EQUUS JOURNEYS
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Rocamadour and the Lot Valley

GASCONY - THE DORDOGNE

From **Rocamadour** to Saint Cirq Lapopie via Marcilhac sur Célé and Caniac du Causse, the Lot will open its doors to you, revealing its history and scenery. You will **ride right into the heart of the Causses du Quercy Regional park**, exploring its natural wonders, its culture and heritage. This **riding holiday** takes you through a variety of landscapes: the renowned "causses" (the limestone uplands), the spectacular rocky cliffs and green valleys of the Lot and Célé rivers, as well as the legendary villages of the Quercy.

Trail Riding	**8 days/6 days riding**	**From £1,482**	





ITINERARY

Highlights

- Visit the medieval city of Rocamadour, on the Pilgrim's trail
- Explore hidden trails and paths on horseback, such as the Halage trail, dug into the rock along the river
- Enjoy the local gastronomy and produce

Day 1 — 1 : EQUESTRIAN CENTRE

You are expected at around 7:00 pm at the equestrian centre - transfers from the train station in Cahors can be arranged. You will meet your hosts Pascal and Charline before meeting the other riders and hearing about the plan for the week. You will also meet your horses and help get the gear ready for the week.

Dinner and overnight at the equestrian farm.

Day 2 — 2: PECH MERLE - MONTFAUCON - 5-6h riding

Departure from the farm - today you will ride along the Sagne Valley. Picnic lunch at Artix. You will also visit the church's crypt at Caniac du Causse before you reach Montfaucon and your guesthouse for the night.

Day 3 — MONFAUCON - LE VIGAN - 5-6h riding

You leave the "Causses" of the Quercy area to enter the natural region of the Bouriane. Lunch will be taken at a local farm, with local produce, in the small medieval village of Vaillac. Dinner and overnight in a renovated mill in Vigan.

Day 4 — 4 : LE VIGAN - ROCAMADOUR - 5-6h riding

Another day in the saddle, heading towards the beautiful medieval town of Rocamador. Lunch at Saint Sauveur before riding along the Ouysse Valley. After a while, you will reach a plateau with sweeping views over Rocamadour.. Dinner and overnight in a gite.

Day 5 — 5 : ROCAMADOUR - SAINT SIMON - 5-6h riding

Ride around the town of Rocamadour to reach the Alzou valley and Gramat, where you will stop for lunch. The afternoon will see you riding in on a plateau. Dinner and overnight in a gite.

Day 6 — 6 : SAINT SIMON - MARCILHAC SUR CELE - 5-6h riding

A really scenic day in the saddle. You will ride on old briddlepaths bordered by stone walls. Soon you will reach Espédaillac where you will stop for lunch. In the afternoon, you will ride alongside the Celé valley to St Sulpic, then Marcilhac sur Celé. If time allows, a guided tour of the village and the 10th century abbey is possible for those who wish.
Dinner and overnight in a gite.

Day 7 — 7 : MARCILHAC SUR CELE - PECH MERLE - 5-6h riding

For your last day on the trail, you will ride up to a limescale plateau between the Lot and Celé Valleys. Lunch is waiting for you at St Cirq Lapopie. Your last stage is probably one of the most spectacular of the trail: you ride on the "Chemin the Halage", carved inside the stone alongside the Lot river. Arrival at the equestrian centre in the afternoon. Dinner and overnight at the equestrian farm.

Day 8 — 8: PECH MERLE

After breakfast, self drive or shuttle to Cahors station. If time allows, why not plan a visit to the Pech Merle cave in the morning, and leave in the afternoon.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
10/04/2027	17/04/2027	£1,482	Open
05/06/2027	12/06/2027	£1,482	Open
07/08/2027	14/08/2027	£1,482	Open
25/09/2027	02/10/2027	£1,482	Open

Price details

- Flights or transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two/three riders sharing a double or twin or triple room.

- Groups are composed of a minimum of 5 international riders and a maximum of 8 riders plus guides.

- There is no single supplement if you are willing to share. If you wish to have your own room the supplement is €300 (there is only one single room per departure).

- Transfers are available from/to Cahors train station, payable locally: €80 each way by taxi, divided by the number of guests (generally, please aim for an arrival at Cahors before 5:00 pm and departure after 11:00 am on the last day). From Brive la Gaillarde airport: €200 per car, return rate.

