



## Explore The Lot Valley This Autumn

Sep 30, 2013

Easy to reach by plane for a short break or by car for longer holidays, discover the autumn in the Lot Valley\* and its colourful sceneries.

In October and November, whether you prefer active holidays, want to learn about the local fauna or to discover the local gastronomy and traditions, there is something for everyone : walking, hunting, picking up mushrooms or chestnuts, waiting for the call of the deer, relaxing in a spa and much more...

### **Walk :**

The weather can still be nice and it will be a good opportunity to follow the St James paths without the crowd, along the Lot and admiring the vibrant colors of the autumn.

If you decide to walk around Aveyron, Cantal and Lozère, stop one night in a buron and listen to the call of the deer while enjoying the mushrooms picked a moment before. Several accommodations offer deals with night walk and dinner.

While in Lozere, visit the wolves park and the bisons reserve and learn about these wild species who now lives in semi-freedom in La Margeride (granite soil national



park where these animals used to live centuries ago and where the *département* is now trying to reintroduce them).

## **Eat :**

More interested in learning about the local gastronomy ? Throughout autumn and winter, visit the « fat » markets in Lot and Lot-et-Garonne specialise in capon (corn-fattened chicken), duck, goose and "foie gras" liver, ready for the festive season.

These "fat" markets are in Villeneuve sur Lot (Lot et Garonne) every Saturday morning, from October to March or in Cahors (Lot) every Saturday morning, mi-November to end of December. To learn more about foie gras, visit the Foie Gras museum in Lot et Garonne.

In Cantal, on the 19th and 20th of October, join the 20,000 visitors who come to take a bite of rustic France at the annual Mourjou Chestnut Festival.

Half of the 400 inhabitants of Mourjou are taking part in the organisation of this festival which welcome over 80 stallholders from all over the world for food testing, conferences, technical demonstrations, exhibitions, hiking, storytelling, music and dance.

Follow the Lot meanders to meet the winegrowers of the Black Wines (known for centuries). The members of the « Accueil vignerons » are committed to giving you a warm welcome in pleasant surroundings, in order to share with you their passion for their vines and for you to taste the wines.

## **Relax :**

Want to try something unusual? The vinocure, or well-being through grapes at the Château Vent d'Autan. Because grape pips are rich in tannins and anthocyanins, wine is a formidable ally in fighting the skin ageing process.. Anne and Olivier Godin, who really believe in this, have invented the... vinocure concept. On their vineyard property in Saint Matré, they have set up a health and beauty centre with jacuzzi, hammam, sauna and massage tables. All this beside the superb château where you can taste the best wines they make.

The Lot Valley has more traditional spas offering well-being breaks : countryside spas were born out of the confluence of an exceptionally well-preserved environment and thermal springs whose benefits have always been enjoyed.



La Chaldette resort on the high plateaux of Aubrac offers fitness holidays with or without hiking trips, as well as thermal spa treatments.

In Lot et Garonne, a Nordic sauna, oriental hammam, Japanese bath... at Les Thermes de Casteljaloux, take an aquatic world tour and try out all the sensations from this new spa complex built on the spring.

Did you know that the hottest spring in Europe is at Chaudes-Aigues (Cantal) where the water comes out at 82°?

And at Cransac-Les-Thermes (Aveyron), they offer therapeutic treatment using hot natural gases, drawn from "la Montagne qui brûle" (burning mountain).

So don't hesitate, book your holidays to the Lot Valley now !

For more information about the activities, accommodations or visits, visit [www.lotvalley.com](http://www.lotvalley.com) or contact Stephanie Khaou at [lotvalley1@gmail.com](mailto:lotvalley1@gmail.com)

Foie Gras Museum : [www.souleilles-foiegras.com](http://www.souleilles-foiegras.com)

More information on the network and the Cahors vineyards on <http://www.tourisme-lot.com/en/839/pages/d/the-lot-according-to-your-desires/the-vineyards/page/0>

About the vinocure : <http://chateauventdautan.com/gamme-vino-cure/complement-alimentaire-raisin/>

\* The Lot Valley is a group of 5 French départements along the river Lot (Lozere, Cantal, Aveyron, Lot and Lot-et-Garonne)

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