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CAHORS
MALBEC

CAH ORS

wines today



Projet cofinancé par le Fonds Européen Agricole pour le Développement Rural
L'Europe investit dans les zones rurales



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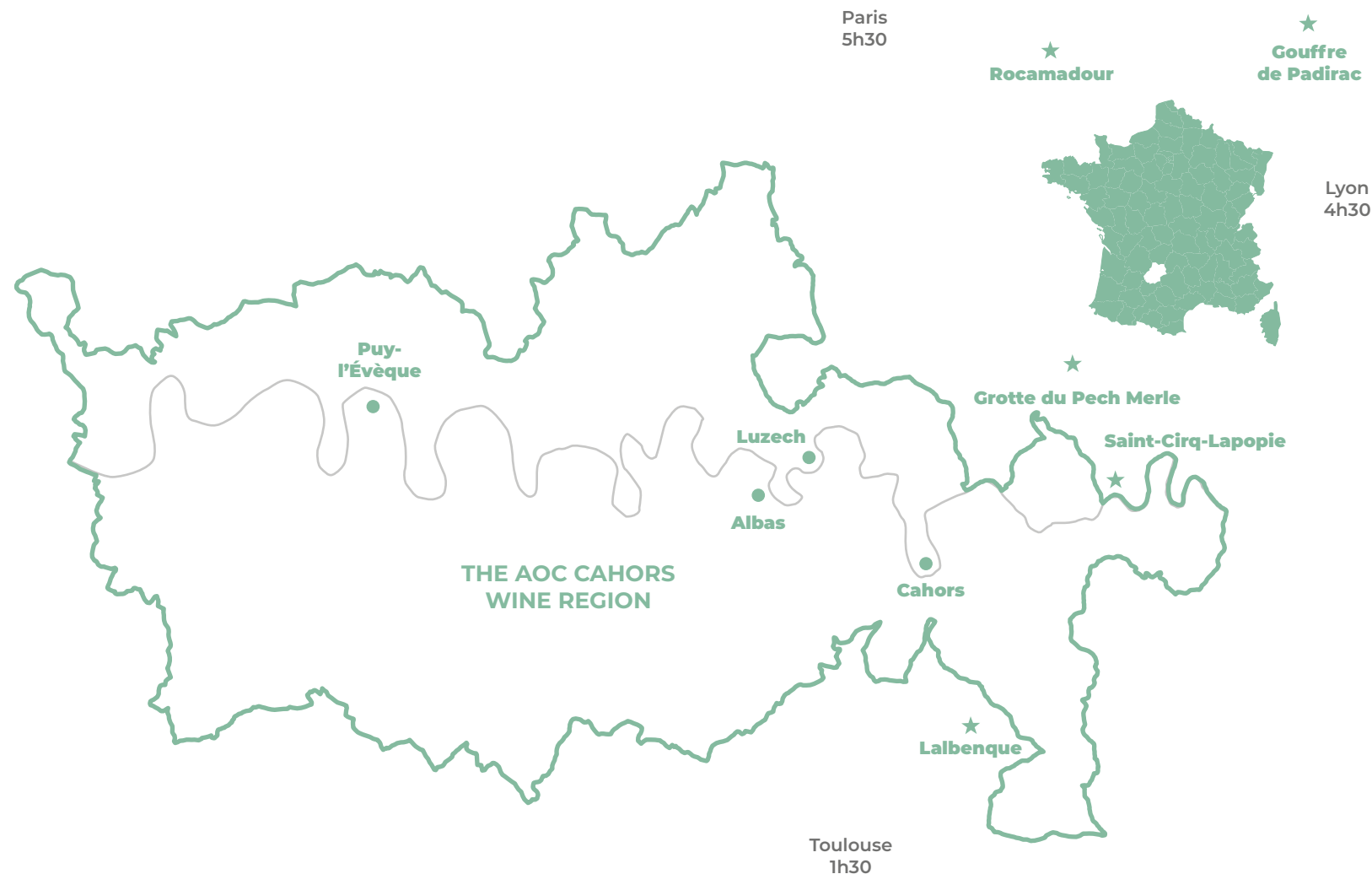
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I. they grew along the terraces overlooking the meandering river Lot or over the arid limestone plateaux of Quercy. Rooted in a series of elaborate vineyard sites, Cahors wines encapsulate a living **HERITAGE**. They are the combination of a unique threesome: a wine region with a strong identity; an iconic grape variety – Malbec, whose multi-faceted character is now being fully explored – and a vibrant appellation energised by winegrowers who, by fusing the experience of age with the enthusiasm of youth, have successfully refreshed and broadened their stylistic spectrum.

A storied wine region fuelled by unbridled energy

The AOC Cahors wine region follows the river Lot – a tributary along the right bank of the Garonne – over nearly 60 km in length. The vineyards encircle their namesake town and are established mid-way between the Mediterranean and the Atlantic Ocean, amidst the foothills of the Massif Central. They form part of the South-West wine region – a richly-endowed mosaic of rugged landscapes with grape varieties that are often native. In some ways, Cahors is their archetype, with its craggy landscapes and the ultimate iconic grape variety – Malbec. But Cahors is more than just a maverick region that honours its identity – it also harnesses its unbridled energy in its wines and their incredible range of styles.

Bordeaux
2h30

Even its location, at the confluence of every climatic influence – Atlantic, Mediterranean and continental – laid the foundations for the unique identity of the ancient wine region of Cahors. Its proclivity for distinctiveness has been nurtured by its veneration of an inherently distinctive grape variety – Malbec – and by the geological mayhem that characterises its sub-soils. But taking what nature or history has given us for granted can lead us to trivialise it. Cahors' recent history is therefore about reclaiming every facet of Malbec – which is ultimately a very roguish grape variety – and also recapturing the concept of terroir. Consequentially, the wines have become deliberately eclectic in style.

