

Season

From mid-April to mid-October

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!

Difficulty: grade 3

No major difficulty, you walk 6 to 8 hours a day. The grade 3 reflects the length of some stages (between 25 or 30 kilometers) and the nature of the terrain. The total altitude gain is about 500 to 700 meters a day, some ascents or descents could be steep. This walk requires a reasonable degree of walking experience and a current good state of fitness. The trail is well marked.



Itinerary

8-day and 7-night self-guided walking holidays

Day 1: Arrival at CAJARC, small medieval city located on the right bank of the Lot river between cliffs and hills. Half-board accommodation in a small guesthouse

Day 2: CAJARC – LIMOGNE en QUERCY (18 km – 5 and a half hour walk) The crossing of the Causse de Limogne was once a stretch that terrified pilgrims. This vast, chalky sprawl provided little water and many occasions for accidents. The pilgrims avoided spending much time in this area, and strode with determination to Cahors! Fortunately, this strenuous hike will not be required of you. You will have plenty of time to enjoy the amazing landscapes, the overwhelming sheep flocks, the dolmens, the wash houses, and the remarkable shepherds' huts made from a stone called caselles or gariottes. You will head to Gaillac after crossing the Lot river and walk up onto a large plateau, the Causse de Limogne covered with stunted vegetation. In some places you will see well lined up plantations of truffle oaks. Be sure some treasures are growing among the roots !!

Bed and Breakfast in a beautiful house in the centre of the village

Day 3: LIMOGNE EN QUERCY - LALBENQUE (25 km – 7 hour walk). You will leave Limogne, a little village whose economy relies on the sale of local country products and is much frequented during the periods of the truffle-market. You will walk to Varaire and its strange washing house, a small lake, typical of this area. You will continue to the south of the village and will join with the ancient roman route. This route will lead you to Lalbenque and its famous truffle-market, the most well-known of its kind in the southwest of France.

Half-board accommodation in a 1-star hotel with all conveniences.

Day 4: LALBENQUE - CAHORS (24 km – 6 and a half hour walk). You will take the Cami Ferrat, another name of the roman route that once linked Caylus to Cahors, and make your way through the Causse to the Lot Valley. As you descend to Cahors, you will have beautiful views of the city. Wedged in a loop of the Lot River, and lying in the shadow of high rocky hills, is the old city of Cahors. Very prosperous during the Middle Ages, Cahors became the greatest banking centre in the world during the 13th century. As you stroll the city you will find numerous vestiges of its glorious past: the famous Valentré Bridge, the Saint Etienne Cathedral, a cloister and the old neighboring quarters Half-board accommodation in a 2-star hotel



Day 5: CAHORS – MONTCUQ (31 km – 8 and a half hour walk). You leave Cahors southwards heading to Labastide-Marnhac. This village once housed a hospital, but today the only evidence of it, is the little chapel of Saint Remy, just outside the village. You will walk to the Hospitalet and will reach the tiny village of Baffalie, at the bottom of a small valley, and continue on to the pleasant village of Lascabanes. You will next arrive in Montcuq, a medieval village perched on a rounded hillock and dominated by a square keep built during the 12th century. In this village, bloody battles took place as it changed hands numerous times during the fight against the Cathars and the 100 Years War. Nowadays, it provides a pleasant walk through inclined streets to the top of the keep, and inspiring panoramas.

Half-board accommodation in a 2-star hotel

Day 6 : MONTCUQ – LAUZERTE (16 km – 4.30 hour walk). You find yourself now in the White Quercy, named for the color of its earth. The relief here is untroubled, with vast plateaus occasionally interrupted by valleys. On the hillsides grow vineyards, fruit and melon, whereas tobacco, corn and sunflower grow down in the valleys. The atmosphere of the Midi is already apparent in the land around you, in the houses of pink brick and cypress trees in the gardens. This phase is short, but will allow you time to enjoy a visit of Rouillac's Church. You will climb along the crests overlooking the valleys of the Targutie and Lendou rivers, and head to the village of Montlauzun, and then Lauzerte. Perched on its rocky spike, Lauzerte has served as a lookout, protecting the road between Cahors and Moissac for many centuries. The high city, built around Saint Barthélemy's Church and the Place des Carrières, still holds houses that were built during the 13th and 15th centuries - Half-board accommodation in a 1-star hotel (all conveniences)

Day 7: LAUZERTE – MOISSAC (25 km – 7 hour walk). this stage is wonderfully pleasant. Crossing through a vast orchard, you will discover in turn small chapels and gorgeous pigeon-houses. You will admire Saint Senin Chapel and arrive in the village of Durfort-Lacapelette, stretching out across a hillside and distinguishing itself by... the absolute lack of a church, very uncommon in a French village! Once passed Durfort, vineyards rise up everywhere. In this region grows the famous Golden Chasselas. Finally, you arrive at Moissac and the Tarn River. Moissac is an important stop on the pilgrimage route of Santiago de Compostela. Saint Pierre's Abbey in Moissac holds master-pieces of Roman art, such as the Tympanum, a 12th century representation of the Apocalypse, and the cloister, an image of lace carved out of stone.

Half-board accommodation in a 2-star hotel

Day 8 : MOISSAC – End of the tour after breakfast

Access to and from

Outward journey

By train: Go to Cahors by train and bus to Cajarc

By car: from Paris follow the A10 motorway to Orleans, A71 and then A20 to Cahors. Then continue along the Lot river (D653 and D662 roads) to Cajarc

Where to park : free unsupervised car park in the centre of Cajarc

Inward journey

By train: rail station in Moissac

Getting back your car: train from Moissac to Cahors where you take a bus to Cajarc

Accommodation

6 overnight stops in 1or 2 star hotel or guesthouse on a half-board basis.

1 overnight stop in chambre d'hotes (bed & breakfast)

Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey.

Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.

Included

- Twin share accommodation with private facilities
- Baggage transfer between hotels (except for STD option)
- Route notes and maps
- 6 dinners
- Emergency phone number (8:00am to 7:00pm every day)

Not included

- Visa fees, transportation fees to and from the walk area
- Insurance (strongly recommended on all trips)
- Transfers except those mentioned above
- Drinks
- Additional meals
- Spending of personal nature e.g. laundry, souvenirs, phone calls,...



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59 bis rue du Mûrier – BP 40226 – 37542 Saint Cyr sur Loire cedex – France
 Tel : 00 33 (0)970 445 924 Fax : 00 33 (0)134 292 260 E-mail : contact@randolacaminade.com
 Sarl au capital de 7630 euros – TO agreement n° LI 0940100008 –
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