

Lot valley - Castles and medieval towns - 8 days

From Agen, symbolic city of the prune and famous by its bridge channel, your cycling tour offers you to discover the Lot Valley. Green landscapes, pretty medieval villages as Nérac, Villeneuve-sur-lot, most beautiful villages of France such as Pujols, the impressive castle of Bonaguil, one of the most beautiful of France. In the course of streams you will cross many cities and villages on pleasant bike routes in the flat reliefs lined with orchards and with plum trees giving to the Lot Valley a garden look. Land of gastronomy and excellent local products, the Lot will wake your papillae with the truffle, the foie gras, the lamb or the melon of Quercy, the wine Cahors Malbec. This trip, alternating bicycle paths and small roads will allow you to discover an exceptional natural setting and will delight you by the diversity of its landscapes.

Day 1: Welcome to Agen

Arrive at your 3-star hotel in Agen, where you will find the road book and bikes waiting for you. This beautiful city, capital of the prune, is half way between « Bordeaux » and « Toulouse » and offers a few interesting locations. Agen, is a rich city with 2000 years of history, which reveals its heritage throughout medieval streets and elegant boulevards from 19th Century: The Museum of Beaux-Arts (fine arts) shows five Goya paintings (including the self-portrait), among other Spanish works of the 18th and 19th centuries. Its vibrant city center, offers shops and services. Farmers' markets are a showcase of local products: foie gras, fruit and vegetables, and of course, prunes!

Day 2: Agen > Nérac, ~32 km (20 miles)

You pedal on the tracks of famous king Henri IV. From the vineyards of Buzet to the Armagnac, around Mézin, with castles along the magnificent river Baise. The country of Albret, authentically Gascon country is a destination full of charm animated by the agricultural wealth of pines and orchards.

Day 3: Nérac > Le Temple sur Lot, ~51 km (32 miles)

From the castle of Henri IV your bicycle day brings you today in the Lot Valley! You will go back up the river Baise until Buzet to discover its vineyards, then you will continue on the canal of the Garonne until you reach the river Lot. You could enjoy the many water stopping places which are offered to you all along the route. "Aiguillon" marks the official departure of the velo route. Majestic rivers, medieval villages, hillsides hid orchards, villages with feet in the water... The Lot Valley reserves you of pleasant surprises. Do not miss one stop to the museum of the prune!

Day 4: Le Temple sur Lot > Villeneuve sur Lot, ~30 km (19 miles)

Today you take back the bike road in the direction of the medieval village of Villeneuve-sur-lot. You will take small, beautiful and shaded roads of the valley in the heart of the orchards of apples and producing plum trees of the famous of "Prune d'Ente" which once dried become the delicious prunes of Agen. Your route will be marked out by old bridges and superb villages such as Casseneuil, Sainte Livrade or Pujols, one of the most beautiful villages of France!

Day 5: Villeneuve sur Lot > Fumel, ~35 or 50 km (22-31 miles)

From Villeneuve-sur-Lot, your route borrows small roads through the orchards of plum trees in the wide bed of the Lot. You will cross the beautiful village of Penne d'Agenais overlooking the valley of the Lot. Others remarkable perched villages, Montsempron-Libos and Fumel. A few kilometers away from Fumel a stop is imperative to visit one of the most beautiful fortresses of France, the castle of 4Bonaguil. Down from its rocky spur, it dominates for 8 centuries the valley and the medieval village.

Day 6: Fumel > Tournon d'Agenais, ~42 or 52 km (26-32 miles)

From the Lot et Garonne your biking day takes you this time in the department of the Lot. Here are landscapes of vineyards of Cahors ordered well around elegant wine estates. You will cycle on small roads and green ways until you reach the remarkable medieval village perched of Puy l'Evêque. Your route takes you back then in the Lot et Garonne, in the beautiful village of Tournon d'Agenais by taking small roads of the valley.

Day 7: Tournon d'Agenais > Agen, ~55 km (34 miles)

Ultimate stage on your bike which in the course of valleys and streams returns you in the capital of the prune. Remarkable villages will cross your road as the bastide of Montaigne de Quercy and Puymirol, or again the perched village of Beauville and Roquecor. Your tour comes down gradually in the valley of Séoune, but shaded path.

Services:

7 nights in 3*** and 2** hotels and guest houses
 7x breakfast
 3x dinner
 luggage transfer (max 20 kg)
 detailed tour documentation with maps GB, FR
 navigation app with GPS
 service hotline (7h30-20h)

additional services:

extra night, single BnB, Agen	120 €
extra night, double BnB, Agen	70 €
supplement solo traveler (luggage)	160 €
theft insurance for the bike	15 €
theft insurance for the e-bike	30 €
rental bike 21 gears	140 €
electric bike	250 €
own bike	0 €

Price:



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Day 8: Departure from Agen after breakfast

