LE MOULIN SUR CÉLÉ

# Deirdre's Concierge Service

It would be our pleasure to help you design and plan your holiday at Le Moulin. Our Concierge Service is created with you in mind so that all you have to do is relax and enjoy an unforgettable holiday, making memories that will last forever. We are at your service throughout your stay at Le Moulin.

We are delighted to share our insights and insider tips regarding the best iconic attractions, amazing restaurants, inspiring vineyards and local markets in our area. We are happy to provide you with everything you need to craft a truly unique experience designed around your specific needs.

Based on personal research, here is an outline of a sample itinerary for a week-long stay @ Le Moulin. Obviously, it can be customised to suit your preferences.

Deirdre McGlone & Marc Gysling - Your Hosts

# Friday

## Welcome / Bienvenue

The warmest of welcomes awaits. As you approach Le Moulin along the tree-lined drive, you will get a sense of 'coming home' to a very special place. You'll hear the gentle flow of the river and the sweet sound of birdsong. The scent of jasmine and wild flowers fill the air. As your hosts, we will be there to meet and greet you. Following a show around, we're here to offer advice and answer any questions regarding your holiday at Le Moulin.

It makes sense to dine in on the first evening following a long journey. To this end, we have sourced an excellent chef who does food delivery to the door. It's a simple, traditional and tasty French four course menu - for example, a smoked salmon starter, roast lamb with Mediterranean vegetables and dauphinoise potatoes, local cheese and a light seasonal dessert. You could also save the cheese for lunch the next day if it's too much in the evening.

*Cajarc on the river Lot*

# Saturday

## Market Day in Cajarc

Breakfast at leisure. We have a selection of three super bakeries, all within 10 / 15 mins drive from Le Moulin. If you feel like it, it's a nice bike ride to either Brengues or Marcilhac-sur-Célé — flat all the way - lots of bikes available at Le Moulin.

In the afternoon, grab your shopping basket and head to the local market in Cajarc. It's always full of colour and buzz with a great selection of food, wine and cute French things for sale. Later in the afternoon, we recommend a wine tasting with our friend Laurent at Au fil des saisons. Laurent is always delighted to share his knowledge of the special wines of the region. And if you like what you taste, you can order your wine for the week with him. Or perhaps take a walk through the old town to sit by the river Lot and enjoy a coffee or an ice cream in the sunshine. Also in Cajarc, there's an old bric-à-brac and an antique shop worth visiting. For dinner that evening, you could stay on in town and dine at 'Le President' brasserie, right in the centre of the town - great for people watching and casual dining.

# Sunday

## Relax Day

Today is for lounging by the pool or snoozing in one of the hammocks by the river. Relax and enjoy.

For food options, maybe you or one of your guests would like to cook a meal or perhaps a BBQ? A basket of organic meat and salads can be pre-ordered with local chef, Eloïse Vedrune. Alternatively, there is a lovely restaurant just 15 minutes drive away - Le Mansonnet Corn. Delightful family run restaurant located 15 mins from Le Moulin. Traditional French cuisine in a pleasant setting.

*Château de Haute-Serre*

# Monday

## Explore the area

Options include a visit to a vineyard with light lunch platter at Château de Haute-Serre. Near the famous wine producing town of Cahors, this is about an hours drive from Le Moulin. Or go for the full experience and stay for lunch - Château de Haute-Serre offers a wonderful modern French menu. Taxi transfers can be arranged each way if required.

A visit to Saint-Cirq-Lapopie is a treat. It's regarded as one of the prettiest villages in France. There are lots of nice restaurants to have lunch in. We recommend favourites such as Le Sombral or Le Gourmet Quercynoise.

Dinner - we suggest either of the following:

La Racine et La Moelle is in Figeac which is an historic town less than 30 mins drive from Le Moulin. The owner is from Northern Ireland and is super friendly. The food is modern French with a great wine list.

Another firm favourite of ours is Chez Hélène Located just 20 minutes drive from Le Moulin, it's a unique dining experience highlighting local produce from the region. There are also concerts every Friday evening during the summer months.

**Seasonal opening times tbc*

*Chez Hélène*

*Canoe on the Célé*

# Tuesday

## Canoe Trip & Market in Marcilhac-sur-Célé

The Lot and Célé rivers are renowned for the most beautiful canoe trips. It's a fun day for all the family. The best part is stopping off half-way at your private sandbank at Le Moulin for a spot of lunch or a light refreshment.

