, at St Médard-Catus, one of the Lot's fine restaurants.
Tel.: 05 65 36 22 27.

LOT ET GARONNE: Michel Trama
This fine exponent of Haute Cuisine, A 3 star Michelin guide chef.
A stunning And constant record at Puymirol Les Loges de l'Aubergade.
Tel. : 05 53 95 31 46

LOZERE: Pierre Roudgé
The passion for taste! His takeover of the Kitchens of the Grand Hôtel Prouhèze at Aumont-Aubrac has been a shining success.
Tel. : 04 66 42 80 07





Dinner is served!

The dishes

L' Aligot, the ribbon of friendship

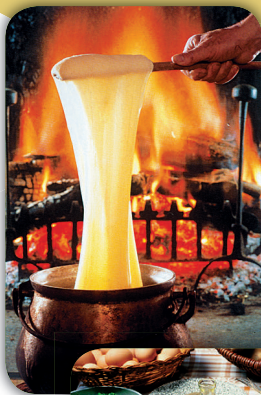
A purée of potatoes, with la crème fraîche and lots of authentic melted tomme cheese from the Aubrac. The recipe may seem simple, but you can tell a good aligot because of its unctuous and free-running mixture which only takes a bit of wrist power to produce! In the olden days it was a staple dish for shepherds, it's the classic dish of the Aubrac.
www.laguiole-aubrac.com

Serving suggestion:

On the hilltops of the Aubrac, le buron de Caméjane (Caméjane stone hut) no longer makes fresh tomme cheese but you can go there to enjoy some authentic Aligot. People love the ceremonial thing which involves cooking it in big cooking pots. Guests are even invited to mix it using a big wooden spoon. Good fun guaranteed! Tel.: 05 65 44 25 05

The Saint-Flour lentil

Watch out, it's a blond! And it's making a big comeback, saved by a handful of enthusiasts: grown at an altitude of 1,000 metres, on the Iplanèze, a plateau volcanic in origin, it is mild, sweet and has just obtained a Red Label. Well done blond!
Tel.: 04 71 60 51 57
www.lentille-blonde.fr



The Estofinado

It's more than a dish, it's the whole story of the Lot which you'll find in your plate. It's based on stockfish (dried unsalted cod) that the Nordic boatmen brought with them when they used to transport the coal from the region of Decazeville along the Lot. Prepared with potatoes, eggs and crème fraîche, this most prestigious of dishes can be savoured in the restaurants around Almont les-Junies
www.decazeville-tourisme.com

Fine Meats

They have been perfected by the Lozère Chamber of Agriculture in the meat industry: "Génisse Fleur d'Aubrac", "Viande de Lozère (Lozère meat)", "Agneau Lozère (Elovel Lamb)", which are calves raised on milk. The Chamber of Agriculture.
Tel.: 04 66 65 62 00

The young Chefs on their way up

- Winner of the famous Bocuse d'or in 2005, 1* in 2010, and Young Talent** in the guide Michelin in 2010, the very talented **Serge Vieira** has just opened his restaurant in the beautiful setting of the château du Couffour at Chaudes-Aigues. Its modern cuisine with simplicity as its motto, no à la carte menu and just two menus, a 'small one' at €45 and a Gourmet one at €80. And it works a treat! Tel.: 04 71 20 73 85
www.sergevieira.com

- In the middle of the Agen south Business park **Dominique Trama** has with his father just opened Michel Le Tram's, a low-price fusion concept cuisine restaurant. Prices start from €15. At Agen (47). Tel.: 05 53 98 48 14
www.letrams.com

- At Aumont-Aubrac (48), **Cyril Attrazic** is now the face behind the food at chez Camillou, his great grandfather's hotel. Modern day cuisine devoted to local produce, a delight that trickles down the market and gourmet menus. From €25 to €109. Tel.: 04 66 42 86 14 www.camillou.com

- Marriage of local produce with the art of fine cuisine for **Guillaume Viala** who has just been awarded his 1 * in the guide Michelin. Menu "Land and Routes" priced €18. At Bozouls (12). Tel.: 05 65 44 92 66

The wines

Cahors wine (46)

The 'Black Wine' which was enjoyed as long ago as the Middle Ages, has got a second lease of life, thanks to a new generation of wine growers. Eric Treuillé, at the domaine des Savarines, in biodynamics, is just one of them. His wife Rosie runs a bookshop on gourmet food in London.

