

# Castelfranc / Cahors

## Lot Valley Cycle Route



**Départ**  
Castelfranc

**Arrivée**  
Cahors

**Durée**  
2 h 42 min

**Distance**  
35,42 Km

**Niveau**  
I cycle often

**Thématique**  
In the vineyards, Canals & intimate rivers, Nature & small heritage

On this stage, the Lot Valley becomes wilder and more winding. A string of typical traditional villages stands out: Castelfranc, Albas, Luzech, Parnac, Douelle, historic stops packed with character. Set in an exceptional meander in the Lot, the medieval town of Cahors grew on a major pilgrimage route to Santiago de Compostela in Spain. Now designated a Ville d'Art et d'Histoire thanks to its cultural riches, Cahors is an unmissable staging post on the Lot Valley Cycle Route. The way meanders along country lanes, with slopes approaching Cahors.

### Cycle route

Principally on quiet country lanes, with a few stretches on busier main roads. There are several portions on greenways, for example between Castelfranc and Albas, set up in part along a disused railway line running alongside the river, although the surface is rather rough in parts.

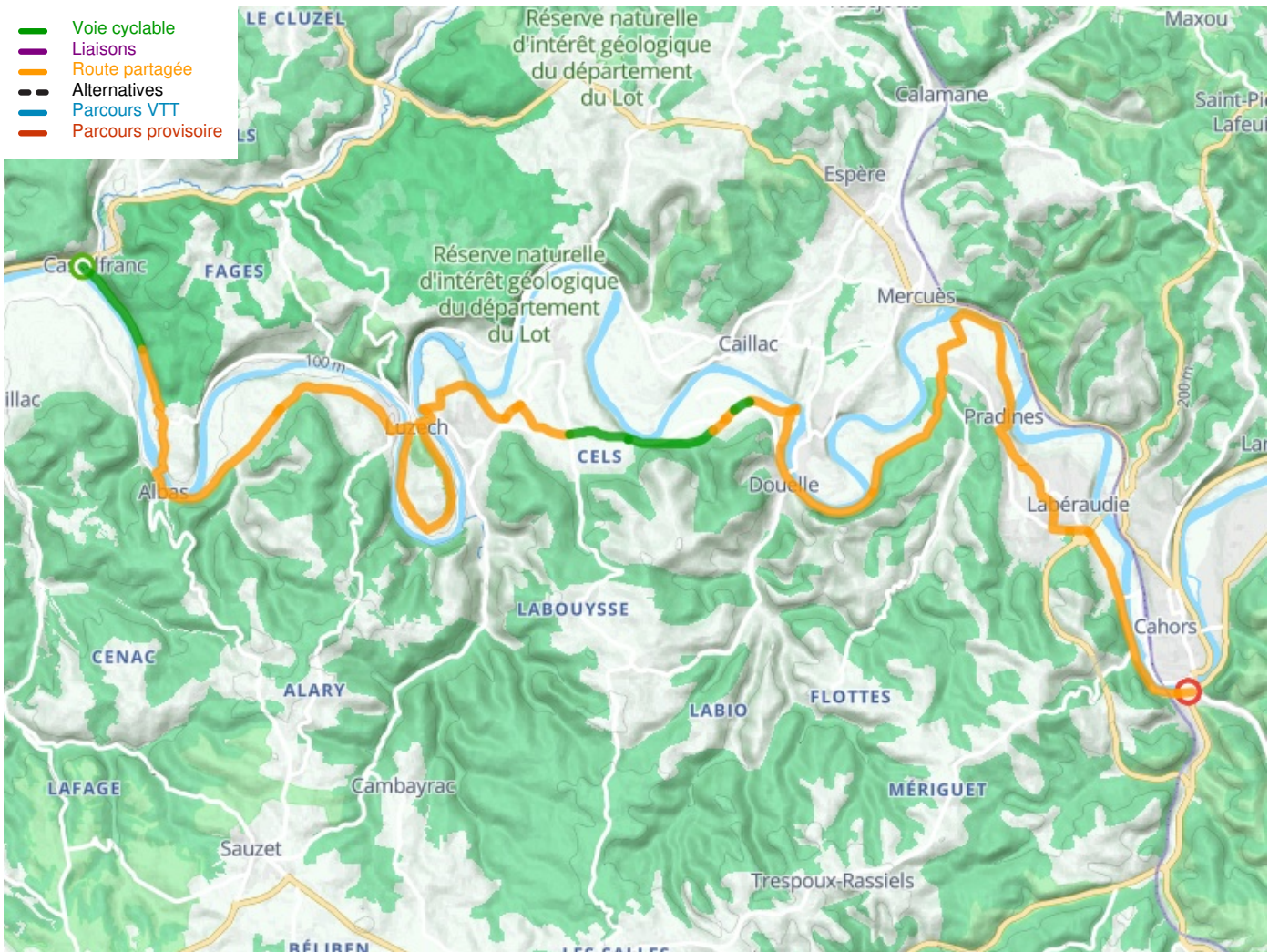
**Signposting** is good in the county of the Lot, but still keep a keen eye out for signposts, particularly in the villages you cross.

**Take care** arriving at Cahors from Douelle, as the route here includes several detours via some steep lanes to avoid the D8 road until further works are carried out. All told, though, this stage only has relatively modest slopes to negotiate and should prove easy for proficient cyclists.

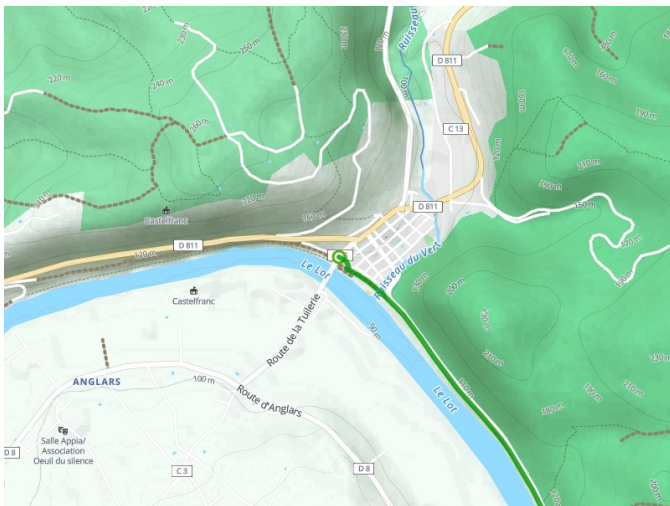
**Note**, however, that the stretch between Luzech and Cahors is not suitable for inexperienced cyclists or those travelling with children.

### Train

Cahors train station: regional TER train services to Toulouse. Intercités trains to Paris-Austerlitz.



**Départ**  
Castelfranc



**Arrivée**  
Cahors