- Accompanied minors are welcome from 12 yo, provided they match the riding requirements.
Please Note
The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English-speaking horse guide

LOGISTICS

1 vehicle and driver
1 horse per rider

ACCOMMODATION

Double room or triple room in guesthouses and gites. 2-3 bed rooms. Shared bathrooms.

MEALS

Full board from dinner on day 1 to breakfast on day 8

ADDITIONAL EQUIPMENT

Saddle bags
First aid kit

Price doesn't include

MEALS

Beverages and personal extras

TRANSPORT

International flights

EXTRAS

Tips to the local team
Park, museum and other site entry fees

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation
Visas and personal purchase

Optional

ACCOMMODATION

Single room supplement, see dates and prices for details

TRANSPORT

Transfers from/to Cahors train station

EQUESTRIAN INFO

Horses

Barb, Arab and Arab X horses. They are confident, tough and comfortable. Some were born at the equestrian centre, all have been raised there and are trained for trail riding. They are all safe to ride and know their job well!

Guide & local team

Pascal and Charline are both delighted to share their region with their guests. They are very involved with the local community. Pascal speaks English.

Minimum riding ability

MINIMUM RIDING ABILITY

This trail is designed for intermediate and experienced riders. You should have experience riding outdoors on trails and be confident riding in open spaces.

Rider weight limit: 85kgs / 187 lbs / 13.3 st. This is a strict limit.

PACE

The pace is varied to include trots and canters. The ground is ideal for riding in this part of France and some flatter areas allow for nice canters.

TACKING ABILITY AND PARTICIPATION

You will be asked to assist with grooming, tacking and un-tacking your horse. You are welcome to help feeding if you wish.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

Riders who do not ride regularly should make sure to get back in the saddle before the trail. You may be requested to dismount at times and lead your horse on foot.
All your belongings will be transported by the logistics vehicle.

EQUESTRIAN EQUIPMENT

Trail riding tack, with saddlebags provided.
Helmets are strongly recommended. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

Accommodation in guesthouses or gites in 2-3 bed rooms. You will need to bring your own sleeping bag and towel for the nights in Pech merle.
Single supplement available on request only on certain dates, depending on availability. Bathrooms are shared.

MEALS

Breakfast: bread, butter and jam, tea/coffee and juice.
Lunch: picnic lunches with quiches, salads, cured meats, cheese, dessert and coffee.
Dinner: dinners will be at the guesthouses.

CLIMATE

Hot summers with very little rain - expect temperatures to reach 30°c and over. In July and August, there is a possibility of afternoon thunderstorms.

TIPS

In France, it is customary to tip at coffees and restaurants - usually this is by rounding up the price and not mandatory. You may wish to leave a tip with the guide who can split it amongst all members of the team - this is not obligatory and is entirely at your discretion (we recommend €30-40 per person, split between the team)

PACKING LIST

Please make sure to adapt this list depending on the season.

Head
- A riding helmet is recommended and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel...) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun, wind or rain
- Warm hat for cold evenings/days

Upper body

- Thermals in case of cold weather
- Long sleeved shirts provide protection from the sun or extra warmth
- T-shirts
- Lightweight fleece or jumper
- Waterproof jacket (made from Goretex or equivalent) and/ or (depending on the season) a waterproof vest that covers you thighs.

Legs
- 2 pairs of lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Waterproof over trousers (made from Goretex or equivalent), especially if you don't have a long waterproof coat
- Casual clothes for the evenings (jeans or walking trousers)

Hands and Feet
- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps. We don't recommend taking your favourite long leather boots in case they get damaged
- Lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Night
- Sleeping bag
- Towel

Other useful items
- Water bottle (1.5 litres or 2 equivalent)
- Small torch for moving around at night
- Toiletries
- Protein or cereal bars for the longer stretches of riding
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery

Medical kit
Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit
- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhea medication
- Vitamin C tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

Other recommendations:
- In your hand luggage: Any liquids, such as shampoo, moisturiser, deodorant over 100 ml and all bottles can be decanted into small, clear, plastic Ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc). Saddlepads have pockets for small items too.
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .