

# Cahors to Lectoure



**Follow  
the  
Camino**

Your Camino Agent since 2007

[info@followthecamino.com](mailto:info@followthecamino.com)

+353 1 687 2144

+44 20 3411 0701

+1 877 778 1750

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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*

# ITINERARY

  
Stage 4 of 6

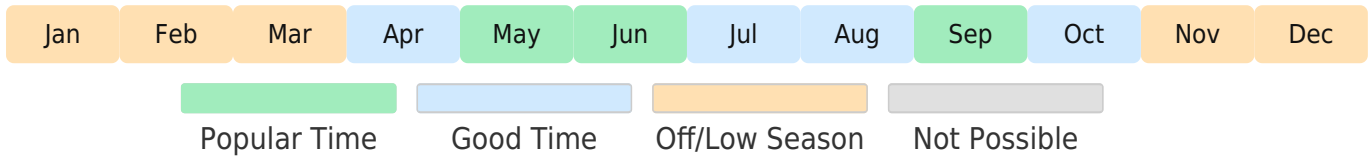
  
123.1km

  
7 days

  
Comfort

  
Moderate plus

Starting from  
**€859**



Overall

Distance:

**14.2 min** | **24.6km** average | **32.5 max**

Ascent:

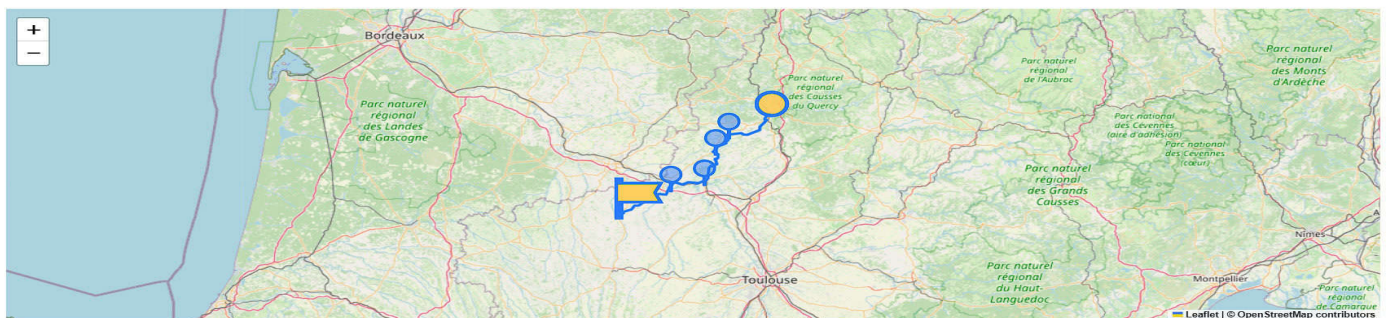
**386 min** | **546.8m** average | **767 max**

Cardio:

**2 3 4 5**

On this fourth section of Le Puy route, the Camino goes from beautiful Cahors to charming Lectoure and crosses both the Lot and Garonne valleys. The green rounded hills of the area, added to a rich historical heritage of numerous mediaeval buildings at almost every stopover, make this leg of the Camino a beautiful walking holiday for anybody seeking both natural and cultural sites.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day  
1  
km

### **CAHORS**

Surrounded by natural steep cliffs, Cahors is located on the shores of the Lot River. We recommend wandering around the old city as, at every corner, history hits visitors: the Valentré Bridge, Saint-Etienne Cathedral, mediaeval houses, neoclassical buildings ... this small city is one of the prettiest in the whole Le Puy route!

Day  
2  
31.2 km

### **CAHORS -> MONTCUQ**

We first climb up stone steps to Pech d'Angely from where we take a last look at Cahors down in the valley before continuing through the Causses, a limestone plateau. We will then pass through Labastide-Marnhac before reaching the charming village of Lascabanes and its flower-decorated houses. Then, we continue the walk to Montcuq.

Day  
3  
14.2 km

### **MONTCUQ -> LAUZERTE**

The route we follow today goes up and down hills all the way to Lauzerte. We start seeing less woodland and more farmland and cultivated crop fields, until we reach the beautiful village of Lauzerte with its ancient raised dovecote and Saint-Sernin church.

Day  
4  
24.6 km

### **LAUZERTE -> MOISSAC**

This is one of the easiest walking days as there is no particular difficulty regarding the terrain itself. We walk through the quiet countryside, between crop fields, woodland, and vines. We finish this stage in Moissac, home to UNESCO World Heritage Saint-Pierre Abbey.

Day  
5  
20.7 km

### **MOISSAC -> AUVILLAR**

The Camino follows the water all day as we first start walking on towpaths along the Tarn River until the Lock of Espagnolette. We then continue towards the villages of Boudou and Malause, before being back on ancient towpaths, this time along the Canal of Golfech. The last effort of the day, to climb up the steep street when we enter Auvillar, is rewarded by views of the picturesque cobblestone plaza with its ancient circular open hall and arcades.

Day

6

32.5 km

### AUVILLAR -> LECTOURE

Today we leave the Le Lot region to enter Le Gers and its rich agricultural lands. The walk also passes through charming villages such as Flamarens or Miradoux before ending in Lectoure, an old fortified town with an impressive cathedral. We will stop here for the night.

Day

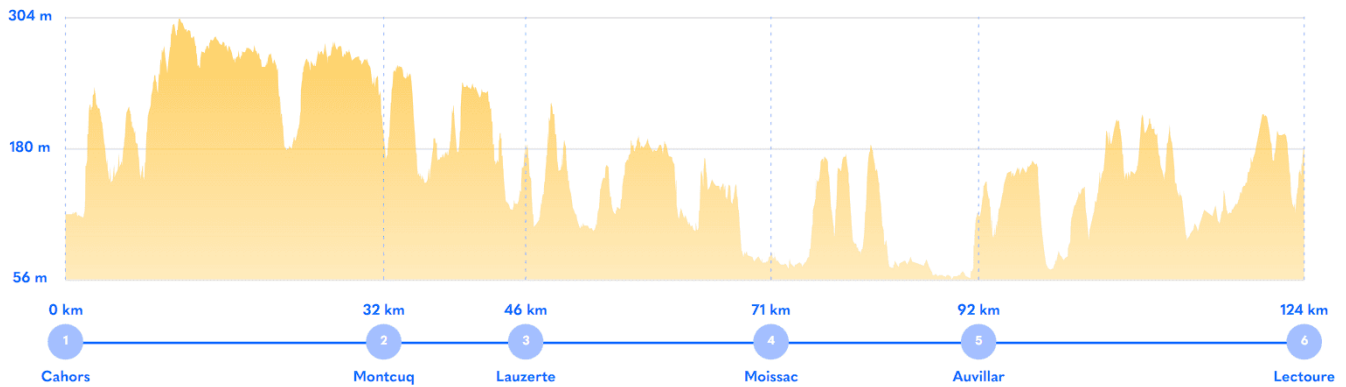
7

km

### LECTOURE

Today we leave the Le Lot region to enter Le Gers and its rich agricultural lands. The walk also passes through charming villages such as Flamarens or Miradoux before ending in Lectoure, an old fortified town with an impressive cathedral. We will stop here for the night.

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007**. As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience**. Let us help you create the perfect journey tailored to your needs!

# Follow the Camino

**START PLANING NOW**

[info@followthecamino.com](mailto:info@followthecamino.com) | +353 16872144 | [www.followthecamino.com](http://www.followthecamino.com)

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