



Lot Valley - Luxury & Lifestyle

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You don't need to go long haul to find luxury and enjoy the French countryside lifestyle : the beautiful Lot Valley spans five French départements - Lozère, Cantal, Aveyron, Lot and Lot-et-Garonne. The Lot river, whose source is 1,200 metres up Mont Lozere, winds its way through the valley, a backdrop of unspoilt natural beauty filled with medieval bastides, abbeys and castles and a living culture that allows visitors to step back in time and combine luxury accommodations and spas with nature and heritage.

- **Boutique Hotels** - from cocooning break for two in a luxurious old farm to a 4* stunning castle or an amazing manor just for you, the choice is wide along the river Lot.
- **Famous Chefs** - The Lot Valley is famous for its duck produce, its cheeses - Roquefort and Cantal, and its wines - Cahors, Marcillac, Le Fel et Estaing amongst others. Why not treat yourself and visit some of the most talented French chefs for an unforgettable experience.
- **Unusual activities and Shopping** - The lush Lot valley claims some of the most beautiful villages in France, pretty market towns, Cahors black wine and water lilies which inspired Monet, why not visiting it in a vintage car, or discover it from the sky ? Buy a unique knife in Laguiole, hand-made potteries or visit the black truffles market in winter.
- **Relax and rejuvenate** - there are several thermal springs in the Upper Lot Valley and the spring in the village of Chaude Aigues in the Cantal, has the hottest thermal spring in Europe at 82°C. The spa La Chaldette in Lozère, at 1000 metres altitude, is also a must.

The Lot Valley is easily accessible by plane, rail or road.



- *Plane* : you can fly from many UK cities to Bergerac, Rodez, Toulouse, Bordeaux, Carcassonne, Montpellier or Brive with the main airline companies.
- *Train* : To travel by train, take the Eurostar to Paris Gare du Nord. An excellent train network operates from Paris (Gare de Lyon or Austerlitz) to many stations in the area.
- *Road* : Paris is under 600km from the Lot Valley which is easily accessible by road from all directions.

More details on : **www.lotvalley.com**

And some great locations and addresses in the enclosed document. ☐☐

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