

Sarlat-la-Canéda / Le Lardin-Saint-Lazare

La Flow Vélo

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Départ
Sarlat-la-Canéda**Arrivée**
Le Lardin-Saint-Lazare**Durée**
2 h 26 min**Distance**
38,97 Km**Niveau**
I cycle often**Thématique**
Nature & small heritage

The Flow Vélo now starts in Sarlat-la-Canéda, capital of the Périgord Noir region. The cycle route joins the valleys of the Chironde and Coly rivers. The bucolic landscapes of the Périgord accompany you all the way along little-travelled roads. Typical Périgord villages punctuate the stops along the way, and everywhere, in season, you can enjoy local produce, whether at a restaurant or strolling through the market. Once you've reached your destination, the most curious cyclists can extend their stopover by discovering Lascaux IV or the ancient town of Terrasson-Lavilledieu... just a few kilometers away.

The cycle route

From downtown Sarlat, follow signs for the hospital, then for Proissans. The main villages are Saint Geniès, Archignac, Coly and Condat-sur-Vézère. The route takes small, lightly-travelled roads. Only a few short sections, shared with the D64 and D62 départementales, call for particular vigilance. Take care when arriving at Le Lardin, where the cycle route joins the D704.

Connection with the V91 Vallée de la Dordogne: to the south of Sarlat town center, a section connects with the Lot department, following the banks of the Dordogne, and soon with the Bergerac region.

Tourist Office

[Sarlat Périgord Noir](#) 3 rue Tourny 24200 Sarlat-la-Canéda - 05 53 31 45 45

SNCF

Sarlat La Caneda and Condat - Le Lardin stations

Don't miss

- **Sarlat la Canéda:** town of art and history, "most beautiful detours in France". Its conservation area is the densest in France.
- **Proissans:** the Château de la Roussie (exterior only).
- **Saint Geniès:** typical Périgord village. 13th-century castle; Gothic chapel.

Less than 5 km from the route:

- **Saint Crépin-et-Carlucet:** château de Lacypierre (open May to Sept).
- **Saint Amand de Coly:** "most beautiful village in France", with its Romanesque abbey church and fortified church.

Less than 10 km from the route:

- **Eygnac** and its gardens
- **Château de Salignac**
- **Lascaux IV** at Montignac Lascaux
- **Terrasson Lavilledieu:** Les Jardins de l'Imaginaire, the Chocolate Museum Bovetti

