



Gourdon 17-19 October 2025

We are once again delighted to invite you to our annual ALL GRADES course. This year, the course will be hosted by the Gourdon club.

Friday	17th October	20h - 22h
Saturday	18th October	10h - 12h 16h - 19h
Sunday	19th October	10h - 13h

For those of you arriving earlier in the week to take in the extraordinary places that the region has to offer (Rocamadour, Lascaux, Sarlat, Château de Castelnaud...), there is also a training session on the Thursday at Gourdon's municipal Dojo (18h30-20h).

THE COURSE IS FREE.

On the Friday evening, the traditional post-practice buffet will also be courtesy of the local clubs.

A meal at the legendary Diabolo Fraise is planned for Saturday evening (35 euros). Please let us know if you are planning to attend, and if you have any allergies or dietary requirements. The menu will be sent to you in due course.

In the following pages, you'll find information on the training venue, accommodation, transport to Gourdon and places to eat (for lunch on Saturday and Sunday).

Looking forward to seeing you!

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TRAINING VENUE



All training sessions will take place at:

Gymnase du Vigan

Lotissement de Polidelle, 46300 Le Vigan

<https://maps.app.goo.gl/uKUFBd7v4zMKbxFeA>

The sports hall is in Le Vigan, 5km east of Gourdon. Take the D801 signposted to A20 Cahors Figeac. In the village of Le Vigan, turn left just after the hair salon Patricia Coiff, opposite the Biskit Tavern. You'll see the Gymnase after 500m on your left.

For the super-keen:

Gourdon Municipal Dojo (Thursday evening)

Route de Nabirat 46300 Gourdon

<https://maps.app.goo.gl/Qi5xjjLXSzvLdF7n9>

GETTING HERE

Gourdon, capital of the Bouriane region, is located in the Lot "département" (46) in southwestern France. The town is 160km north of Toulouse and 160km east of Bordeaux.

<https://maps.app.goo.gl/8t2ML5N569uYQJyH7>

Plane

Nearest airports (all with car hire):

Brive-Souillac 0h45 by car

Bergerac 1h30 by car

Rodez 2h by car

Toulouse ou **Limoges** 2h by car/train

For those who need a lift, there will be cars going from Toulouse to Gourdon.

Car

Gourdon is 20 km from Exit 56 of the A20 motorway that runs north-south between Paris and Toulouse.

Train

Gourdon station is on the Paris Austerlitz-Toulouse line. For timetables, see the SNCF website. We'll be happy to pick you up and/or drop you off at Gourdon station.

<https://www.oui.sncf/>

Select:
"Gourdon (Occitanie)"

ACCOMMODATION

Hotels in Gourdon

- **Hôtel & Restaurant Hostellerie de La Bouriane ***** <https://maps.app.goo.gl/oaxkc5soaoQHAvay8>

Place du Foirail, 46300 GOURDON

Tel: + 33 (0)5 65 41 16 37

Email: contact@hotellabouriane.fr

Web: <https://www.hotellabouriane.fr/>

- **Hôtel & Restaurant La Promenade**

<https://maps.app.goo.gl/KgSyHxD7jkdhsVzA6>

48 boulevard Galiot de Genouillac, 46300 GOURDON

Tel: + 33 (0)5 65 37 11 41

Email: la.promenade.gourdon@orange.fr

Web: <https://www.lapromenadegourdon.com/>

- **Hôtel & Restaurant La Gariotte**

<https://maps.app.goo.gl/mv9ALfGMDdrkXRNA8>

Boulevard de la Madeleine, 46300 GOURDON

Tel: + 33 (0)5 65 41 02 63

Web: <https://www.la-gariotte.fr/>

Other accommodation

Please look at the tourist office web site:

<https://www.tourisme-gourdon.com/en/prepare/where-to-stay>

Or Airbnb:

<https://www.airbnb.fr/gourdon-lot-region-france/stays>

Chalets

A very reasonably-priced and convivial solution! See next page.

PLACES TO EAT

Le Vigan

Near the training venue.

