

le boat

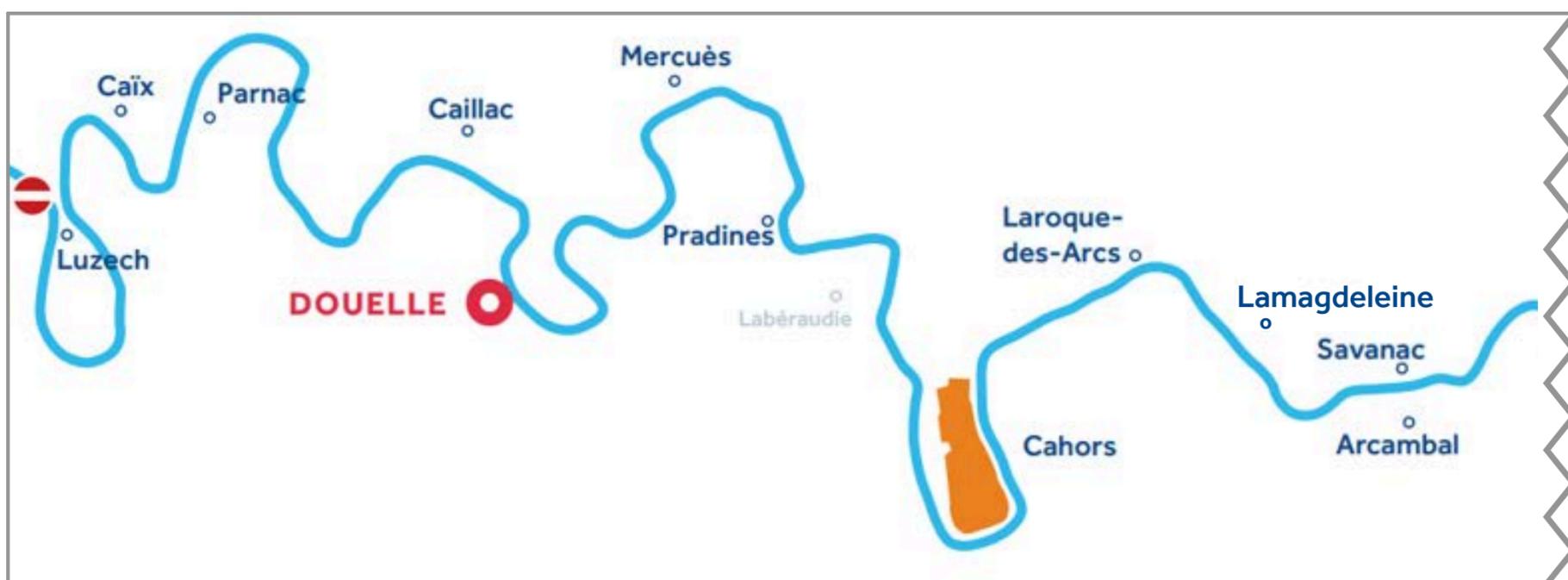
THE RIVER LOT

Region Guide



| River Lot | | Approx time | | No. of locks | |
|-----------|--------------------------|-------------|--------------|--------------|----|
| | Luzech | 5 min | 2 hrs | 0 | 1 |
| | Caix | 20 min | | | |
| | Parnac | 55 min | | | |
| | Caillac | 40 min | | | |
| | Douelle (Le Boat) | 1 hr | 3 hrs | 1 | 3 |
| | Merquès | 20 min | | | |
| | Pradines | 1 hr 40 min | | | |
| | Cahors | 1 hr 15 min | 7 hrs 40 min | 2 | 10 |
| | Laroque-des-Arcs | 30 min | | | |
| | Lamagdelaine | 35 min | | | |
| | Arcambal | 1 hr 10 min | | | |
| | Vers | 1 hr 30 min | | | |
| | St-Géry | 1 hr 30 min | | | |
| | Bouziès | 1 hr | | | |
| | St-Cirq-Lapopie | 10 min | | | |
| | Tour-de-Faure | 1 hr 30 min | | | |
| | Cénevières | 1 hr 30 min | | 3 hrs | |
| | Larnagol | | | 1 | |

Times are an approximation only and are calculated on the basis of an average speed of 6km/h and an average time of 20 minutes to pass through a lock. Your speed, the flow of the water and the time it takes to go through locks will all affect your progress.