Canoes can be hired in our local village of Marcilhac-sur-Célé. We recommend Passion Adventure.

Later in the evening, dine 'al fresco' at the market in Marcilhac. Lots of French and international food options to choose from. There is usually music by the river as well.

*Marcilhac-sur-Célé*

*L'allée des Vignes, Cajarc*

# Wednesday

## Leisurely Lunch

A lunch experience in France is well worth it. We highly recommend the Michelin star chef, Claude Emmanuel who has a beautiful restaurant in our local town of Cajarc.

Maison du Safran - L'allée des Vignes, Cajarc

(Claude Emmanuel is also available as 'Chef Domicile' to cook a Michelin star meal for you and your family / friends at Le Moulin).

For a traditional French lunch, we love going to the charming village of Espédiallac to dine al fresco at the family run Auberge Beauville.

*Claude Emmanuel Robin*

*Evgenia Robin*

# Thursday

## Relax Day

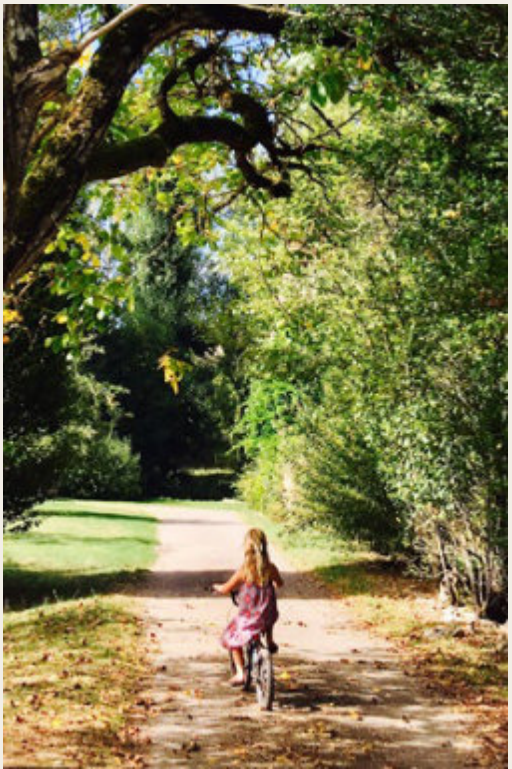
Sleep in, stroll along the river, pop a tennis ball or two. Simply soak up the atmosphere and let the sun shine. Enjoy what we call a 'picky-picky' grazing lunch / dinner on the terrace or by the riverbank,  consisting of local cheese, charcuterie and French bread. Simply devine!

# *Friday*

## Farewell / Au Revoir

Following breakfast, we bid you a fond farewell and safe trip onwards.

À bientôt.



*Pech Merle Caves*

*Saint-Cirq-Lapopie*

# Additional Activities

## Hiking

There are lots of great places to hike in the Lot valley. We love the forest trail walk which is a circular hike that starts at Le Moulin, crosses the river and takes you through an enchanting forest. It offers plenty of shade on a hot day but we recommend early morning which is best. You can also join a group of hikers, led by our neighbour, Audrey, who is a professional guide. This is a great way to explore the area further.

## Horse-riding

Located just half an hour from Le Moulin, Chez Maiwenn is an excellent riding centre offering day treks in the Lot valley.

## Visit to a wine farm

Meet Sébastian Alazard from the multi-generation wine-makers at Domaine du Souleillan. Tour the farm followed by wine-tasting.

## Massage

There is nothing nicer than a relaxing massage in the comfort of Le Moulin to keep you in the holiday mood. Our guests love our local masseuse, Cécile Fottorino whose light touch is utter bliss. Cécile also offers yoga classes for all levels. There is something so special about yoga by the river where you tune in to the sounds and scents of nature in harmony with your body and mind.

## Other places of interest include:

The Abbey at Marchilhac sur Célé (10 mins drive)

Pech Merle Caves (40 mins drive)

# Contact Us

*Always happy to help:-)*


*Le Moulin sur Célé*
46160 Saint-Sulpice, France
**www.lemoulinsurcele.com**
**stay@lemoulinsurcele.com**

**@lemoulinsurcele**

## Guest Relations
**Deirdre McGlone**
+353 87 7934466
**deirdre@lemoulinsurcele.com**

## Owners
**Deirdre McGlone**
+353 87 7934466
**Marc Gysling**
+353 87 2549222