The flavour of Malbec

Around fifteen years ago, the winegrowers of Cahors began to vary the way they worked with Malbec. The [accomplished older generations](#), who have kept and perfected their proficiency at lengthy maturation in oak, yielding very profound wines, have been joined by a [new wave](#) of producers, often the children of winegrowers but also newcomers. They have taken Malbec off the well-trodden path and can be credited with different profiles of wine, tapping into a choice of maturation vessels (concrete, amphorae, tuns). Quite naturally, the range of styles has broadened, combining alternative labels and top-flight benchmarks,

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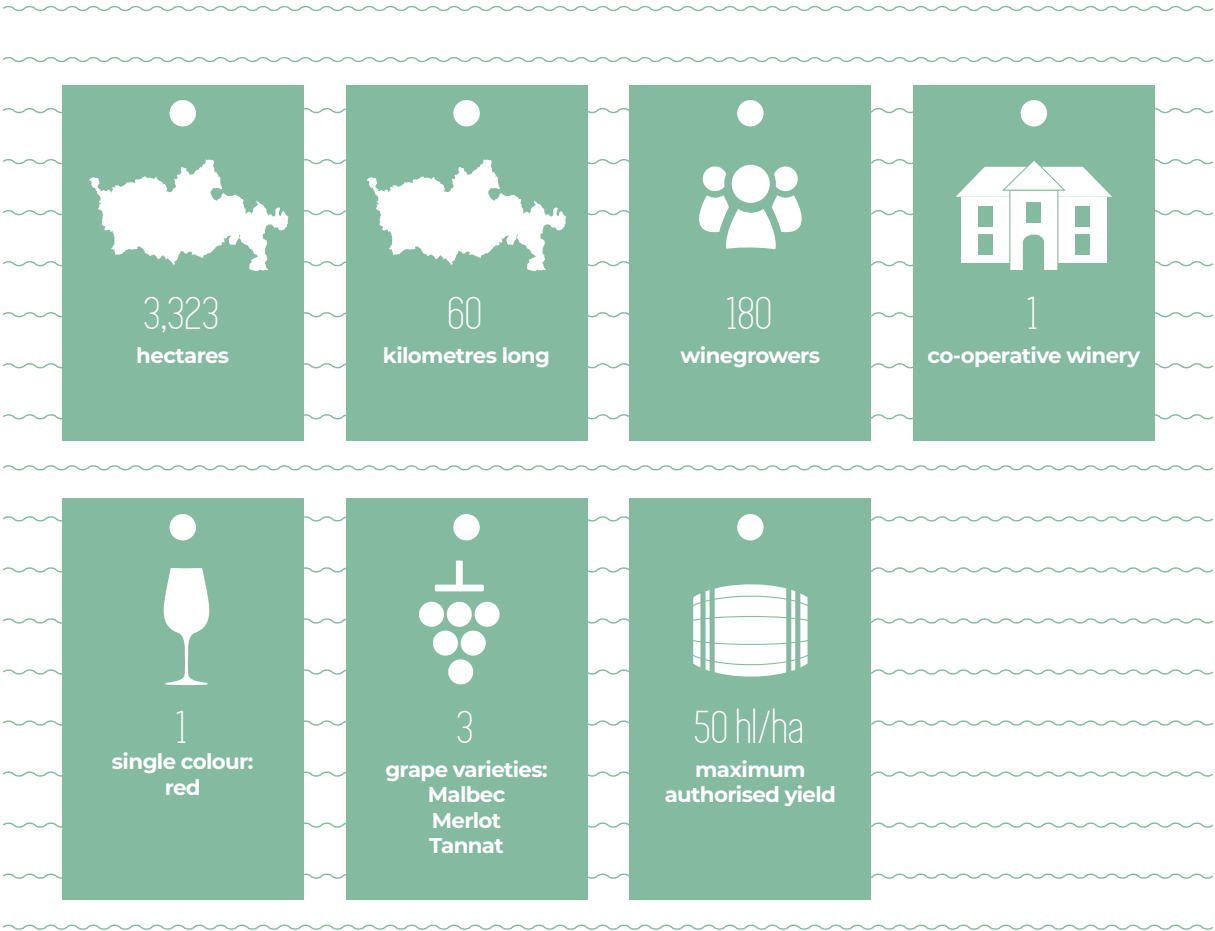
>>> early-drinking and age-worthy wines, and instantly gratifying and complex pours. At the same time, the producers' organisation has openly taken ownership of its unique and iconic grape variety, and the appellation has gained a special aura both in France and abroad. Since 2007, the name 'Malbec' has featured on labels of the appellation's wines.

Interwoven vineyard sites

In the same way that each grower now strives to harness Malbec, drawing on personal choices and beliefs, they also aim to precisely define the potential of their specific vineyard sites. Although the region's social history tends to show that the dual nature of terraces on one side and hills and limestone plateaux on the other has provided an organised structure for people to appreciate the wines through the ages, research into terroir is actually quite

recent. The research confirms that Cahors is indeed split into two major groups of soils with an absolutely unique bedrock (alluvium on the terraces rising up above the river and limestone on the Causse or plateau), but it also shows that the region is in fact home to an infinite array of nuances stemming from undulations in the land, differing elevations, the effects of proximity to the river most notably, or particular aspects. Consequently, Cahors forms a sensational mosaic of soils which, when coupled with differing approaches to Malbec and the inquisitive nature of the younger generations, offers endless scope and leads to healthy competition within the wine region.

A REGION WITH LONG-STANDING TIES TO THE TOWN OF CAHORS
Cahors is the main town in the Lot department and has lent its name to the wine region since the 18th century. At that time, shipments of wine across Europe were gaining momentum and geographical statements guaranteeing a wine's provenance and therefore its quality were becoming widespread. Reference to the wine of Cahors therefore became customary, bolstered by the town's influence and reputation as a trading platform. Ringed by vineyards, the town of Cahors with its dolce vita lifestyle, has become the focal point of the entire wine region. Hence the location of the Cahors Malbec Lounge, an official information and tasting venue for the appellation's wines (see p.34).





The [vineyards of Cahors](#) nestle among the bucolic Lot countryside, where 70% of the land is covered with woodland and forests. Mixed farming is common and vines grow alongside vegetables, fruit and cereal crops or pastures for animal herding. Environmental values are strong and the [appellation](#) has made a pledge to them. Its commitment is gathering pace, fuelled by a drive that runs vertically from the vineyard through to the winery.



Malbec, an iconic grape variety

Production specifications for AOC Cahors permit just three grape varieties: one 'primary' variety and two 'secondary' varieties. The 'primary' grape is Malbec, the region's iconic grape variety. Cahors is the cradle of Malbec which is inseparable from the appellation's identity and transcends its vineyard sites. It represents at least 70% of blends but is often produced as a single varietal.

Malbec is an ancient grape variety in Cahors where it has been grown [since the 16th century](#) at the very least. Genetics have shown that it is a cross between Magdeleine noire, a grape variety that originated in the Charentes (also the origin of Merlot) and Prunelard, a grape originating in the Garonne valley. In fact, it is said to have the early-ripening qualities of Magdeleine noire and the phenolic compounds of Prunelard. Various ampelographic sources ascribe its name to a Mr Malbeck, a landowner who in the 18th century introduced it to the Bordeaux region, where it probably departed for Argentina and Chile in the second quarter of the 19th century, losing its 'K' in the process!

