



Driven by the Tour de France? Plan cycling holidays in the Lot Valley

From the high plateaux of the Aubrac to the gracious river bends of the Lot, taking in along the way proud medieval cities and perched villages, a host of paths and roads, drenched in the perfumes of wild flowers and liberty... The Lot Valley is a paradise for bicycle lovers!

Pilgrims on their bikes! (Aveyron)

The Saint-James way on a bike : the chance to pedal past the places in the département that you mustn't miss, from Conques to the Aubrac Plateau.

7 cycling trips for all available on [Tourism Aveyron website](#)

Follow the river on the véloroute (Lot and Lot-et-Garonne)

Imagine little roads very well signposted with just a few ups and downs, along the river Lot. From the confluence with the Garonne right up to the castle of Bonaguil, and which continues as far as Cahors, in total, 160 km of country road that everyone can use. Leaflets with all the trails are available in the Tourist Offices along the route.

More information on [Lot tourisme website](#) and the [Lot-et-Garonne website](#)

Under the shade of the chestnut trees (Cantal)

In the South of Cantal, the Chataigneraie is a protected conservation area, interrupted only by bucolic villages : Marcolès, Montsalvy, and gentle glens. For a week on the bike, following the little hidden roads with accommodation. Visit [Cantal Destination website](#)

Mende loves cycling (Lozere)

For the Tour de France followers, Mende will forever be marked by the stage victory by Laurent Jalabert, on Bastille Day in 1995! And there is now a Mountain Bike Park on the Mende Plateau with packages to suit every age, both little and big, to learn about mountain biking.

More information on the [Mende Tourist Office website](#)

For more information about the activities, accommodations or visits, visit www.lotvalley.com or contact Stephanie Khaou at lotvalley1@gmail.com

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