

# FRANCE: RIVER LOT




## WHEN YOU CAN'T TRAVEL & ROW

France is a favourite of travellers, so we could not resist and created amazing trips to the southwest, a region famous for its food, wine and landscape as well as its beautiful rivers. The Lot River is one of the most beautiful of them. We invite you to explore it with us virtually.



To start, visit our [photo gallery](#).

### OUR BLOG

-  More on wine - [Let's do it for the Reds, Whites and Blacks](#)
-  Amazing people - [Rowing Your World: Ladies of York](#)
-  More on food - [Rowing for Truffles](#)

### BOOKS

-  Hugh McKnight. [Cruising French Waterways](#)
-  Ruth Silvestre. [A House in the Sunflowers](#)
-  Caro Feely. [Grape Expectations: A Family's Vineyard Adventure in France](#)

## FOOD & WINE

Historic region of Quercy, Southwest France, is particularly famous for its food and wine. We miss authentic local restaurants. Fortunately, Tourisme Lot shared some selected [recipes](#) that you can try while at home. And do not forget the [wine](#)!

### VIRTUAL TOURS



Our Lot River rowing trip always brings us to Saint Cirq Lapopie. This medieval village, elected the Favourite Village of the French in 2012 by TV viewers, emerges from the rock 100 metres above the river. [We invite you to enjoy its gothic façades, fortified gates and stone streets in 4K.](#)



Tourisme Lot has their own youtube channel where they share various [video content](#) from Lot and Dordogne Valleys. Like this [aerial footage](#) of the Lot Valley.



There are about 12 prehistoric caves containing ancient rock art and symbols in the Lot-Cele Valleys. The most famous is the Pech Merle which is estimated to be around 29 000 years old and is open to the public. Good news - you are able to explore the caves [VIRTUALLY](#).



**ROWING THE WORLD**