A popular grape variety

From a physicochemical perspective, Malbec displays great phenolic balance, prodigious amounts of tannins in the

skins (promoting smoothness and roundness) and boasts a stable colloidal structure, making it suitable for producing fine wines. Also, its [flavour profile](#) meets current consumer demand for balanced, expressive and coherent wines. Finally, Malbec has a tendency to show greater resistance than other grape varieties to rising temperatures. Consequently, its area under vine has doubled globally since 2000, growing in its two favourite countries, Argentina and France. In France, 80% of area (5,078 hectares) is located in the South-West, with a balance mostly in the Loire Valley (765 hectares) and Languedoc (453 hectares). However, it is only the majority grape variety – with 85% of the varietal range – [in the Cahors region](#).

MALBEC



ORIGIN
Cahors



SYNONYMS
Auxerrois, Cot,
Plant de Cahors,
Pied de perdrix,
Noir de Pressac...



CHARACTERISTICS

Produces velvety wines marked by red and black fruit notes (black cherry, blackberry, plum, blueberry, blackcurrant, liquorice...), floral (violet) and tertiary aromas (cedar, leather, cacao...)



WORLDWIDE
2000: 26,285 ha
2010: 38,158 ha
2016: 52,233 ha



GEOGRAPHICAL DISTRIBUTION
Argentina: 77% (40,401 ha)
France: 12% (6,100 ha)
Chile: 4% (2,293 ha)
United-States: 3% (1,610 ha)



16th
Variety worldwide
(1.17% of acreage)

Source: The University of Adelaide, Database of Regional, National and Global Winegrape Bearing Areas by Variety, 2000 and 2010



PORTFOLIO



Malbec is the region's iconic grape variety and even originated in the area. It thrives here and is increasingly revealing unexpected facets, with the ability to withstand lengthy maturation in oak but also to open up to gentle ageing which produces wines for early drinking.



An appellation driven by motivated and committed winegrowers

Fuelled by a desire to exploit every single facet of Malbec, delve into all the subtleties in the soils and also get their own personal creative juices flowing, the appellation's winegrowers have broadened the profile of the wines along the way. They have extended and refreshed the array of styles, promoting balance, elegance and precision. Imbued with a sense of responsibility, they have also made it their mission to protect biodiversity.

Sometimes within a single estate, Cahors therefore offers a combination of wines that honour tradition – continuing along the furrow opened up by [the top powerful, heady, age-worthy Malbecs](#) – and those which [focus on the grape variety and vineyard sites](#) to lean towards lighter, fruit-forward and instantly gratifying pours. So styles are evolving and more importantly being perfected – irrespective of their chosen profile, they all scale the heights of quality. They are increasingly garnering acclaim in the benchmark guides – 13 estates were featured in the 2020 Guide to the Best French Wines published by the Revue du Vin de France. Though traditionally associated with fine dining, the appellation's variety of flavours has also opened the doors to wine bars and wine merchants serving food.

Winning choices

From a sales perspective, the creative energy shown by producers has been a game-changer. [The new wine styles have proven appealing](#), and some indicators have skyrocketed. For instance, in just a decade, exports have doubled. The most valued distribution channels – wine merchants,

bars and restaurants – have shown clear growth. For customers, the prices are still affordable, which is a trademark of Cahors, but efforts by winegrowers have been better rewarded. Consequently, the wine region is drawing people to it – they no longer leave, but want to settle here, won over by the local mindset and a collective ambition to [position Cahors as one of the world's great terroir-driven wines](#). The circle has become virtuous – individual personalities fuel the group and vice versa.

ONE IN THREE WINES IS ORGANIC

The vineyards of AOC Cahors, like those across the department, are increasingly transitioning to environmentally-friendly practices. In 2019, 33% of the department's wines labelled with an appellation – predominantly Cahors – were certified organic or in the switch-over phase, compared with 14% two years earlier. If you add wineries committed to an HVE (High Environmental Value) scheme, 78% of wines, equating to 74% of acreage, follow an environmental certification strategy.



PORTFOLIO

Over the past few years, winegrowers have developed and perfected the [styles](#) of Cahors wines, impressing wine tasters. Consumers simply enjoy them, whilst wine bar managers and wine merchants serving food have cast off their inhibitions and increasingly provide them by the glass or the bottle.

II. bordering the north-eastern side of the Aquitaine region, Quercy is a geological mayhem. Hewn out by the rivers that flow down from the Massif Central, the region is home to deep valleys and limestone plateaux. The result is unique SOIL TYPES within the same area, each displaying distinctive features. Traditionally, they are arranged in two groups: the Terrace soils and the Causse or Plateau soils. Present-day winegrowers and geologists are exploring all their subtleties.

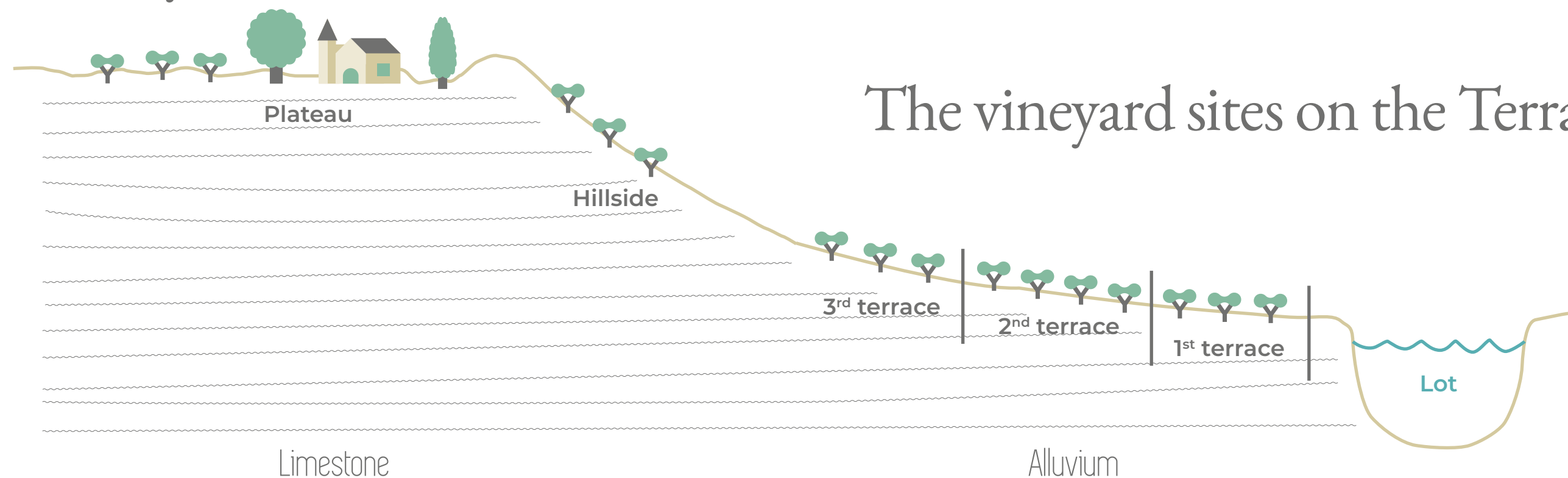


“This region has gold beneath its feet”

