



Lot Valley – An Overview

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 discover a corner of France as it was and as it is.

- **Taste the outdoors** - stunning landscapes (none more so than the dramatic landscapes of the Aubrac Peninsula at the eastern end of the valley), picturesque villages, a region that has been a favourite muse of French artists for centuries, home to a remarkable diversity of wildlife of butterflies, birds, insects and flowers.
- **Outdoor activities** - messing about on the river - boating, windsurfing, sailing, swimming, fishing, canoeing, canyoning, tubing and white water rafting. Stick to dry land - horse riding, hiking, climbing, skiing, cycling and fishing . Take to the air - handgliding or head underground - caving
- **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.
- **Take a journey through time** - home to some of Europe's most impressive pre-historic cave art, centuries-old castles, abbeys, bastides and Medieval villages survive as they were, the Roman abbey at Conques, (Aveyron), the castle Château de Cénevières, St Cirq Lapopie in the Lot and the beautiful Bastide of Mont Flanquin in Lot-et-Garonne.
- **Traditional food and drink.** The Lot Valley is most famous for its duck produce, its cheeses - *Roquefort* and *Cantal*, and its wines - Cahors, Marcillac, Le Fel et Estaing amongst others.
- **The Lot Valley is easily accessible by plane, rail or road.**
 - **Plane:** with BA, EasyJet, Ryanair, FlyBe and CityJet you can fly from many UK cities to Bergerac, Rodez, Toulouse, Bordeaux, Carcassonne, Montpellier or Brive.
 - **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. www.raileurope.co.uk
 - **Road:** Paris is under 600km from the Lot Valley which is easily accessible by road from all directions. For more information on routes, see www.mappy.fr ; www.viamichelin.co.uk

More details on :

Aveyron: www.tourisme-aveyron.com/uk Cantal: www.cantaltourisme.fr Lot: www.tourisme-lot.com/en
Lot-et-Garonne: www.tourisme-lotetgaronne.com Lozère: www.lozere-uk.com

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