

Aveyron Multisport

Single center independent walking, cycling and exploring

- Totally flexible, stay-put holiday: fully researched walking/cycling notes and complimentary Breakaway bikes provided
- A wealth of historic and cultural interest: feudal castles, fortified churches, prehistoric caves and beautifully preserved medieval villages
- Favorite Breakaway hotel: gorgeous pool, lovely gardens, excellent cuisine
- Plenty of other activities too: canoeing/kayaking, horse riding, wine tasting
- Wonderful Mediterranean climate; truly "undiscovered" France



We often get requests from people keen to try a cycling and/or walking holiday, but put off by the idea of having to pack and move hotels every couple of days. So now you don't have to! Here, you stay at the same hotel throughout and, each day, you choose whether to walk, cycle, explore or just relax by the pool depending on how you feel. It's completely flexible and, as complimentary Headwater bikes are provided for your exclusive use throughout your stay, there's no need to decide anything in advance.

We have chosen the ★★★ Hotel La Ségalière in Cajarc, nestled between the cliffs in the heart of the Lot Valley, as your base for the week. There are just 24 spacious rooms - all equipped with bath and shower, satellite TV and direct dial telephone - and the superb 20m x 12m pool, surrounded by 1.5 hectares of well-maintained gardens, is an oasis of peace and tranquillity. The meals here are very good too with the *menu pensionnaire* relying on fresh, regional produce - the *carpaccio de canard* comes particularly recommended! A short 5 minute stroll will bring you to the village if you fancy a pre-dinner apéritif: wander round the little cobbled alleys and you'll find the remains of the ramparts and château, a C13 church and the *Maison de l'Hebrardie* with its impressive gothic windows.

During the day, you can choose to follow our suggested walking or cycling routes and the tourist office can also help arrange canoe/kayak trips. Horse riding is available nearby. The local bus travels up and down the valley (as far as Cahors to the west, and Figeac/Capdenac to the east) or, if you've got your car with you (recommended), Rocamadour, Padirac, Najac and the Aveyron Gorges are all easily accessible.



AVEYRON ACTIVITIES | DAY BY DAY

Saturday Arrive in Cajarc

Depending on the time you arrive, our rep will aim to fit you out with bikes and go through the suggested cycling and walking routes before dinner.

Sunday Cycle to Calvignac & Larnagol 19km/12mi or 29km/18mi

A nice gentle start to your week as you head west along the banks of the River Lot (lovely flat cycling!), passing first through Calvignac, then on to the Renaissance Château de Cénèvieres, the best preserved castle in the valley offering amazing views from its terrace. You can explore inside too – great vaulted rooms and secret dungeons! Crossing the river – the rock formations on the right bank are superb – you loop back via Larnagol where there's a port, church, C18 château and exhibition of contemporary art in the *Orangerie du Château*.

Monday Cycle to Château de Montbrun 20km/19mi or 44km/27mi

Today's route takes you along the north bank of the Lot taking in the pretty villages of Montbrun – its ruined C13 castle sits high on the cliff – and Laroque Toirac, with its 7-storey manor house. An optional detour takes you up to Foissac – well worth a detour to visit Les Grottes – amazing stalactites and stalagmites – as well as museum and prehistoric park.

Tuesday Walking the Circuit de Prajoux 11km/7mi/3hr

This lovely half day walk takes you up above the Lot Valley - where you are rewarded with the most spectacular views - and on to the tiny village of Prajoux where President Pompidou once owned a holiday home. In the afternoon, perhaps have a go at canoeing/kayaking, or horse riding. Alternatively, you might prefer to just laze by the pool - you're on holiday after all!

Wednesday Exploring Cahors

Lots of choice today if you fancy a break from being active: take the bus to Cahors (it's market day this morning) where you can sample its famous wines, take a pleasure boat along the river, or just enjoy exploring the shady streets of the old quarter. Customers with their own car may like to follow the *Route du Vin* which encircles the town - superb tasting (for the non drivers!) and buying opportunities.

Thursday Cycling the Célé 39km/24mi or 45km/28mi

Fantastic views this morning as you head up along the Causse towards Marcilhac. In the middle of the pretty riverside hamlet are the impressive and atmospheric ruins of the semi-Romanesque/ semi-Gothic C11 Abbey. On through lovely rolling countryside via St Sulpice to the ancient village of Sauliac that clings to its cliff-face of colored rock – you can still see the entrance to the *Château des Anglais* (fortified caves) where the inhabitants took refuge in troubled times.

Friday St Cirq Lapopie & Pech'Merle 40km/25mi

A full and interest-packed cycling day as you pedal along the valley to the beautiful historic village of St Cirq Lapopie. Take time to explore its pretty cobbled streets, half-timbered houses and Romanesque church perched proudly on the cliffs. Lots of cafés and restaurants for lunch, then it's a lovely downhill whizz – great views – to Bouziès and on to the world-famous caves at Pech'Merle – over 2kms/1.6mi of galleries and caverns. To avoid a long cycle back, we suggest that you leave your bikes at our hotel in nearby Tour de Faure and hop on the local bus (20mins) back to Cajarc.

Saturday Leave Cajarc

You leave Cajarc after breakfast.



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Dates and Prices

Departs Saturdays

Tour Only

2012 departures

May 12, 19, Sep 15, 22	\$2,274
May 26, Jun 9, Sep 1, 8	\$2,298
Jun 2, 16, 23, 30	\$2,365
Jul 7, 14, 21, 28	\$2,347
Aug 4, 11, 18, 25	\$2,347
Child (any dates, see notes)	\$1,342

Singles: Add \$55 per night for sole occupancy of a double room.

Child: Over 2 and under 12, sharing with 2 adults.

Holiday type: Independent multi-activity, single center, no minimum group size, however station transfers are subject to at least 2 people (in total) booked on each departure.

Departs: Saturdays from May 12 to Sep 22.

Duration: 8 days (7 nights).

Meals: Continental breakfast and 4 evening meals.

Other details: Shuttle Bus from Toulouse Blagnac Airport to Toulouse Matabiau Station payable locally cost approximately 5 Euro/\$7 per person per one way journey. For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Toulouse Blagnac Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Cahors train station at 14:27 (transfer to hotel, 1 hour, provided). **Return:** Cahors train station by 11:00 (transfer provided).

Rail options: Toulouse Matabiau to Cahors 13:22/14:27 (transfer to hotel, 1 hour, provided). Return: Cahors to Toulouse 13:00/14:08.

Second Class French Rail: Add \$69 per person, round trip.

First Class French Rail: Please phone for details and prices.

Tour only: Transfers included from Cahors train station at 14:27, and back to Cahors train station departing hotel at 11:45.

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