The vineyards of AOC Cahors are divided between two main soil types with unique structures: the alluvium terraces along the meandering Lot Valley, and the hillsides and limestone plateaux of the Causses de Limogne and Saint-Chels. Each of these groups harbours a variety of

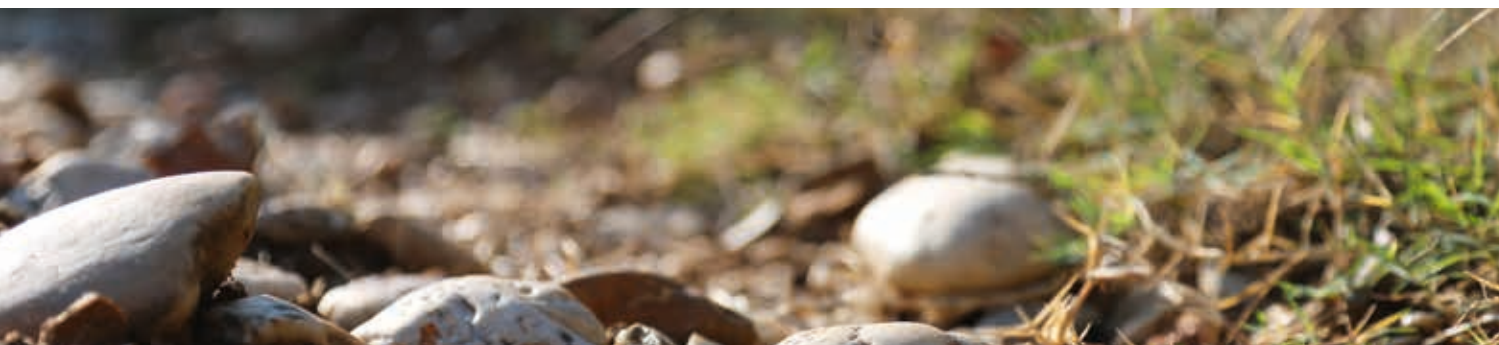
nuances which are increasingly well-documented and promote diversity in the choice of styles. According to soil experts Lydia and Claude Bourguignon, the region's subtleties mean that it has “gold beneath its feet”.

The vineyard sites on the Causse



The vineyard sites on the Terraces

THE VINEYARD SITES ON the Terraces



Elevation

90 to 250 m

Climate

A dry, warm wind – called the Autan – rises up from the South in September and brings the grapes to peak ripeness. Consequently, the harvest is fairly late.

Soils

Period: 15 million years old

Composition: 3 tiers of terraces formed of alluvium originating in the Massif Central

- The [first terrace](#) tier (closest to the Lot) is home to young, deep, fertile soils with abundant sandy silt; they produce airy, fruity wines
- The [second terrace](#) tier, with shallower soils, is home to pebbles, often mixed with water-retaining clay, promoting intense wines with more structure
- The [third terrace](#) tier is more clay-silica in profile, yielding wines which combine fruitiness and power. Some soils nearer the limestone plateau, however, are interspersed with limestone scree (limestone grit), lending the wines their distinctive finesse and fullness.

HISTORY

Located near the river, vines are traditionally grown here alongside other crops like wheat, tobacco, textile plants or, in the past, subsistence crops. Higher up, sometimes on very steep land which has a tendency to produce low yields, vines face less competition and have tended to dominate the landscape since the 19th century – except for the interlude caused by the outbreak of phylloxera.

THE VINEYARD SITES ON the Causse



Elevation

250 to 350 m

Climate

High soil exposure combined with the relative distance of the river creates a significant diurnal shift, leading the fruit to ripen more slowly.

Soils

Period: 150 million years old

(Kimmeridgian)

Composition: limestone [hillsides and plateaux](#) formed of loose stones clad in yellow or red clay.

- The [siderolithic vineyard](#) sites are home to pockets of iron-rich clay imparting the wines with a sanguine, chiselled edge and often notes of raspberry
- The [limestone-marl plateau vineyard](#) sites lead to wine styles showing abundant hallmark freshness and minerality
- The [Eocene and Oligocene limestone vineyard](#) sites are located in the southern part of the appellation, in Quercy Blanc, and produce elegant wines displaying mineral and often menthol-like notes.

HISTORY

Vines have long been grown on the Causse but production was often intermittent and tended to return to its natural state when pressure on farmland declined. The sites here, however, are increasingly popular because they promote very fresh styles of wine. The stamp of history, defined by its harsh climate, unspoilt landscapes and isolation, has also turned this into an area where conventions are shunned and a desire to experiment can be expressed.



On the stony limestone soils of the **Causse**, which was formed during the Kimmeridgian age, the landscape is a succession of rolling hills and plateaux. Vines reside comfortably alongside extensive swathes of unspoilt countryside and pastures for animal herding.

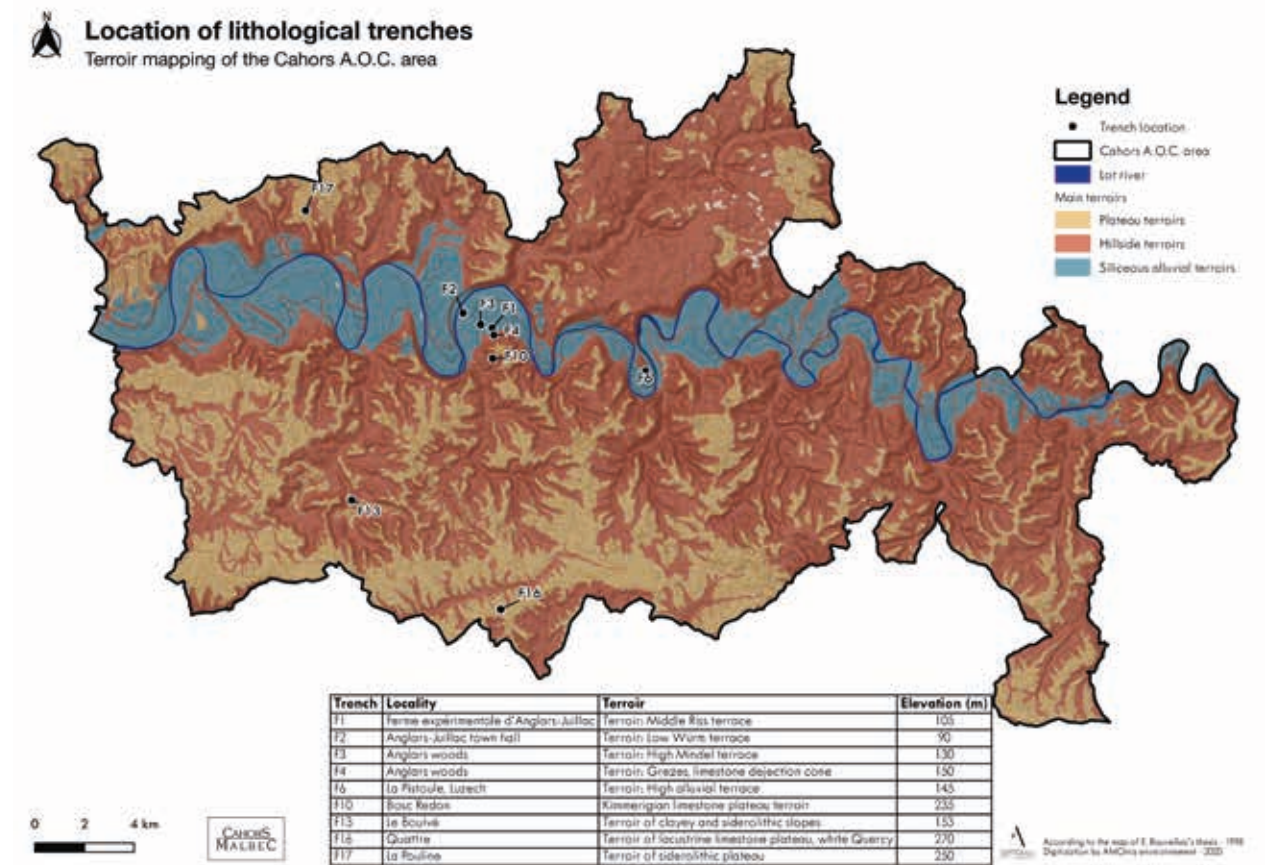


The **terrace** area borders the Lot, from the river banks up to the edge of the limestone plateau. The meandering river, which forms the wine region's backbone running from East to West, was a major trade route until the arrival of the railway, connecting Cahors with the port of Bordeaux. It was mostly used to transport wine.



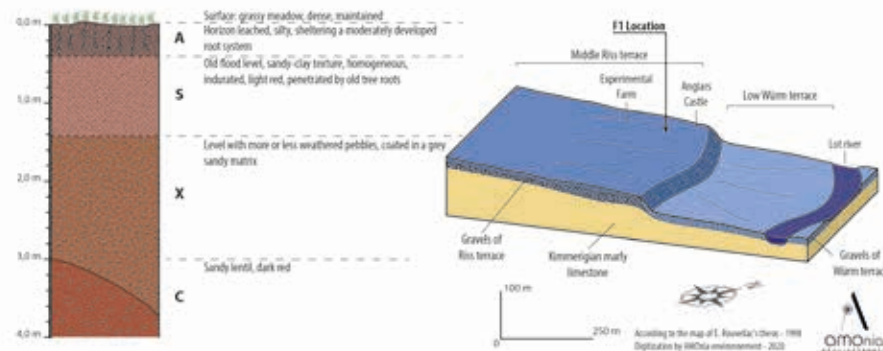
Interwoven vineyard sites

Several research programmes are currently aimed at better documenting the condition and functioning of soils in the vineyards of AOC Cahors. Soil pits have been dug in various strategic points in the Terrace and Causse areas, highlighting their very specific soil formations, the multiplicity of which reflects the wine region's extremely sophisticated nature. The appellation's winegrowers have already taken this multiplicity on board by creating wines that “look even more like they place they were born”, to paraphrase prominent oenologist Jacques Puisais.

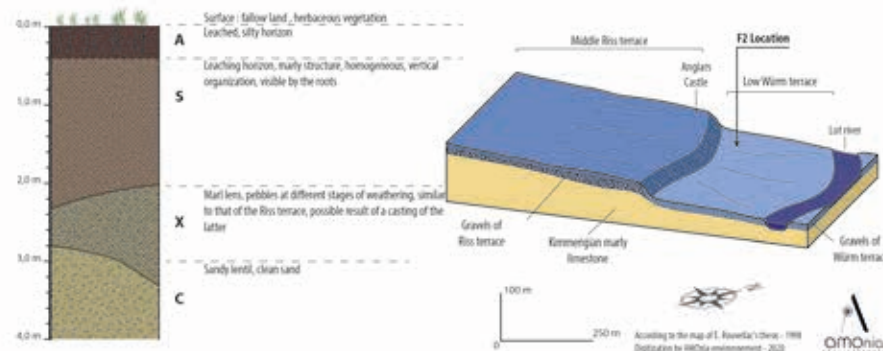


Soil compositions in the Terraces area

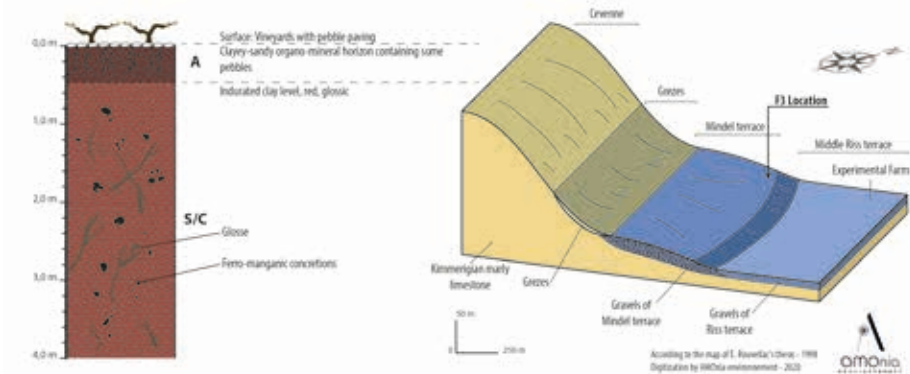
Trench 1 Anglars-Juillac Experimental Farm Terroir : Middle Riss terrace