12 Maximum speed allowed on waterways in km/h

3 Maximum speed allowed in ports/marinas in km/h

 Pass oncoming boats on the right-hand side

LUZECH



Luzech

Encircled by the Lot River, Luzech is the last stop downstream. Stroll through the medieval streets to discover its beauty and to see its 13th century dungeon, Gothic church and Romanesque church. The Consuls House hosts the Tourist Office and two museums, one about mills and the other about dinosaurs – an unusual combination! Children will be fascinated by the cast of a 60 sq. m. footprint, dating from 140 million years ago.



Recommended restaurant: La Poêle Gourmande



Amenities: SPAR grocery store (1,6km from the mooring), bakeries, bar, cafe, restaurants.

Market: Wed (am).

Saint Martin's Church, Caix



Moor in front of the 15th century Château de Cayx to enjoy the view and peaceful surrounds. In medieval times, the château formed part of the defences of Luzech, but nowadays, it belongs to the Danish Royal Family and is used as their summer residence. While the gardens and winery can be visited on a guided tour, followed by a tasting (+33 675 883 949), the castle is private.



Recommended restaurant: Base
Nautique de Caix

PARNAC



*Château Saint-Didier-Parnac
and Vineyards, Parnac*

Parnac is a charming little town. The gothic Saint-Saturnin church, overlooking the river, is a delight to visit and was classified as a historic monument in 1910. During the summer, the Château Saint-Didier-Parnac is open to visitors for wine tasting and to learn about the local history of winemaking which dates back over 300 years, when the Rigal family first developed the wine estate. Be sure to stock up at the cooperative wine cellar and take a ride through the beautiful vineyards, if you have bikes. Enjoy a free visit and tasting (+33 685 326 558).



Recommended restaurant: Restaurant Les Jardins (reservation required).



Amenities: Grocery store (2km from the mooring).

CAILLAC

The Lagr ezette vineyards and Ch ateau, Caillac



The Lagr ezette vineyards surround a beautifully restored 15th-century ch ateau, just 2 km from the moorings, making it an ideal visit by bicycle. Visitors are welcome at the cellars, where you can sample different vintages in the presence of an expert (+33 565 200 742).



Recommended restaurant: Le Vinois
(500m from the mooring).



Amenities: Grocery store (600m from
the mooring).

DOUELLE



Douelle has played an important role in the history of the Lot River since the Middle Ages, and was once the largest port for shipping traffic. For many years, wine barrels were manufactured here to be shipped to Bordeaux, while the current Port dates back to the 19th century. Douelle itself was famous for its skilled boatmen and a Gabarra (barge) is hung in the local church, reminding the locals of the local history. Upstream of the attractive suspension bridge, you can't miss the Europe's largest mural painting, painted by Chamizo in 1992 and representing the history of Cahors wine. The oldest house in Douelle is now a restaurant: L'Auberge du Vieux Douelle, better known by the name, Chez Malique, famed for its traditional cuisine including calf's head.

For dessert, try the traditional The Lagrèzette vineyards and Château, Caillac Fresque Chamizo, Douelle sweet tarts, 'pastis', made with very fine pastry, on sale at the Les Pastis d'Elise patisserie. If wine's more your thing, several winegrowers here will be happy to help you discover their wine, produced in the surrounding vineyards, such as Domaine Marcilhac which has been owned by the same family for many generations (+33 565 309 032), and Le Passelys (+33 565 200 576).



Recommended restaurant: Auberge du Vieux Douelle (a 10 minute walk from our base), Chez Malique.



Amenities: Grocery store, bakery and two restaurants.

Fresque Chamizo, Douelle

MERCUÈS



Merquès

Merquès castle, which dominates the town and dates from the 7th century, was for centuries the summer residence of Cahors counts and bishops. Today it is a hotel and restaurant. You can also visit the cellar and taste four or six vintage wines from the castle (+33 565 200 021). During the summer months, Château de Merquès hosts Les Nocturnes au Château. Every Thursday evening, with a reservation (+33 5 65 20 00 21), you can enjoy an apéritif and a selection of dishes to share in the gardens, accompanied by live music and the elegant backdrop of the château.



Recommended restaurant: Le Château de Merquès (3km above the river).



Amenities: Bakery, butcher and a café-bar.

Market: Thu (am).

PRADINES



Stop in Pradines and enjoy a wide range of activities with CapNature, all located close to the moorings. Options include tree climbing, zip wires, paintball, mini-golf and water-skiing, and you can also rent a canoe on site (+33 5 65 22 25 12). Surrounded by verdant forest, this charming village is steeped in history and is home to the pretty Saint-Martial church, well worth a visit.