Inter professional Union for Cahors wine,
Tel.: 05 65 23 22 93

Wines from Entraygues, the Fel and d'Estaing (12)

A Schistose soil for the vineyards of Estaing and the Fel, rather more granite for Entraygues, but also scented wines with their AOVDQS appellations. Idea for a short stay: 3 days/2 nights to discover the Entraygues wines with tasting sessions, gourmet dinner and a wine box set thrown in.

Tel.: 05 65 75 55 50
www.reservationaveyron.com

Wine from Marcillac (12)

A mild climate throughout the year, abrupt red-soiled slopes known as «rougiers», Marcillac is in a class of its own. It's powerful, full bodied...and often the recipient of awards, AOVDQS and an AOC which is celebrating its 20 years in 2010. From the minor producers to the independent growers, it's worth looking into.

Guided tour with tasting session.
Tel.: 05 65 72 69 37
www.domainelaurens.com

Wines from Conques (12)

When a young man from Conques Patrick Rols invests all his enthusiasm (and his savings) to resurrect a vineyard, he gets in return a completely new, full ruby wine called "roman spirit" with the appellation "vin de pays de l'Aveyron". Something that the passing visitor just won't be able to resist.

Patrick Rols Le Colombié at Conques
Tel.: 05 65 46 80 38





Dinner is served!

Cheese or dessert

La Tourtière (47)

Eggs, flour, water, salt
So far, nothing very original for
A dessert ! All its charm comes from
its savoir-faire: the pastry is kneaded at
length, gently stretched and
garnished delicately with apple strips
marinated in Armagnac (or prune brandy).
Much more than a puff pastry pie,
it's a veritable institution when there's an
occasion for a celebration.



The fruits, the stars of the Lot-et-Garonne

Its strawberries (the Gariguettes and
the Ciflorette) are Red Label, the Agen
prunes are famous themselves, its
hazelnuts a rare oil and it's the 3rd largest
place in the world for the use of kiwis. In
total, more than 70 varieties of fruits and
vegetables which make this département
the number 1 in France for diversity and
the number 1 in the Aquitaine region for
its organic agriculture.

The fouace (sweet bun) from Laguiole (12)

In the olden days, the fouace
(sweet bun) made for public
holidays and the Rameaux
(pre-Easter) holiday...
Today you can enjoy it in all
good Aveyron restaurants.

The honey (48)

Do you prefer it creamy or liquid? With a
chestnut scent to it, a touch of the Flowers
of the Aubrac, or heather? In
the Lozère you can choose,
because it's the number one bee-keeping
département in France owing to the excep-
tional quality of the environment. Here's an
illustration.

Contact : Henri Clément, A bee-keeper ac-
tively opposed to pesticides, president of
the French association.
Tel.: 04 66 44 00 19

The Laguiole (12)

More than a AOC cheese made
from full unpasteurized cow's milk,
you can taste all the grazing grass of
the Aubrac in its melting pastry.
Personal favourite: Visit and free tasting
session of cheese production and
also of the aligot at the Young Mountain
Coopérative. Mature Laguiole 6 to 12
months On sale.
Laguiole (12), Tel. 05.65.44.35.54



The Cantal (15)

The most senior of Auvergne cheeses, made
using The same techniques for the last
2,000 years. It owes its inimitable taste of
butter and liquorice to the flowers of the
mountain summer pastures which are the
every day diet of the local cows. It can be
young, between-two or old, matured over
more than 240 days.

Where you can buy it: Lou Cantale,
Le Rouget. Tel.: 00 33 687 261 859

The Pélardon (48)

Today, the Pélardon has got its noble letters
of AOC/AOP in recognition. This ties the Pé-
lardon to its Cévennes and Languedoc ori-
gins for good.