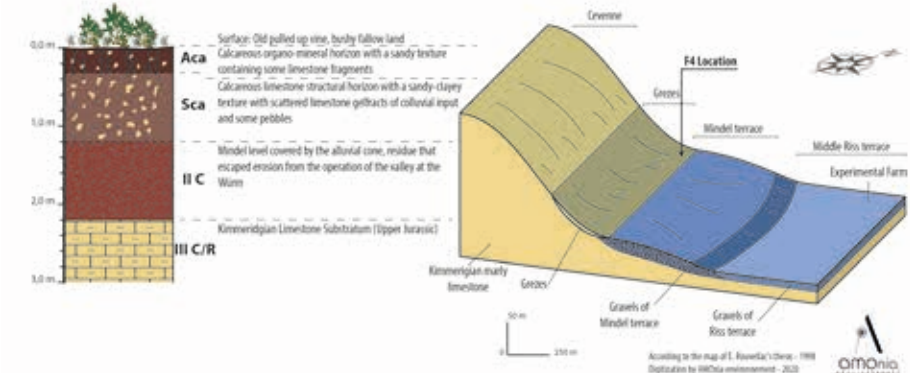
Trench 2 Anglars-Juillac town hall Terroir : Low Würm terrace



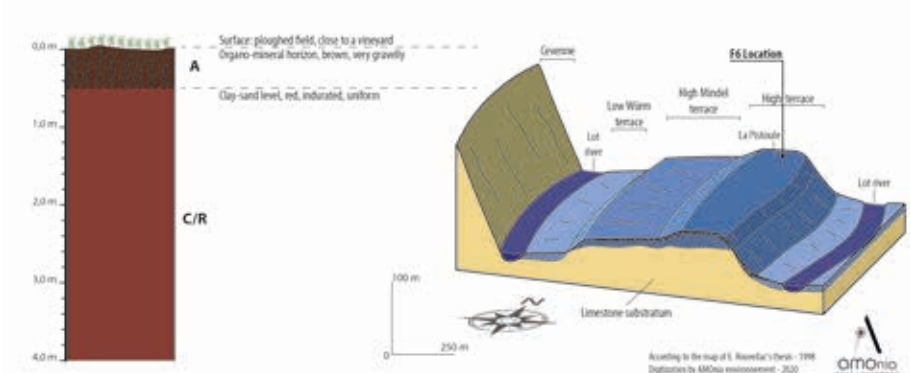
Trench 3 Anglars Wood Terroir : High Mindel terrace



Trench 4 Anglars Wood Terroir : Grezes, limestone dejection cone

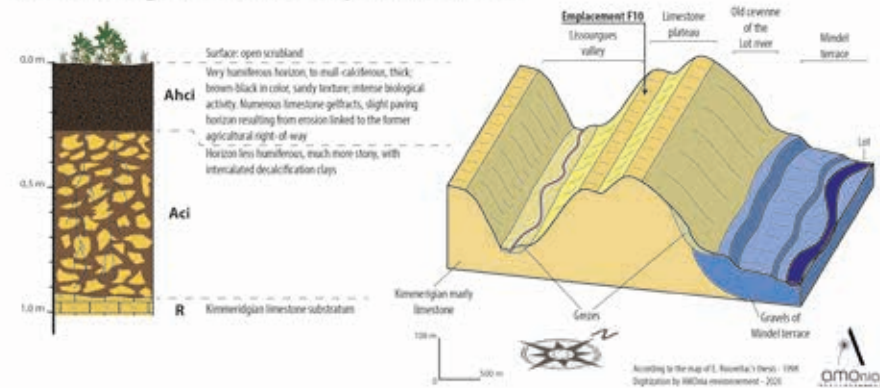


Trench 6 La Pistoule, Luzech Terroir : High alluvial terrace

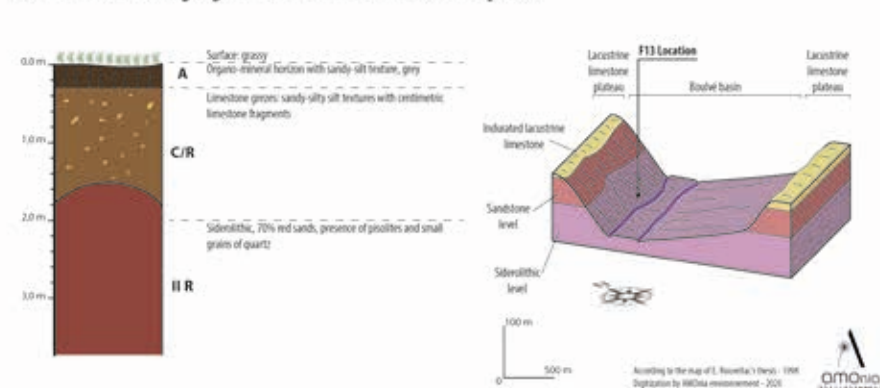


Soil compositions in the Causse area

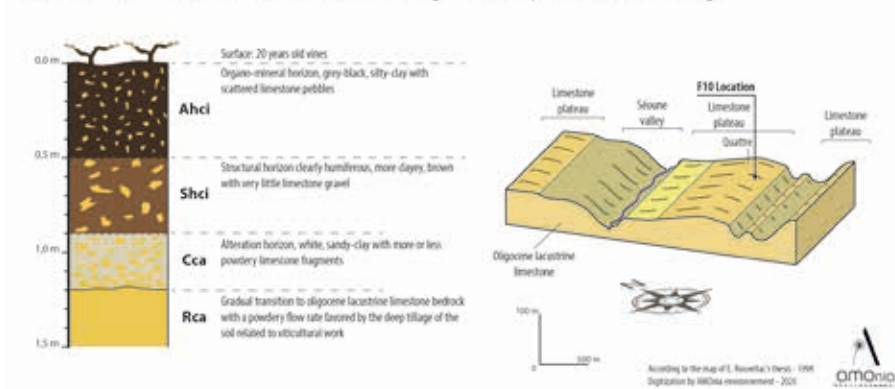
Trench10 Bosc Redon Kimmeridgian limestone plateau terroir



