

Aiguillon / Villeneuve sur Lot

Lot Valley Cycle Route

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Départ Aiguillon	Arrivée Villeneuve sur Lot	
Durée 3 h 11 min	Distance 47,95 Km	
Niveau I cycle often	Thématique In the vineyards, Canals & intimate rivers, Nature & small heritage	

Once you've taken the link along the Canal des 2 Mers Cycle Route (maybe via Tonneins), from Aiguillon, the Lot Valley Cycle Route leads you along a winding way, past old farms, dovecotes and little châteaux. Clairac, a lovely medieval village, tempts the taste buds, surrounded by strawberry fields. At Castelmoron, the extravagant town hall stands out beside the river. The town of Villeneuve-sur-Lot makes a very appealing, practical overnight stop on the Lot Valley Cycle Route.

Cycle route

The route is principally along small country lanes, with a few stretches on main roads, although the traffic on these is rarely busy. Between Casseneuil and Villeneuve-sur-Lot, there's a lovely portion of greenway set along a disused railway line and alongside water. There are no significant slopes on this stage, which is suitable for seasoned cyclists.

Signposting is not entirely consistent, so look out carefully for the signposts, especially in the villages.

2 options of cycle links from the Canal des 2 Mers à Vélo Cycle Route:

- Coming from the north, the link is signposted from Tonneins
- Coming from the south, the link is signposted from Damazan

Train

Aiguillon station : several trains to Bordeaux, Agen and Toulouse.

