

# Capdenac-Gare / Flagnac

## Lot Valley Cycle Route



**Départ**  
Capdenac-Gare

**Arrivée**  
Flagnac

**Durée**  
2 h 26 min

**Distance**  
36,52 Km

**Niveau**  
I cycle a lot

**Thématique**  
Canals & intimate rivers

From Capdenac-Gare, we cycle away from the Lot towards the villages perched on the banks of the Diège river. A hint of authenticity emanates from the gradients. Before plunging down to the river for a majestic finish on the greenway that runs alongside the Lot from Bouillac to Flagnac. At the Livinhac bridge, a signposted alternative route leads to the village of Livinhac-le-Haut and its services, as well as the connection with the Cantal cycle route: La Grande traversée du volcan à vélo (V74).

### The cycle route

Signposted La vallée du Lot à vélo (V 86).

Take the same route out of Capdenac-Gare. At the traffic circle with the D 86, join the D 558, a winding road with moderate traffic that runs alongside the Diège, with a slight gradient as far as the Trois-Eaux bridge. Follow the D40, a small, winding road with steep gradients approaching Asprières and descending steeply to Saint-Martin-de-Bouillac.

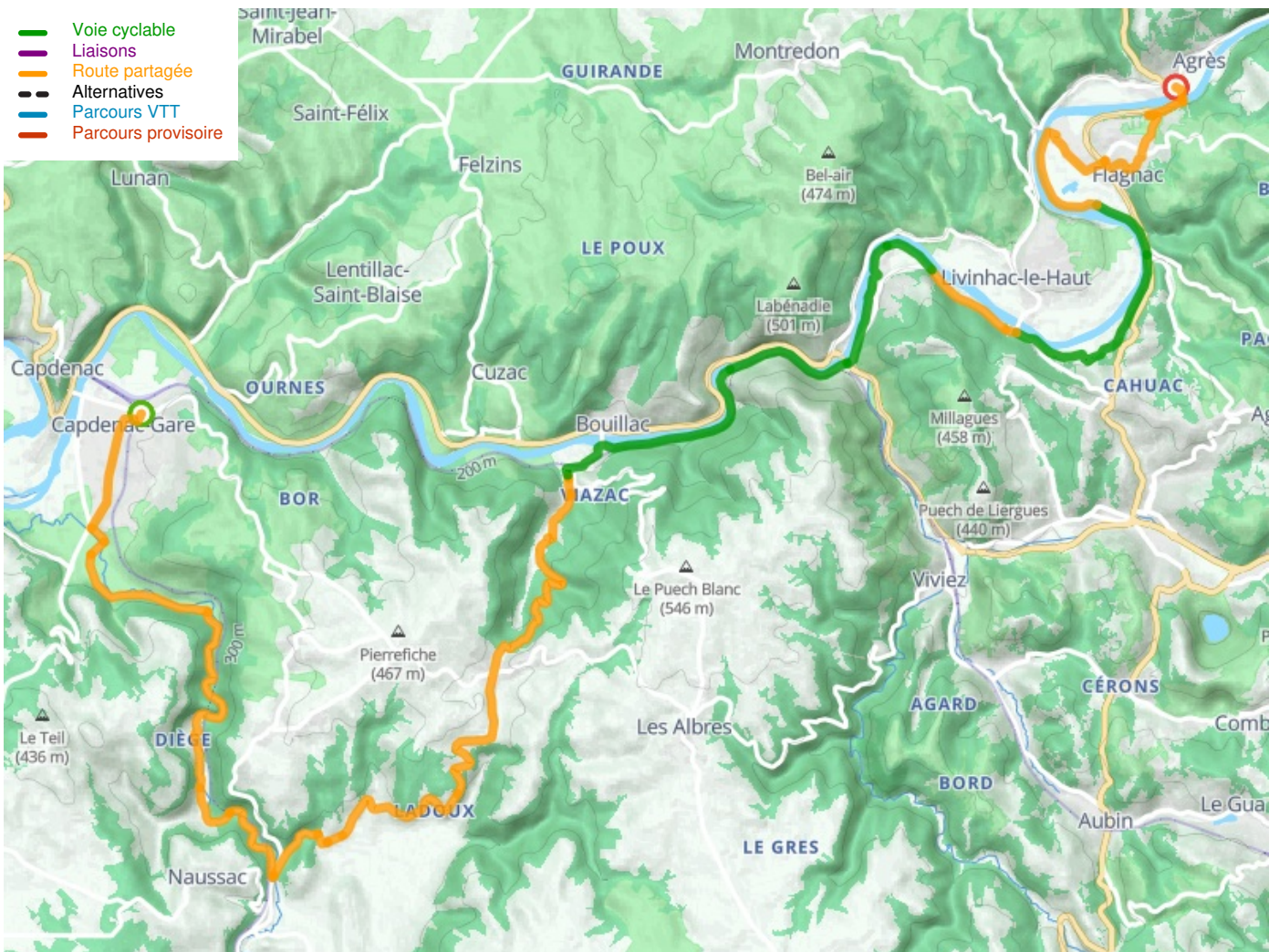
Several passages with gradients > 5%.

**Variant signposted on the right bank** via Livinhac-le-Haut and the link with the V 74 to Aurillac [La Grande traversée du Volcan à vélo](#).

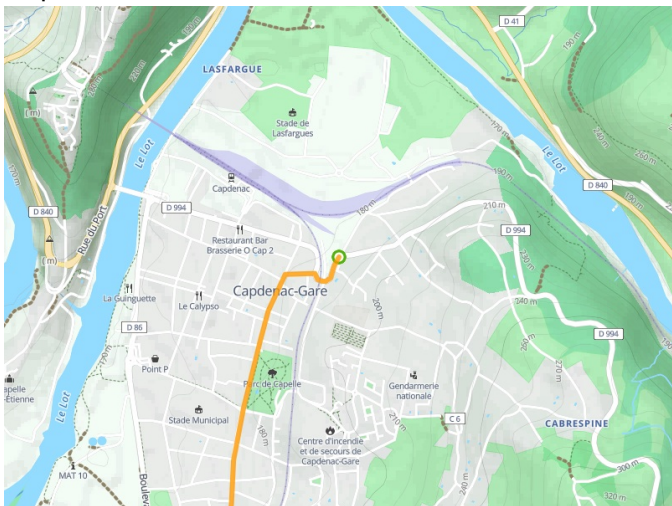
### SNCF train station

[Capdenac-Gare train station](#) : TER LIO Aurillac – Figeac - Toulouse

**Please note:** next stations in Figeac, Banassac-La Canourgue or Rodez.



**Départ**  
Capdenac-Gare



**Arrivée**  
Flagnac

