

# Espalion / Saint Geniez d'Olt et d'Aubrac

## Lot Valley Cycle Route



**Départ**  
Espalion

**Durée**  
1 h 49 min

**Niveau**  
I cycle a lot

**Arrivée**  
Saint Geniez d'Olt et  
d'Aubrac

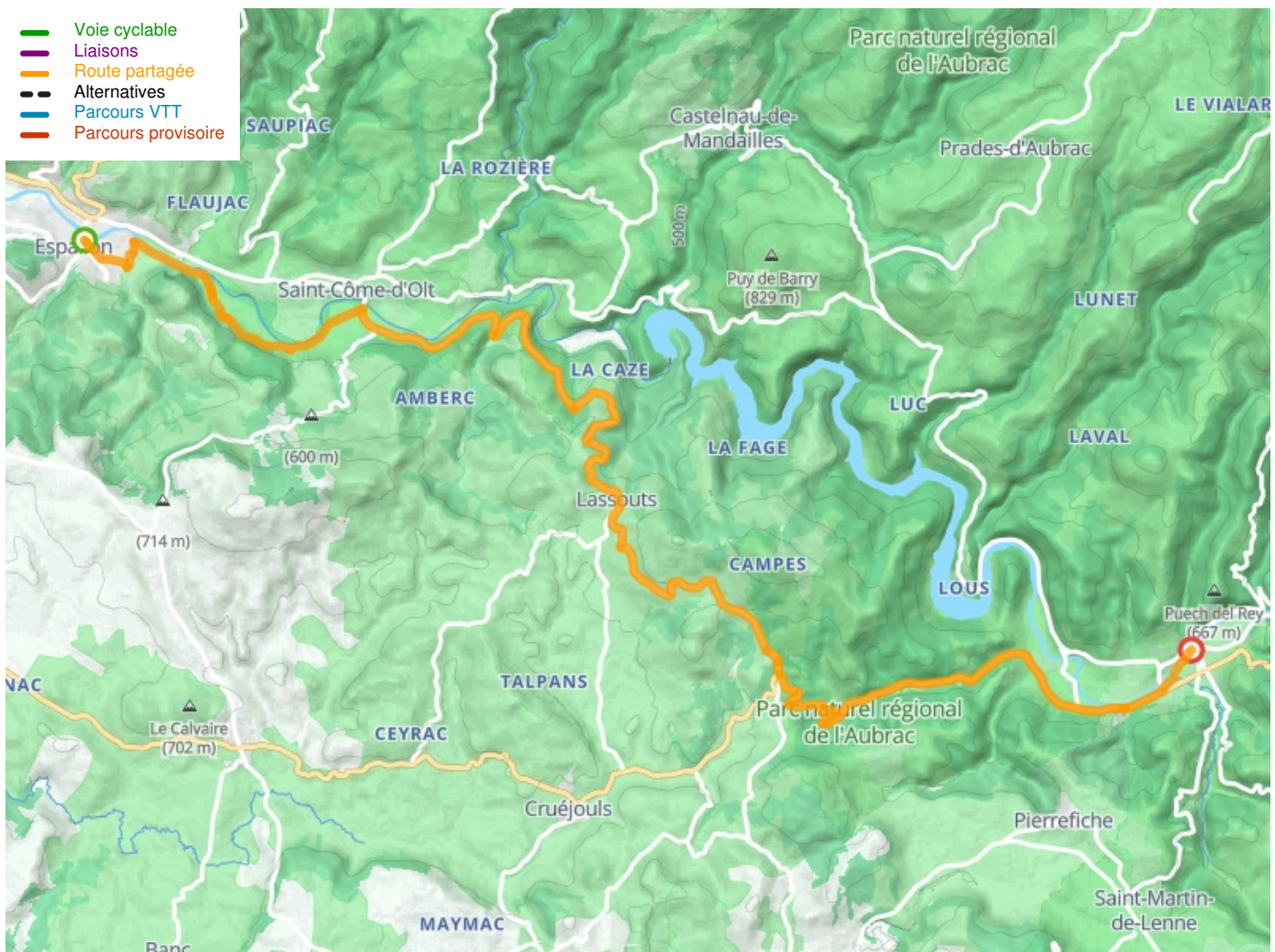
**Distance**  
27,36 Km

**Thématique**  
Canals & intimate rivers

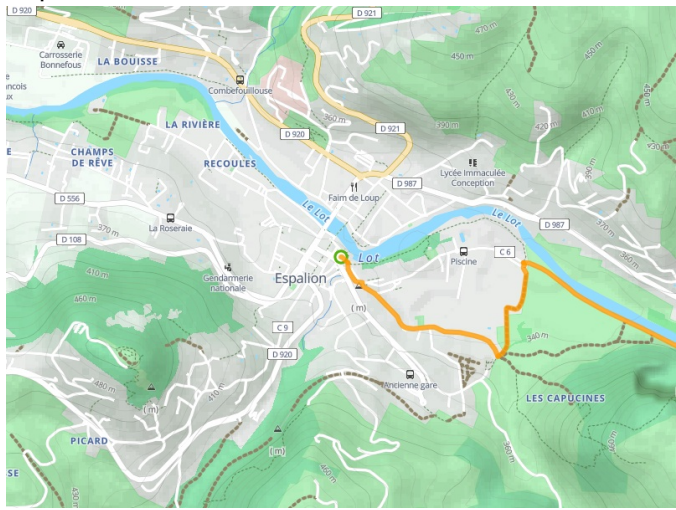
As the Lot stretches into its wildly beautiful upper valley, the term "Olt", derived from the old Occitan language, is commonly used here. A splendid cycling route along the river to Saint-Côme, then climbs in long twists and turns over the cause overlooking the lake at Castelnau-Lassouts-Lous to rejoin the Lot at the delightful village of Sainte-Eulalie-d'Olt. With a choice finish at Saint-Geniez-d'Olt, whose quays were once bustling with tanneries and cloth spinning mills exported all over the world.

### The cycle route

Signposted La vallée du Lot à vélo (V 86). Quiet left-bank road, shared with the GR 65 (Chemin de St Jacques de Compostelle) from Espalion to Saint-Côme. Then D 6 and D 988 via Lassouts, with a not inconsiderable gradient, before descending to Sainte-Eulalie-d'Olt. D 988 from Sainte-Eulalie to Saint-Geniez. Alternatively, take the unmarked D19 on the right bank, which serves the campsites. Short sections with gradients > 8%.



**Départ**  
Espalion



**Arrivée**  
Saint Geniez d'Olt et d'Aubrac