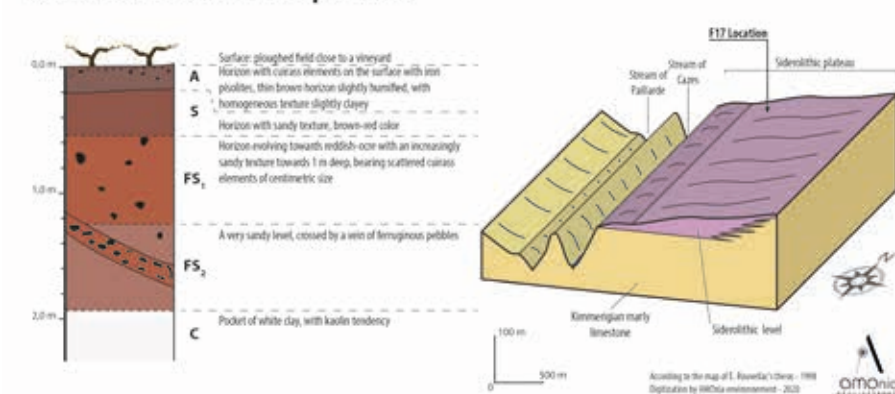
Trench13 Le Boulvé Terroir of clayey and Siderolithic slopes



Trench16 quatre Terroir of lacustrine limestone plateau, white Quercy



Trench 17 La Pouline Terroir of Siderolithic plateau





The soil pits further improve characterisation of the different vineyard sites within the appellation area. It shows that the appellation is extremely complex but this complexity is a treasure trove that encourages winegrowers to play around with the soils specific to each vineyard plot.



PORTFOLIO

III. the Cahors region – a land of Resistance off the major well-trodden routes – offers endless **LIFESTYLE** resources that stem from its deep-rooted yet giving culture, one that whole-heartedly embraces others. Winegrowers, farmers, chefs or just plain locals are all its proud ambassadors.



A wine region off the well-trodden route, a sense of hospitality specific to people from the South-West

Like a jolly medley, Lot is a department bursting at the seams. With [outstanding sites](#), like Rocamadour, one of the most visited places in France; Padirac Chasm which drops 103 metres below the ground; or Pech-Merle cave with its rock paintings over 25,000 years old. With [breath-taking scenery](#) too: the Lot Valley, the Dordogne Valley, the Célé Valley and the endless unspoilt expanses along the plateau. With

[picture-postcard towns and villages](#) like Saint-Cirq-Lapopie which clings to a cliff face 100 metres above the river in the far eastern part of the wine region and was named 'Favourite village of the French' in 2012. With [outstanding produce](#), including 4 appellations of origin, 5 protected geographical indications and world-renowned products like its wines, foie gras and black truffles. Every winter,

The Cahors appellation area is part of the Vignobles & Découvertes-endorsed 'Vignobles de Cahors en Vallée du Lot' destination. Away from the much-travelled routes, its landscapes – the grassy pontoons of the Lot, the villages reaching up towards the sky and the white stony paths weaving amongst the vines along the Causse – have successfully escaped the ravages of modern times. Nature is everywhere, often magnificent and always nourishing. The towns and villages are like jewels in a crown, lulled by a genuine, expansive and joyful dolce vita. Vitality, too, is everywhere – in the wholesome comradeship, the abundance of fine produce and the pleasure of doing things well. This is a region that enjoys life, with its stunning backdrop and cheerful people. Cahors is perhaps one of the finest French wine tourism destinations. It is most definitely one of the most authentic.

the market in Lalbenque, listed as a Remarkable Site for Taste, becomes the living hub of black truffles.

Dolce vita and a taste for adventure

Like other parts of Lot, the Cahors wine region lends itself as much to [advocates of the slow life](#) as to the [seasoned, active travellers](#). Practitioners of the slow life

can enjoy strolling through the old part of Cahors with its labyrinthine streets lined with mediaeval houses, or the hilltop villages of the Lot Valley, like Saint-Cirq-Lapopie, Luzech, Albas or Puy-l'Evêque. They can hang out on the terraces of the wine bars or amble around the farmers' markets. The more adventurous visitors can canoe down the Lot or explore the plateau on horseback (the La Fontaine

>>>

>>> riding stables organises rides including stops at Cahors wineries) or by bicycle – several estates in the appellation provide bikes, including electric bikes, for hire.

Winegrower hosts

The Cahors region also stands out for the wide range of activities hosted by winegrowers, including workshops, novel or themed tastings and hotels, bars, bistros and restaurants located at the winery. The eclectic choice on offer is incredible, as is its quality. Every whim and fancy is catered for. Even the most demanding visitors will

not be disappointed – there are Relais & Châteaux venues, a Michelin-starred restaurant and workshops and events with producers. Families will also feel at home with specific formats that cater as much for the children as for the parents. There are even places open to both the locals and passing visitors which encapsulate a joyfully alternative spirit, combining young cuisine with festive events.



© S. Bouanani

THE LOT OF SAVEURS FESTIVAL

Every summer, chefs, winegrowers, local producers, artists, the locals and passing visitors gather to revel in Cahors, celebrating the gourmet food heritage of Lot during the Lot of Saveurs Festival created in 2009. The programme includes a long weekend with a huge banquet attended by over 2,200 guests, a meal by chefs, gourmet food markets, a wine-themed brunch, workshops, masterclasses and demonstrations.

lotofsaveurs.fr

<p>4</p> <p>protected appellations of origin in the Lot department</p> <ul style="list-style-type: none"> - AOP Cahors - AOP Coteaux du Quercy - AOP Noix du Périgord - AOP Rocamadour 	<p>5</p> <p>protected geographical indications in the Lot department</p> <ul style="list-style-type: none"> - IGP Agneau Fermier du Quercy - IGP Coteaux de Glanes - IGP Côtes du Lot - IGP Foie Gras du Sud-Ouest - IGP Melon du Quercy <p>Application ongoing: IGP Safran du Quercy</p>		
<p>45</p> <p>Towns & villages</p>	<p>75</p> <p>Kilometres of inland waterways between Larnagol and Luzech</p>	<p>160</p> <p>Kilometres of cycle paths between Cahors and the tributary of the Lot and the Garonne</p>	<p>1</p> <p>Stage on the Santiago de Compostela pilgrim's route (Cahors)</p>
<p>7</p> <p>Michelin-starred restaurants in Lot (1** and 6*)</p>	<p>28</p> <p>Restaurants belonging to the Lot Bonnes Tables network</p>	<p>3</p> <p>Farmers' markets in the wine region</p> <ul style="list-style-type: none"> • Wednesday (Cahors) • Friday (Prayssac) • Saturday (Cahors) 	<p>2</p> <p>Tasting areas: Villa Cahors Malbec (Cahors) + Vinoltis (Puy-l'Évêque)</p>



With a dozen products endorsed with a designation of origin, Lot is a bastion of French [gastronomy](#). With truffles, foie gras and wine, to name a few, this is the heart of the South-West.