CAHORS



Surrounded by steep hills, Cahors is sure to be one of the highlights of your cruise. A city of art and history, Cahors is also famous for its vineyards and gastronomy, particularly truffles and foie gras. The winding alleyways of the historic centre will take you to the magnificent St. Étienne cathedral, a UNESCO World Heritage site and a stop on the famous Santiago de Compostela pilgrimage. Take a moment to admire its blend of Gothic and Romanesque influences.

Pont Valentre, Cahors



The Chartreux Fountain, also known as “the spring of the gods”, has been supplying the city with drinking water for centuries. All that remains of the Palace Jean XXII, built for Pope John XXII, is its 34m square tower.

Walk to the other side of town to visit the UNESCO listed Valentré Bridge, or join a guided tour organised by the Tourist Office to learn more about its history. Of course, the best view is from the river as you arrive into town. Have fun following the ‘Jardins Secrets’ route; there are around thirty gardens to explore, or take the small train which departs from the Valentré Bridge. For a stunning view of the river loop, the roofs of the historic town and the Lot valley, climb to the top of Mount St. Cyr – on a clear day, you can see the castle of Mercuès in the distance.



Recommended restaurant: L'O à la Bouche – enjoy the experience of an open kitchen and tasty, gastronomic cuisine.



Amenities: You'll find everything you need in Cahors.

Market: Wed and Sat (am) – Place de la Cathédrale St. Étienne.

LAROQUE-DES-ARCS

Laroque-des-Arcs has been inhabited since the Roman era, when it was founded in the 12th century to protect the “arcs” (arches) carrying water from the valley to the thermal baths of Cahors.



Laroque-des-Arcs

Traces of this Roman aqueduct are still visible at Pech de Clary (Lamagdelaine), as well as the ruins of the toll tower, from which the local lords charged the river users. Embedded into the limestone walls, all along the Lot Valley, are the "Chateaux des Anglais", a series of 12th and 13th century fortifications built to protect the townspeople in case of attack. One such example is overlooked by the charming St.Roch chapel, built under the overhanging rock.

SAVANAC

Savanac is a picturesque, leafy town. Soak in the beautiful sights and views wherever you look.

ARCAMBAL

Arcambal is a typically quaint town where you'll discover many historic sites such as the fortified ruins (now covered by vegetation) the old Bouquet Castle and the impressive church Saint-Antoine, built in the 15th century.



Recommended restaurant: Les Aromates

VERS



Vers is a small village located at the intersection of the Lot River with the Vers stream, punctuated by small waterfalls and a string of mills. Admire the grey-white limestone cliffs tinted with ochre, which give extraordinary colours at sunrise and sunset.

The art gallery near the port displays oil and pastel paintings depicting scenes of the Lot Valley. 2,5km from Vers, you'll find the Delfour biscuit factory and museum. Pick up some treats at the shop or enjoy a pit-stop at the tea room.

A 15-minute walk to the west of Vers, visit Velles Chapel where sailors once stopped to pray to the Virgin, asking her to protect them during their perilous expedition. Downstream of Vers, the remains of a Roman aqueduct, dating from around 50AD and which carried drinking water to Cahors, can be seen from your boat.

Another example of the region's "Chateaux des Anglais" (see Laroque-des-Arcs) is located in the western cliffs, visible from the town car park. It has the distinction of having a sheltered cave that once allowed villagers to hide in case of enemy invasion.



Recommended restaurant: La Truite Dorée, next to the road bridge in town.



Amenities: Grocery store & bakery.

Market: Jun to Sep: Thu (5pm-7pm).

ST. GÉRY



St. Géry

Stop at St. Géry if you want to visit the Mémorail Quercy Vapeur, a railway museum which explores the history of rail travel along the Lot Valley line from 1880 to the present day. Goods and passenger trains from different eras are on display, as well as a miniature steam train on which you can tour the grounds (June to Sept – +33 565 313 348). Beside the lock, you'll see the old pumping station with its tall chimney that once brought water up to the railway station to supply the steam trains.



Amenities: Grocery store and a bakery.

Market: Sun (am).

BOUZIÈS



The Towpath at Bouziès



Mountain biking in Bouzies

The towpath around Ganil Lock has been carved into the steep limestone cliffs by hand, to allow boats which were once pulled long by horses, to travel along this stretch. A short distance from Bouziès, also carved into the rock, is a 30 metres 'fresco' of impressive sculptures by the artist Daniel Monnier – well worth a walk from the town. Kalapca Loisirs offers a range of outdoor activities: canyoning, caving, rock climbing, canoeing, kayaking and more (+33 56 52 42 101).

