

# Cahors / Lafrançaise

## La Vagabonde

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**Départ**  
Cahors**Arrivée**  
Lafrançaise**Durée**  
3 h 26 min**Distance**  
51,56 Km**Niveau**  
I cycle often**Thématique**  
In the vineyards

Now you cycle through the area of the Quercy Blanc, heading for Lafrançaise in the département, or county, of Tarn et Garonne. Starting in the southern part of the département of the Lot, the Quercy Blanc has been nicknamed “Little Provence”, quite appropriately, as you’ll see. Here, white stone and limestone paths sparkle in the sun, the latter helping produce fine melons, sunflowers, vines... and lavender. This area with its gently undulating hills remains dominated by farming, with few woods, but orchards everywhere. Through spring and summer, lavender, sunflowers, broom, poppies and orchids stretch out colourfully as far as the eye can see, while in autumn the oaks, maples and vines turn orangey-brown. La Vagabonde cycle route crosses Labastide Marnhac, passes in front of the Moulin de Boisse and then brings you close to the medieval bastide town of Castelnau-Montratier. As to Lafrançaise, it’s another historic bastide town, founded at the end of the 13th century, boasting a rich heritage and a belvedere over the Tarn Plain. It’s also a place that incites cyclists to enjoy a rest.

## The Route

You cycle into the county of Tarn-et-Garonne via a small road with little traffic. There’s the slope to tackle to reach the promontory of Lafrançaise.

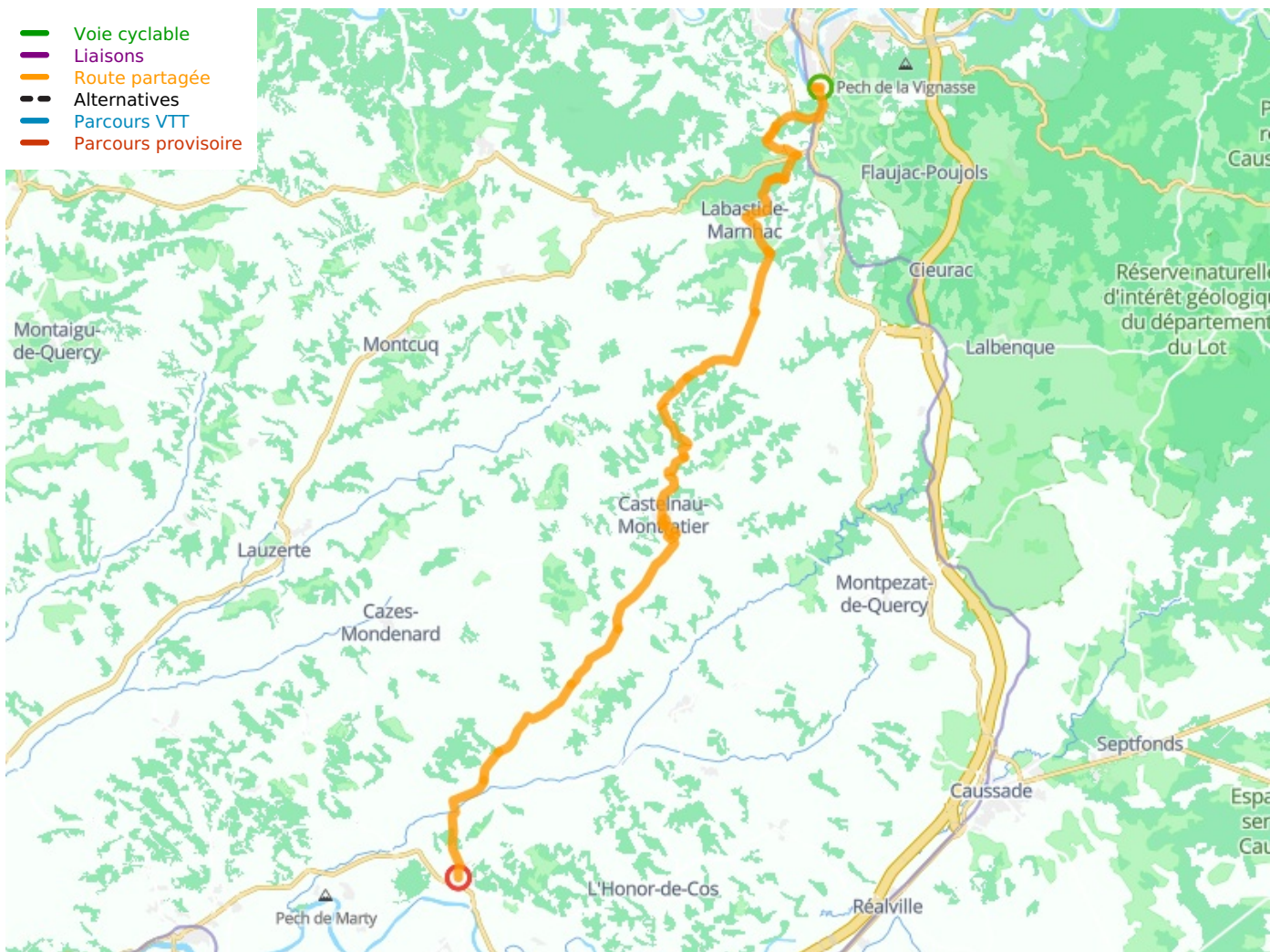
## Practical information

### Tourist offices

[Office de tourisme Cahors-Vallée du Lot](#) Place François Mitterrand 46000 Cahors - 05 65 53 20 65  
Office de tourisme de Castelnau Montratier 1 Rue Blanié 46170 Castelnau Montratier - 05 65 21 84 39  
[Offices de tourisme du Pays de Lafrançaise](#) 12 Place de la République 82130 Lafrançaise - 05 63 65 91 10

### Don't miss

- **Le Moulin de Boisse:** this windmill was added to the list of French historic monuments in 1979 and provides the image of an archetypal Quercy mill.
- **Castelnau-Montratier:** perched on a rocky outcrop on the frontier between the two départements of the Lot and the Tarn-et-Garonne, this medieval settlement was built along the lines of a typical medieval fortified bastide, with an imposing central square providing arcades and covered walkways along three of its four sides, while the much later, domed church stands to one side.
- **Lafrançaise:** another typical medieval fortified bastide, this town has a rich heritage, including Grandmont Francour Abbey, various churches and the Lapeyrouse Chapel, pyramidal stelaes, plus the Pont de Pontalaman, a bridge dating back to Roman times. Also enjoy the surrounding rural heritage, the countryside featuring many orchards and cereal fields.



## Départ Cahors