Where you can buy it:
Jean Marc VINCENT La Borie at
St Etienne de Valdonnez
Tel. : 04 66 48 07 62

The Rocamadour (46)

It's small, round and mild, made from full
unpasteurized milk from the black eyed ewes
who haunt the plateaux of the Quercy. And
this has been the way for the last five centu-
ries! It used to be called cabécou, and today
it's part of the A.O.P.(Protected Appellation
Origin) Appellation d'Origine Protégée club.
www.aocrocamadour.com

And also safran

Grown in the Middle Ages in
the Quercy (46), it almost
disappeared. Once again, thanks to
enthusiasts it's once again thriving.
A difficult crop, when in October,
the bulbs are harvested to take out
the precious red filaments which
are then dried.

Association of saffron growers
at Cajarc, 05 65 33 45 58.
www.safran-duquercy.com.

Saffron festival weekend
on 23 and 24 October,
Lot Réservation, 118.
Tel. : 05 65 53 20 90

Cook like a chef !

At Pailherols (15)

For the sweet-toothed amongst you, Marie
teaches the secrets of the chocolate mars-
mallows, cookies, cakes, tarts... It's lick
your fingers time!
20 for 3hours. And l'Auberge des
Montagnes an address for the Epicurian
amongst you, with its fine restaurant
and quilted rooms.
Tel.: 04 71 47 57 01
www.auberge-des-montagnes.com

At Saint-Cirq Lapopie (46)

An ex of Georges V and a stylist open the
doors of their house to you in one of the
most beautiful villages in France: Get down
there as fast as you can! You lucky little
things, you're going to be able to learn to
cook lamb, truffles, the best food from the

Lot.

From 1 to 3hours. Prices start from €45.

At the Hostellerie le Villard (48)

Are you into seafood or shellfish?
Fur or feather ?

Choose what you're interested in and spend
the day lovingly cooking creative and gastro-
nomic delights. The action takes place in the
heart of the Margeride. Hostellerie du Villard
48140 Le Malzieu.
Tel. : 04 66 42 95 03



TASTE



Dinner is served!

Don't miss out, my epicurean friend. The Lot Valley is brimming with gourmet weekends gourmands, each more tempting than the other!



Delicious breaks

The charms of the vine (12)

What about exploring the wine side of things in the Lot valley? An offer you can't turn down.

Over a weekend, you'll stride up the Fel vineyard, which produces a good vin de pays, find out everything about the workings of the vineyard on the terraces and the wine making process. A 3 day / 2 night stay, in an auberge ** full board: €180 /pers. (for a double room)

Contact Aveyron Résevation
Tel. : 05 65 75 55 50

And down by the Lot, why not explore **the Cahors vineyard on horseback?** From the valley terraces to The chalky plateaux, a gourmet ride, interrupted only by some wine tasting at the winegrowers and with some evenings by the fireplace. 4 days 3 nights: €375/pers. rider. Tel.: 05 65 36 69 63

Let's go for a walk in the woods (15)

There are no wolves, but there are mushrooms! The forests of the Cantal are full of them: Ceps, Chanterelle, Mushrooms, all for you! And once you've picked them, it's off to the kitchens to get them cooking like a chef! €300 for 5 days 4 nights on full board, hôtel**.

Cantal Tourisme, tel. : 00 33 471 605 821

Black Diamond Stay (46)

Feel like a truffle? Head for Lalbenque. In-cellar demonstration, truffle market and gourmet dinners, with as accommodation some charming guest house rooms. €224 per person half board for 4 days 3 nights. La Vayssade,
tel.: 05 65 24 31 51 www.lavayssade.com



The gourmet museums

Foie gras museum (47)

Everything that you've ever wanted to Know about foie gras: its history, the tube-feeding and the benefits of its cuisine are all in this museum which is to be found in a former barn. It's unique in its kind in France.

Souleilles Farm at Frespech.
Tel.: 05 53 41 23 24
www.souleilles-foiegras.com

The Gourmet Prune museum (47)

From the drying of the prune to the last step which is the packaging, the whole production process is played out by characters in period costume at Lafittesur-Lot(47)

Tel. : 05 53 84 00 69
www.musee-du-pruneau.com

The Chestnut House (15)

It's located at Mourjou, in a Châtaigneraie farm: A grocer's from the 1950s. A secadou machine for drying the fruits, orchard, garden, barn, little shop. And in summer, there's a recipe demonstration. Tel. 04 71 49 98 00

Not to be missed: the last weekend in October, chestnut fair with entertainment, tasting sessions and street music www.foirechataignemourjou.fr

Wine houses

Ideal to familiarise the public with the vineyards, besides their tasting vaults at Duras (47), "the keys to the vineyard" is a fun and feeling introduction to the role of the local land and its grape varieties. Same thing at Estaing (12) with the permanent exhibition "Oh my vine".

