

Saint Jean de Laur

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Saint Jean de Laur is located in the Lot department, in the 'Parc Naturel Régional de Causses du Quercy'. The lot department is situated in the North of the [Midi-Pyrénées](#) region in the Southwest of France. Click [here](#) to see the exact location.



the village of Saint Jean de Laur

Saint Jean de Laur is a charming little village with approximately 200 inhabitants. The village is situated at an altitude of about 300 to 400 meters and exists for the larger part of traditional stone houses ('maison en pierre'). The village itself does not offer any stores, however several times a week the baker is passing by with fresh baked bread.

To obtain your daily shopping a 8 km ride to Cajarc or Limogne en Quercy is necessary. Here you also will find some restaurants and terraces.

An extensive choice of (larger) shops is available at 20 km in Villefranche de Rouergue.

At about 15 km from Saint Jean de Laur the medieval village of Saint Cirq Lapopie is located, chosen by the French population as one of France's most beautiful villages.



Sunday morning market Limogne en Quercy

The Lot department



The Lot department offers a varied landscape with medieval villages, fortresses, caves and castles. Situated along the Lot river are some of France's most beautiful villages, built into the rock with a fantastic view over the river and the environment. Everything here breathes a rural peace and quiet. For people looking for peace, tasty food, French rural culture – and for history enthusiasts – the Lot is a fine place to start. But active people too will find plenty of possibilities in the Lot area with its bike and hiking routes and the various possibilities for horseback riders. The many rivers and lakes allow for fishing, or canoe and kayak trips. Another possibility is a tour through the nice Lot-valley, along the meanders of the Lot river. There one drives through fine medieval villages such as Cajarc, past old fortresses and nice villages such as Saint-Cirq-Lapopie, one of the most beautiful villages in France. Furthermore a tour (by car or bike) of the Cahors wineries makes a decent activity.

The Lot climate

The Lot department is blessed with a moderate climate and pleasant temperatures throughout the entire year. Plenty of sun in summer and mild winters. [What's today's weather in Saint Jean de Laur?](#)

Good food

Well-known local dishes are "daube de boeuf" – a tasty beef stew – and "cassoulet" – a single-pan meal consisting of white beans and various types of sausages and meat. The area is also known for its geese and ducks, for amongst other things confit (legs cooked slowly, at a low temperature), goats for cheese and the production of walnuts and truffles. The second are sold during the winter months, for prices of up to € 1000 per kilogram. Local wines include le vin de Cahors and le vin des côteaux du Quercy.



searching for truffles

In this department people still each day take the time to actually enjoy their meals, at home or at one of the many restaurants. For a sum of between € 15 and € 20 per person one can enjoy a 3- to 4-geese menu with a carafe of local wine and a cup of coffee to close with.



daube de boeuf