- **Péché Mignon**

<https://maps.app.goo.gl/JvcSP6F3rtFEGKyR7>

Le bourg, 46300 LE VIGAN

Tel: + 33 (0)5 65 32 64 88

Web: <https://pechemignon46.metro.bar>

- **Axolot Restaurant Mexicain**

<https://maps.app.goo.gl/kR7GMzZJgXXdzbPo9>

Le Pouget (plan d'eau), 46300 LE VIGAN

Tel: + 33 (0)9 55 92 82 99

Gourdon

Please look at the tourist office web site: <https://www.tourisme-gourdon.com/en/prepare/where-to-eat>

Restaurant - Saturday evening

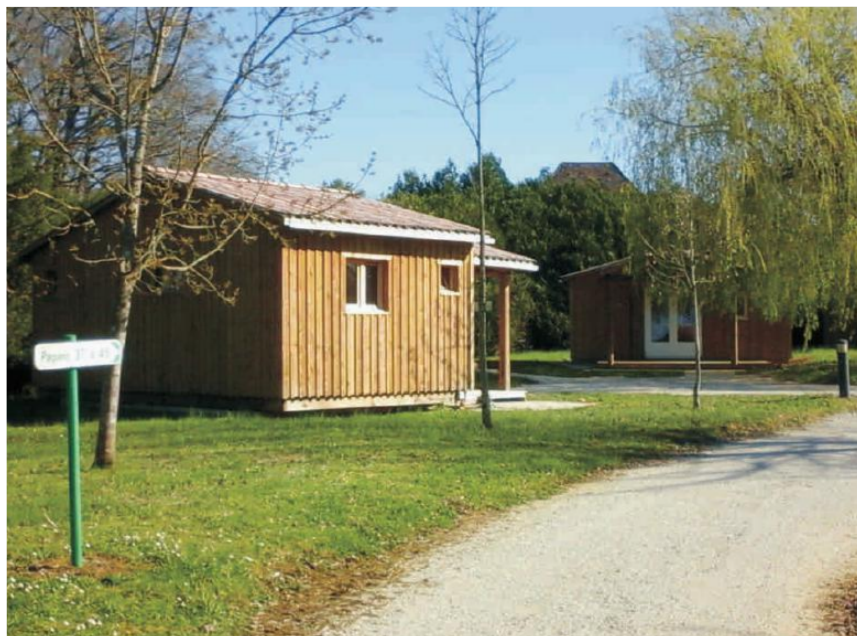
The restaurant is booked for 8pm.

- **Le Diabolo-Fraise**

<https://maps.app.goo.gl/PDb76t8YzHkC8thN9>

Le bourg, 24250 NABIRAT

Tel: + 33 (0)5 53 59 36 83



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CHALETS IN GOURDON

Holiday Village « Écoute s'il pleut - CCAS »
Chemin de Mont Marsis, 46300 GOURDON

<https://maps.app.goo.gl/d93nA2fR2aMVUi7n7>

Rates

Chalet 3-4 people	30 euros / person / weekend (2 nights)
Tourist tax	2.50 euros / person / night
Cleaning charge	60 euros / chalet
Extra night	10 euros / person / night + tourist tax

Example 1: THREE people for two nights

Chalet: 3 x 30 = 90 euros
Tax : 2 x 2.5 x 3 = 15 euros
Cleaning: 60 euros
TOTAL : 165 euros

In other words, 55 euros per person for two nights.

Example 2: FOUR people for two nights

Chalet: 4 x 30 = 120 euros
Tax : 2 x 2.5 x 4 = 20 euros
Cleaning: 60 euros
TOTAL : 200 euros

In other words, 50 euros per person for two nights.

Includes

Each chalet has one double bed, two single beds, hot water, kitchenette, shower room, WC, electric heating, bottom sheets and blankets.

So you'll need to bring top sheets or a sleeping bag, square pillow cases, towels and tea towels.

For the keys, meet at the chalets on the Friday before 19h30, otherwise at the training venue.

Reservations

Reservations are made through KDS Gourdon: gileskds@gmail.com.

Attendees are welcome to group themselves by chalet. When making your reservation, please provide the following information:

1. Contact details of the person responsible for the reservation (name, club, email, telephone)
2. The names of the other members of the group
3. The arrival and departure dates

Deadline for reservations: 15th September 2025.

PAYMENT : in cash to KDS Gourdon upon your arrival in Gourdon, unless you have a euro bank account or use an online currency transfer company, in which case you can pay by bank transfer.