- House of the Wine Vine and the Estaing countryside (12)

Tel.: 05 65 44 04 42

- House of Wines from the côtes-deduras.

Tel.: 05 53 20 20 70

Did you know ?

The market, a fine ambassador
The fat market in winter,
The night-time market in summer and all year round on the squares and under Village market canvasses. Discover the most beautiful ones in France such as Cahors, Fumel and the producers' own markets at www.marches-producteurs.com



A valley on the move

Feel like a fiesta?

We make for the Valley. You're spoilt for choice and enjoyment.

Classical music, jazz, world music, theatre, street arts, Folk groups will rock the towns and villages once the summer is on its way. Party time, it's also the scent of the local land and traditions,

With the transhumance of the herds on the Aubrac, Great food with the European tasting championships at Aurillac, And something quite special with the square bowls championship at Pierrefort.

And always with the same sharing spirit, great things to see, as you Enjoy the events and exciting shows.

1. Tradition

Follow the Transhumance

The transhumance of the herds up to the mountain summer pasture is always a crucial moment for life on the Aubrac, which takes place to the tune of festivals and get togethers. It's also a great opportunity to celebrate spring to the sound of the bells of the Aubrac cows (they're the ones that look like they have khôl eye-liner) : herd decoration, milking demonstration, local market, it's at Saint-Geniez (12) with accommodation in guest houses or in chalets with local speciality meals provided on Saturday evenings. Tel.: 05 65 70 21 00. And also at Nasbinals (48), tel.: 04 66 32 55 73 and at Allanche (15), with a hiking trip organised, tel.: 04 71 20 48 43. And on 11 October, it's the Davalada, the herds come back down again to return to their stables, the perfect occasion of course to celebrate!

2 to 9 August:

International Folk Festival of the Rouergue (12)

World folklore week in the Aveyron.

Tel: 05 65 46 84 27.

- 6 August: Saint-Geniez
- 7 August: Saint-Affrique, Luc
- 8 August: Cransac-les-Thermes
- 9 August: Pont de Salars



From 25 to 27 June.

The High Lands at Saint-Flour (15)

You can see everything that is grown in the mountains in the cité cantalienne, and for the 10th year running. Program includes: concerts, street entertainment, balls, theatre, exhibitions, the chance to meet stringed instrument makers, craftsmen and producers. Tel.: 04 71 60 22 50

7 and 8 August,

The Festa del País at Saint-Flour (15)

When agriculture has a party, with all sorts of entertainment: Milking demonstration, Cheese making, Horse harnessing, Threshing in the old style, Local produce and crafts market.

A gorgeous window on the rural world.

Tel.: 04 71 60 22 50

Pentecostal weekend The Saint Bourrou at Marcillac-Vallon (12)

Sound the trumpet! The bandas orchestras are coming to entertain the medieval streets for three days of festivities. Giant aligot, fun fair, open air dancing and especially the procession of Saint Bourrou, patron saint of winemakers to ask the Virgin (Mary) for a rich grape harvest.

Tel.: 05 65 71 13 18

TOP 5 events

1. Tradition: Transhumance festival on the Aubrac (12, 15, 48)
2. Music: Africajarc at Cajarc (46)
3. Religious: Conques pilgrimage (12)
4. Theatre: festival of the Bonaguil Theatre (47)
5. Gourmet: The European taste championships at Aurillac (15)





2. Music

Blues à Cahors

10-17 July

Ever since 1981, this large blues get together has drawn in the greatest: Ray Charles, James Brown, BB King. And once again this year, the legendary guitars of, Popa Chubby and Joe Louis Walker.
www.cahorsbluesfestival.com

Vallée d'Olt Music Festival (12)

20-30 July at Saint-Geniez D'Olt.