Top tip: Explore the area on foot or by bike, cycling along the towpath to Saint-Cirq-Lapopie or following the Camino de Santiago route to Cabrerets.



Recommended restaurant: Les Falaises
(directly in front of the pontoons).

CABRERETS



Cabrerets

A 6km cycle ride north of Bouziès is the village of Cabreret which is dominated by a medieval fortress, although its centrepiece is the imposing Château de Cabrerets. Unfortunately it is closed to the public for most of the year, but worth a visit to see the exterior. Near the village, be sure to visit the impressive Pech Merle caves, discovered by three young boys in 1922 and the site of ancient drawings of prehistoric woolly mammoths, horses and reindeer, many of which date back to 30,000 BC. The stalagmites and other cave formations are also quite beautiful. (Booking required: +33 565 312 705). To reach the caves, take the pedestrian path which starts behind the village church.

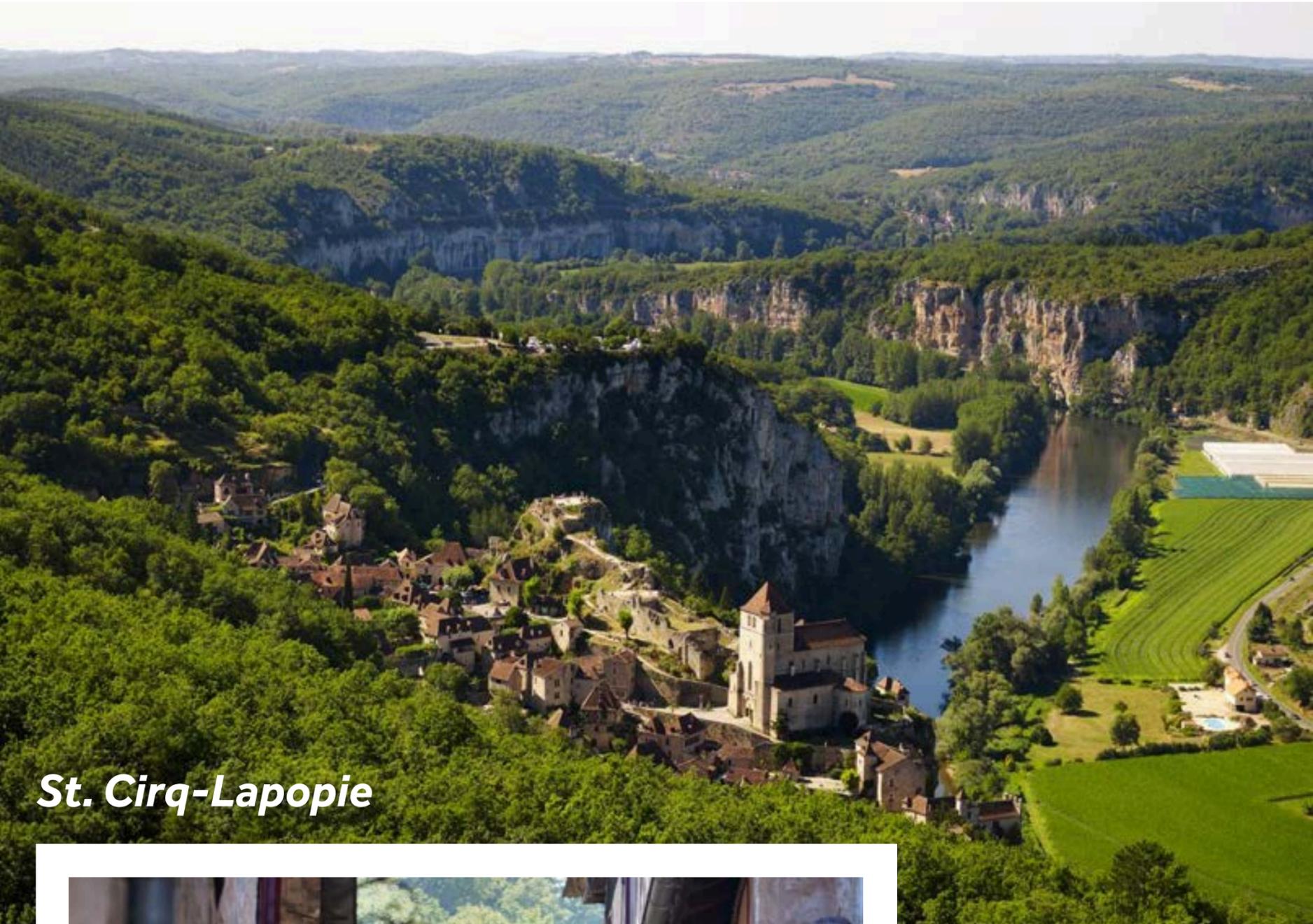


Recommended restaurant: Restaurant des Grottes, backing onto the river Célé.



