



Gourdon 16-18 October 2026

We are once again delighted to invite you to our annual ALL GRADES course.

This year, to celebrate the **20th birthday of KDS Gourdon**, the course will be hosted by the Gourdon club.

Friday	16th October	20h - 22h
Saturday	17th October	10h - 12h 16h - 18h30
Sunday	18th October	10h - 12h30

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 is planned for Saturday evening (30-35 euros), details to follow. Please let us know if you are planning to attend, and if you have any allergies or dietary requirements.

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/stay/where-to-sleep/>

Or Airbnb:

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

PLACES TO EAT

Le Vigan

Near the training venue.

- **Péché Mignon**

Le bourg, 46300 LE VIGAN

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

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

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

- **Axolot Restaurant Mexicain**

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

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

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

Gourdon

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