Marvellous festival of chamber music concerts, today the major meeting for all styles of soloists.
Tel.: 05 65 70 43 42. www.festivalolt.com

"Conques, the Roman light" music Festival (12)

7 July - 15 August

There couldn't be a better acoustic setting than the Romanesque abbey church of Conques for this major event
Information: 05 65 71 24 00
www.festival-conques.com

Belaye events (46)

30 July-6 August

Started in 1988 to liven up a sleepy village, they all take place around Roland Pidoux, one of the greatest current cello violinists, musicians and music lovers In a close knit atmosphere.
www.violoncelle-belaye.site.voila.fr

Slipway Wednesdays (47)

Every Wednesday throughout July/August, at Villeneuve-sur-Lot.

Free open air concerts with breathtaking views over the Lot. These festive evenings start at 9pm.
Tel.: 05 53 41 53 94 (Nathalie Veron Petruz)
www.ville-villeneuve-sur-lot.fr

And also Blues Station

Held at Tournon d'Agenais (47)

for the last 10 years, a Volunteer team of enthusiasts put on 5 to 6 concerts dedicated to the great names in blues every year.
Tel.: 05 53 40 72 14. www.bluestation.fr

Did You Know?

At Halloween, at Sainte-Eulalie and Lassouts (12) if you like auctions, and these are for the good causes ... The money collected is used for paying for the church services for the souls trapped in Purgatory!

For the out of the ordinary

The «Bachelors' Fair» (48)

3 and 4 April

Better than any dating site: La Canourgue! Ever since 1981 It's been the place to come for all those unattached bachelors looking for love. On this weekend's program organised by the 'Cupidon' association (oh yes, it does exist!), nothing is left to chance: hiking, balls, games, cabaret dinners and thé dansant. And people come here from all over France!
Tel.: 04 66 32 88 52
www.foire-aux-celibataires.com

Africajarc at Cajarc (46)

22 to 25 July

Africa on the banks of the Lot ? It's this very fine festival at Cajarc that brings in the greatest musicians from Africa. Concerts, plays, stories, art and craft, cuisine...
All very exotic!
www.africajarc.com

Square bowls European Championship (15)

On 7 August.

Is there really such a thing as square bowls? Yes, at Pierrefort. It's played like pétanque, In teams of two, and the aim is to role them in the little sloping streets without them leaving the road.
Tel.: 04 71 23 38 04

International Pyrotechnics Festival (12)

24 July.

At the heart of the former Decazeville mine, the best pyrotechnicians in the world come together for you to experience all the magic of an all too short-lived spectacle rich in colours.
Tel.: 05 65 43 18 36
www.decavezilletourisme.com

Earth Festival at Bozouls (12)

3rd week in August

Rendez-vous at the bottom of Bozouls, one of the 7 wonders of the Rouergue for some get together on the subject of Earth and Human Sciences. Workshops, conferences, Exhibitions, guided tours. Terra Memoria, tel.: 05 65 44 69 27 www.geopole12.org

3. Religious

The Sainte-Foy Festival

9 and 10 October Conques (12)

From the pilgrimage from Sénergues to Conques, From the procession of the relic through the streets of the village to the evensong followed by dancing to the sound of the cabrette bagpipe, this is a big weekend for pilgrims to get together.
Tel. : 05 65 72 85 00 www.mondaye.com

Festival of Saint-Fleuret

4 July. Estaing (12)

A pretty procession for the relics of this (patron saint of Estaing). The extras, the Estagnols, in period costume represent characters from the church, the heavens and the earth alongside the olden day Compostelle pilgrims in their monk's robe covered with shells
Tel.: 05 65 44 03 22

Sainte-Epine Festival and Procession

10 and 11 July Sainte-Eulalie-d'Olt (12)

Not to be missed! The Solemn procession parades across the town's cobbled streets with the Sainte Epine and the 100 extras in period costumes who accompany the reliquary which encloses the thorns of the crown of Christ and the pieces of the Cross for the solemn Messiah.