PORTFOLIO



CITY BREAK IN CAHORS

IDEA

With trains arriving from Toulouse or Paris, the capital of Quercy – listed as Unesco World Heritage for the pilgrimage routes to Santiago de Compostela – is an historic town of outstanding beauty with a strong tradition of gourmet food.

WHEN

A long weekend in the season of your choice

Friday evening

Settle in first. Located along the pilgrimage routes to Santiago de Compostela, the town offers a great choice of accommodation. In the evening, head off to Le Courson, the haunt of female chef Anaïs Flavigny and her sommelier sidekick Arnaud Escalié – the cuisine is creative bistro-style with an inspiring wine list.

Saturday morning

A walk through the market to meet Lot farmers. Depending on the season, you can pick up iconic Quercy produce – fresh truffles, walnuts and walnut oil, goat's cheeses and Quercy melons to name a few.

Saturday afternoon

After lunch at L'O à la Bouche (2021 Bib Gourmand award), head off to discover the mediaeval town followed by the majestic Saint-Etienne cathedral and the famous Valentré bridge with its 8 arches spanning 172 metres. Plan to stop at the Villa Cahors Malbec, an information and tasting centre housing the Cahors-Lot Valley Tourist Information Office and the Cahors Malbec Lounge, the wine bar run by the Cahors



wine marketing board where tastings are held all year round.

Sunday

Spend the entire day in the vineyards circling the town with visits to nearby chateaux such as Château de Mercuès (home to a Michelin-starred restaurant), Château de Haute-Serre (which hosts tasting workshops, introductions to winemaking and an escape game) and Château Lagrézette (which offers visits and tastings).

GOURMET TOUR IN THE LAND OF THE TRUFFLE

IDEA

Every year, 300 truffle producers harvest around 3 tonnes of truffles on the limestone soils of the Causse which can subsequently be found at markets or in restaurants.

WHEN

In winter, the peak season for black truffles.

Friday

No time to waste before getting down to some serious work with a curated tasting of truffles and AOC Cahors wines at the Villa Cahors Malbec!

Saturday

A morning stroll through the farmers' market in Cahors where some truffle producers have stalls in the winter. The day gradually stretches out ahead with a visit to Saint-Etienne cathedral and Valentré bridge, for example.

Sunday

Located a few kilometres from Cahors, the restaurant at Haute-Serre (2021 Bib Gourmand award) serves a 100% truffle menu designed by chef Allan Duplouch.

Monday

A trip to the limestone plateaux overlooking the Lot Valley. The landscape is lithic: the plots of vines are more scattered apart and grow alongside junipers and truffle oaks. Several estates organise demonstrations of unearthing truffles where you can follow truffle growers as they use a dog or a specially trained pig to find truffles.



Tuesday

The day starts with a truffle-themed brunch concocted by Pascal Bardet, the Michelin-star chef from the Le Gindreau restaurant in Saint-Médard. A former student of Alain Ducasse, he will then be your guide to the famous market in Lalbenque. He will be with you when you take part in the retail sale of truffles attended by buyers from the top French restaurants. The sorted and brushed truffles are presented in small sachets and are sold on the open market, under the supervision of the local gamekeeper whose customary blow of the whistle – at 2.30pm on the dot – marks the start of trading.



The Cahors region is highly [evocative](#), with a distinctive lifestyle that combines its powerful history (chateaux, monuments, traditions) and present-day nonchalance, as epitomised by wine tasting.

PORTFOLIO

A COUNTRY ROAD TRIP IN LOT

IDEA

With its rivers, valleys and plateaux, the AOC Cahors wine region offers a mixture of playgrounds. It can be explored by alternative means of transport – including bikes and horses – which encourage you to head off the beaten path.

WHEN

In the spring or in summer when the junipers flower.

D1

The meeting point is Clos Triguedina, an AOC Cahors estate. The winegrower, Jean-Luc Baldès, has created the Vinocycle experience where you hire an electric bike complete with home-made picnic. Four signposted routes can be accessed from the property. At the end, the wine grower takes you on a tour of the winery and introduces you to his wines. Alternatively, the Malbike (Malbec + bike) tours are organised by the Cahors-Lot Valley tourist information office over the summer. The idea is that you bring your own bike and follow the guide for 2 and a half hours through the vineyards of Cahors to discover the villages of Albas, Bèlaye and Castelfranc. A gourmet food stop at a winery is also part of the trip.



D2

The La Fontaine riding stables, which offer guest accommodation in tepees, provides visitors with the chance to explore the vineyards on horseback. The day includes meeting the winegrowers, a curated tasting of the wines, a trip through the mediaeval villages in the La Bouriane area (Les Arques,

Lherm and Martignac), a picnic of local produce in the heart of the countryside and an introduction to out-of-the-way spots such as a small lake of white clay where you can swim and the marshlands of the Masse Valley which are listed as an endangered natural area.

MEETING THE WINEGROWERS

IDEA

The plan is to taste their wines and discover local Lot produce by sharing some special moments with men and women who are passionate about what they do and where they live.

WHEN

A weekend in the summer before the harvest

Friday evening

To get into the spirit of things, the meeting point is Château Saint-Sernin which holds gourmet nibbles and drinks combining a wine bar atmosphere with live music every summer.

Saturday morning

The day starts with a trip to Vinoltis, the new wine tourism centre located in the hilltop village of Puy-l'Evêque, in the far West of the wine region. If you arrive from Cahors, the first stop is at the Villa Cahors Malbec.

Saturday lunchtime

A farmhouse lunch at the Château Chambert bistro, open every lunchtime over the three summer months. The spirit is a small menu of homemade organic dishes made from produce grown on the estate or on nearby farms.

Saturday afternoon

An educational workshop at Château Eugénie with an introduction to wine tasting and recognising aromas using the famous Jean Lenoir Nez du Vin aroma kit.



Sunday morning

A parent-children workshop involving a variety of senses at the biodynamically farmed Mas del Périé. Winegrower Fabien Jouvès takes a fun approach to products of the vine by awakening everyone's senses.

Sunday lunch and afternoon

K'as-croûte au K'Où, the alternative 'third-place' venue by Clos Troteligotte serving boards of local produce with tastings of biodynamically farmed wines. The weekend is rounded off by a visit of the estate in the afternoon.



The Cahors wine region has a distinctive identity yet it is constantly [changing](#), depending on the landscapes, the seasons or even the time of day.

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