

# Villeneuve sur Lot / Fumel

## La vallée du Lot à vélo



**Départ**  
Villeneuve sur Lot

**Arrivée**  
Fumel

**Durée**  
2 h 23 min

**Distance**  
35,97 Km

**Niveau**  
I cycle often

**Thématique**  
Canals & intimate rivers

Leaving behind the impressive pink-brick churchtower of St Catherine's in Villeneuve-sur-Lot, the cycle route meanders along quiet lanes, going past plum orchards stretching across the wide Lot Valley plain. Among recommended detours, climb to the medieval village of Penne d'Agenais to be rewarded with grand views. Further remarkable perched villages to visit include Montsempron-Libos and Fumel.

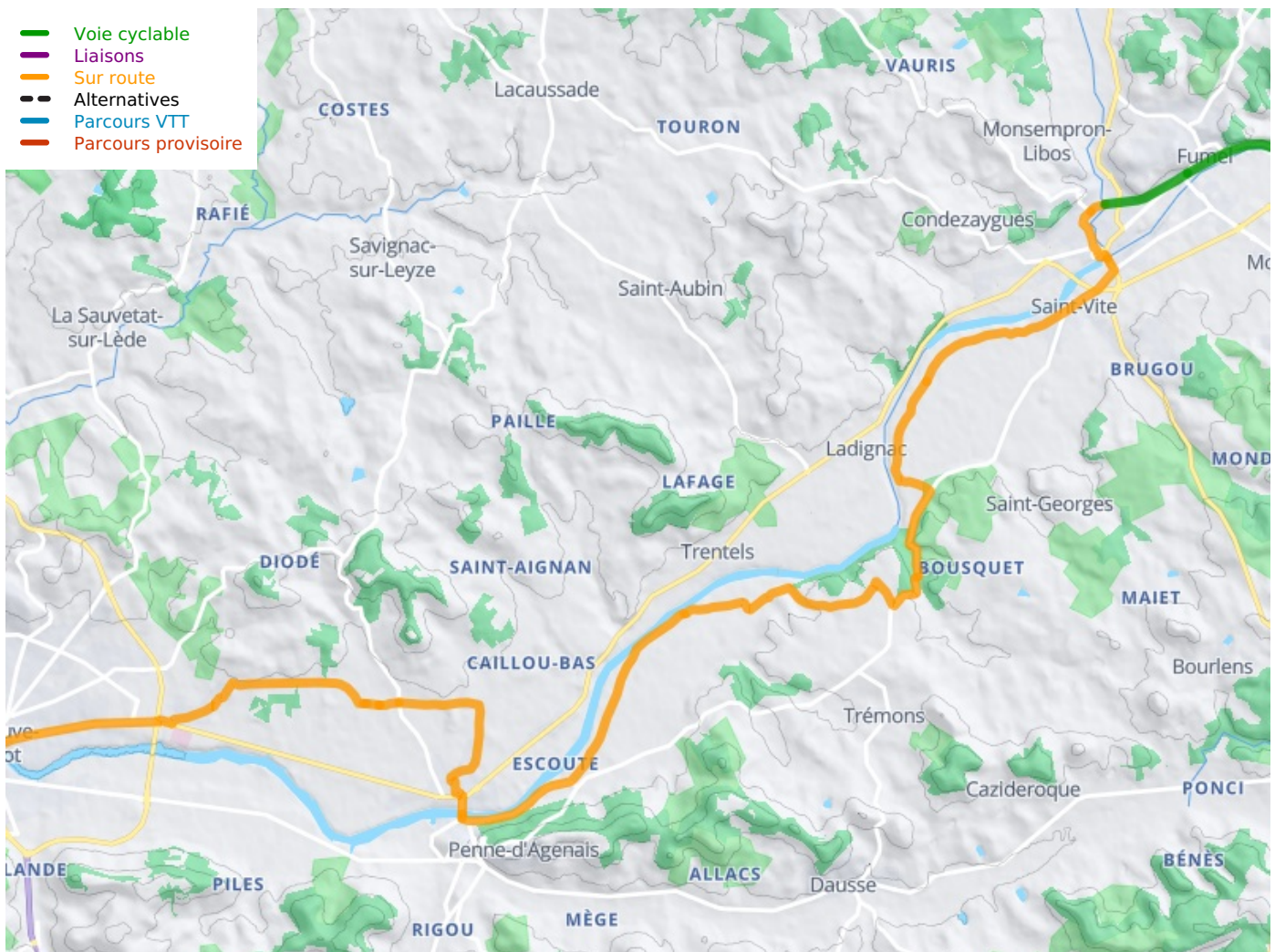
### Cycle route

You mainly cycle along quiet country lanes, with a few stretches along busier main roads - take care of the traffic entering and leaving certain towns like Saint-Vite. Leaving Villeneuve-sur-Lot, however, there's a dedicated cycle path, followed by quiet lanes. From Monsempron-Libos, you join a greenway set up in part along a disused railway line running alongside the river, although the surface is rather rough in parts.

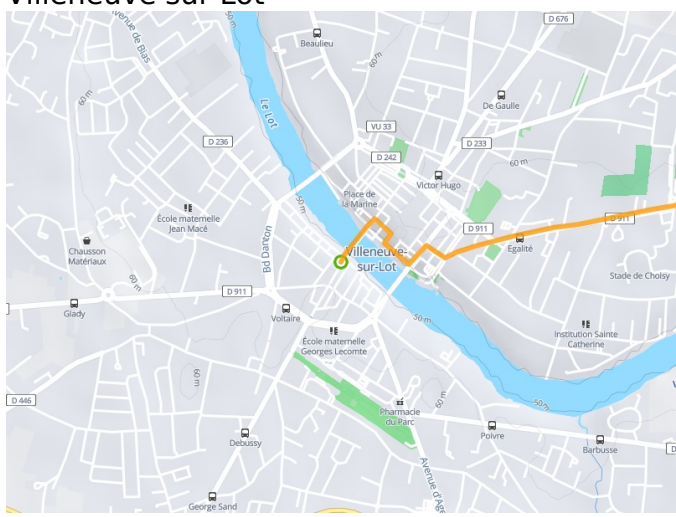
**Signposting** is not consistent in the county of the Lot-et-Garonne, so keep your eyes peeled, particularly crossing villages and towns. There are few hills on this stage, which is suitable for seasoned cyclists. There are slopes to negotiate in the area of Clauzade.

### Train

Monsempron-Libos station : several trains (TER) Périgueux-Agen, to Bordeaux and Toulouse via Agen. Coach TER for Cahors.



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