Tel.: 05 65 44 03 22



4. Theater

Street arts at Mende (48)

From 2 to 4 July

The 5th edition of this Festival will bring together 25 companies giving a total of 80 performances over three days: burlesque theatre, sketches, marionettes clowns solos, acrobatic displays. All of it in a joyful musical atmosphere, to a background of electro-jazz and world music. And what's more, it's free! www.laboart.fr

World Detours Festival at Chanac (48)

Throughout July

Carried forth by an ultra motivated team of volunteers, Ca S'ouïe puts Chanac really at the centre of the Universe as the place to get together, and where the difference, in opinions and colour of skin are banished. Sponsored by the actor Richard Bohringer, the philanthropist Pierre Rabhi and Attefocq Amo President of the festival L'Air au Niger, this festival takes a look every

year at the world's cultures and brings together more than 4,000 festival goers.

Tourist Office: 04 66 48 29 28
www.detoursdumonde.org



Marcoles Nights (15)

From 21 to 24 July

In the delightful setting of a little medieval village, the streets come alive as soon as night falls with costume shows which shine the spotlight on the traditional stories and musical creations.

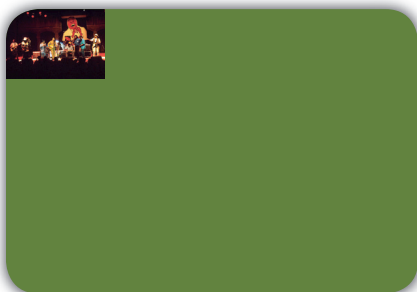
Snack at midnight:
By reservation only.
Tel.: 04 71 49 06 97



Figeac theatrical Festival (15)

From 29 July to 7 August

As head of the Trestles of France, Marcel Maréchal comes every Year to Figeac for this festival which brings life to the most beautiful parts of the town. A rendez-vous for popular theatre with the involvement of companies from the Midi-Pyrénées.
www.treteauxdefrance.com



Bonaguil throwing a Party (47)

10 to 11 July

Its medieval festivals and the 17 July The château in a dazzling spectacle.

Tel.: 05 53 71 90 33 www.bonaguil.org

The Bonaguil theatre festival will take place from 2 to 8 August at the château of Bonaguil and at the château of Fumel.



Errances theatre festival at Conques (12)

Throughout July

Belgium, Spain, Holland, France. You'll be able to see companies from these other European countries in the streets but also in the different facilities of the town.

Tel. : 05 65 71 24 00

www.ceacm.com



Street theatre festival at Aurillac (15)

From 18 to 21 August

Started in 1986, this festival began life with only 7 companies.

Today it's a standard bearer on the European stage, and it now attracts 20 official companies plus 500 incidental companies, and 100,000 spectators!

Tel. : 04 71 43 43 70 www.iaurillac.com

The missing link at Figeac (46)

From 20 to 24 October

Music, theatre, street arts, circus... : that's an electric festival if ever there was one, which is also a living laboratory for new talents from all over Europe. In total, 60 shows and 350 Professionals together. Quite a standard!

www.reseau-chainon.com

Yesterday a village at Flagnac (12)

29,30,31 July

and from 5 to 9 August

Relive the history of this village in the fabulous son et lumière show presented by its inhabitants.

www.hier-un-village.com



5. Gourmet

The European Taste Championships at Aurillac (15)

From 2 to 4 July

Feeling a bit peckish?, In the space of a weekend, Aurillac becomes the gourmet capital. Snacks, recipe demonstrations, producers and craftsmen from all over France.

Ideal for filling up your shopping basket!

Tourist Office Aurillac : 04 71 48 46 58. www.iaurillac.com

On the tracks of the Laguiole cheese (12)

21 March

Put on your cross country skis or your snowshoes and head out from the ski stations of Laguiole and Brameloup for a 20 km hike in search of local produce. A warm welcome guaranteed!

Young mountain cheese cooperative,
tel.: 05 65 44 35 54.

Pork pie festival (47)

Sunday 11 July

Quite fantastic this celebrated master chef at Penned'Agenais and at Tournon d'Agenais during the gourmet festivities organised by the pork pie brotherhood. On the menu, competitions and tasting sessions.

The Prunes fair (47)

11 and 12 September. A fitting homage to this fruit at Saint-Aubin. In the program: local produce on sale and especially prunes.

www.cc-monflanquinois.fr/staubin.htm

The Cep Hats (48)

9 and 11 November.