Amenities: Supermarket, bakery and restaurants.

ST. CIRQ-LAPOPIE



St. Cirq-Lapopie



Perched on a cliff 100m above the Lot River, Saint-Cirq Lapopie is one of the main stops on your holiday, and is deservedly classified as one of the most beautiful villages in France. It derives its name from one of the families that founded it, the Lapopie, who erected the first fortress here. With 13 listed buildings to choose from, the medieval village has conserved its heritage and retained an irresistible charm.

Below the ruins of the fortress, the village includes many beautiful old houses built from stone or wood between the 13th and 16th centuries, characterised by their flat tile roofs.

In its flower-lined streets you'll discover many arts and craftsmen, from skimmers and potters to wood turners, who produce a variety of items. To get there from the river, there are two footpaths: the first, in front of St. Cirq lock and the other, further downstream. These two paths avoid the traffic on the road D40, but the slope is steep.



Recommended restaurant: Le Cantou in the centre of town.



Amenities: A few restaurants, ice-cream stalls, café bars and souvenir shops.

Market: Jul-Aug: Wed 4pm - 8pm
– Place du Sombral

TOUR-DE-FAURE

Tour-de-Faure is a peaceful village with many old buildings. Walk along the paths around the village and enjoy the untouched beauty of the area.



Amenities: Grocery store and bakery.

CÉNEVIÈRES



Cénevières Castle

Discover Cénevières castle and admire the Lot valley from its terraces. The owners, the De Braquilanges family, will be delighted to share the château's history during a one-hour guided tour of ten rooms dating from the 13th, 16th and 18th centuries. Highlights include the 13th-century dungeons and chapel, as well as an elegant Italian-style gallery and beautifully frescoed ceilings. Advance booking required: +33 6 56 31 88 08. Cycle to the small hamlet of La Toulzanie (2km away) which is studded with ancient troglodyte houses hewn into the cliffs. You'll feel like you're on a film set!



Amenities: Grocery store.

LARNAGOL



Larnagol

Larnagol is a charming village, typical to the area. Take time to wander through this lovely fortified town, which was built centuries ago, and admire the pretty church which you can see from the river. Château de Larnagol, listed as a historic monument, is now run as a charming bed and breakfast. The owner is happy to offer a short guided visit, showing the beautifully decorated rooms as well as the French and Italian-style gardens: +33 5 65 23 39 79

CAUTION

We do not recommend this river if this is your first boating holiday, as river currents can sometimes be strong. Normally the Lot is a placid river and the current is light. However, in the event of a storm, the waters rise quickly and conditions can become difficult. In this case, find a safe mooring and keep an eye on your lines until the waters have gone down.

LOCKS

There are no lock-keepers on the River Lot. As such a good level of fitness is required from at least two crew members. All of the locks on the River Lot are manual and user-operated can be used every day from 30 minutes before sunrise to 30 minutes after sunset. Set a crew member ashore (two if possible) before the lock so they can turn the cranks which operate the gates and sluices. A crew member should always be ready to close the sluices in case of emergencies. Please refer to the onboard Boat and Navigation Manual for more information about how to operate and pass through locks.

MOORING

Overnight mooring is only allowed in dedicated marinas, Please refer to your waterways map for exact locations. Most towns and villages have mooring spaces to tie up to and moorings are usually free. Access to shore-power facilities is severely restricted. Never moor at waiting pontoons on either side of a lock (unless you are waiting to use the lock).

WATER

You will need to fill up your water tank every two days. Water points are available at our Le Boat base in Douelle for free, as well as some ports/marinas along the river – please check your waterways map to find out where.

PUMPING OUT WASTE WATER

You may need to pump out your waste tanks at least once during the course of a week, especially if your boat is filled to maximum occupancy. We advise you to plan where to pump out by checking your onboard waterways map to find out which marinas offer this service – a charge will apply.



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Disclaimer: We have endeavoured to ensure that all the information in this Guide is correct at time of printing. However, opening times and prices are subject to change. Attractions, restaurants, locks and even stretches of the canal can close without notice. Le Boat is happy to recommend all of the attractions and eating establishments featured within this Guide. However, they are not owned or managed by Le Boat and, as such, we cannot guarantee the quality of your experience at any particular time. If anything in this guide is not correct, we'd love to hear from you at guides@leboat.com so that we can revise future editions.

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