The town of Mende becomes the capital of the king of mushrooms and celebrates "Les Toqués du Cèpe (The Cep Hats)". For this second edition, it'll be the whole town of Mende which will chime to the hour of the cep. The streets and squares become a forest with a frothy ground littered with giant mushrooms, in a cheerful musical atmosphere.

Mende Tourist Office: 04 66 94 00 23

THE LOT VALLEY

TOURIST INFORMATION AND PRESS CONTACTS



Lozère

Lozère Départemental Tourist Board

14, bld Henri Bourillon - BP 4
48001 MENDE Cedex
Tel.: 04 66 65 60 00 Fax.: 04 66 49 27 96
Site Web : www.lozere-tourisme.com
Press contact: Inger BERCKHAUER,
tél. : 04 66 65 60 14
i.berckhauer@lozere-tourisme.com

Agence Lozere reservations

Tel.: 04 66 48 48 48, Fax.: 04 66 49 27 96
E.mail s.layrol@lozere-resa.com
www.lozeresesa.com

Languedoc-Roussillon Regional Tourist Board

Official website: www.sunfrance.com

Cantal

Cantal Tourism

36 rue de Sistrières
15000 AURILLAC
Tel.: 00 33 471 605 821 Fax.: 04 71 63 85 10
E.mail contact@cdt-cantal.fr
Website: www.cantaltourisme.fr
Press contact: Sylvie FAVAT
tel.: 04 71 63 85 11
sfavat@cantaldeveloppement.fr

Auvergne Regional Tourist Board

Official website: www.crt-auvergne.fr

Aveyron

Aveyron Departmental Tourist Board

17, rue Aristide Briand BP831
12008 RODEZ CEDEX
Tel.: 05 65 75 40 12 Fax.: 05 65 75 55 71
E.mail info@tourisme-aveyron.com
Website: www.tourisme-aveyron.com
Press contact: Jackie BRU
tel.: 05 65 75 55 81
jackie.bru@tourisme-aveyron.com

Aveyron Reservation

Tel.: 05 65 75 55 54 Fax.: 05 65 75 55 89
E.mail sla-aveyron@wanadoo.fr

Midi-Pyrénées Regional Tourist Board

Official website: www.tourisme-midi-pyrenees.com

Lot

Lot Tourism

107, quai Cavaignac 46000 CAHORS
Tel.: 05 65 35 07 09, Fax. : 05 65 23 92 76
E.mail info@tourisme-lot.com
Website: www.tourisme-lot.com
Press contact: Martine BOUCHET
tel.: 05 65 35 81 94
martine.bouchet@tourisme-lot.com

Lot Reservation

132 rue des Carmes. BP 7 46001 CAHORS Cedex 9
Tel.: 05 65 35 53 20 92, Fax.: 05 65 53 20 94

Midi-Pyrénées Regional Tourist Board:

www.tourisme-midi-pyrenees.com

Lot et Garonne

Lot-et-Garonne Departmental Tourist Board

271 rue Péchabout 47000 AGEN
Tel.: 05 53 66 14 14 Fax. : 05 53 66 08 01
E.mail cdt47@tourisme-lotetgaronne.com
Website: <http://www.tourismelotetgaronne.com>
Press contact: Anne FERNANDEZ
tel.: 05 53 66 24 30
afernandez@tourismelotetgaronne.com
Leisure in the Lot et Garonne
BP304 47008 AGEN CEDEX
Aquitaine regional Tourist Board
Official website: www.tourisme-aquitaine.fr

THE LOT VALLEY

TOURIST INFORMATION

How to get to the Lot valley

- By motorway: A75 (St Flour), A20 (Cahors) or A62 (Aiguillon)
- By train: TGV Paris-Toulouse, Agen train station
- By plane: Toulouse Blagnac International airport: 0 825 38 00 00
Brive Airport: 05 55 86 88 36, Rodez Airport: 05 65 42 20 30,
Aurillac Airport: 04 71 64 50 00
- Low-cost airlines serve Bergerac and Rodez and since June 2010 BRIVE-SOULLAC airport is a new access to the Lot.

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