



## Lot & Dordogne, France, 2019

**Cost:** £300 excluding gas, travel and course fees (This may go up or down depending on numbers & date)  
**Deposit:** £150 + £200 course deposit  
**Spaces:** Unlimited (3 max on any course)

*"I put my regulator in my mouth and ducked my head under the water, the visibility was terrible, I couldn't see my hands, nothing but a milky vista filled my vision. I ran my hands down the root of a tree and let the air out of my dry-suit; just as I was beginning to consider that I had descended in the wrong place, or had perhaps moved away from the descent line, the water began to clear and a semi-circular dark opening loomed up at me. I flicked on my light, kicked my way gently into the little opening and I find myself in crystal clear water, in one of the most beautiful caves I have ever seen! But this is not Florida or Mexico, but southern France..." (Jason Pepper 2009)*

We are going cave diving to this fabulous location, a venue that "has it all". This is a place not to be missed. We would be based at the Cave Diving Centre Lot.

### Lot & Dordogne

The Lot and The Dordogne areas of France have an abundance of beautiful caves suitable for all levels of diving expertise, situated in glorious rural locations. Sites are mostly found on three rivers; The Dordogne, The Lot and Célé.



The Lot area lies in the northern extremity of the Midi-Pyrenees region, which stretches from the confines of the Dordogne Valley to the highest peaks of the Pyrenees, forming the heart of South-West France. Summer months temperatures can reach a high of 35+ degrees and are very dry, although it is not unusual to witness dramatic thunderstorms.

Cave divers from all over the world return to dive here year after year. We aim to make your visit an experience you will want to repeat; there is plenty to do for those non-diving partners, if they wish to come along...

### Diving

With over 20,000 known caves, France is one of the premier cave diving areas in the world. One of the most interesting regions lies in the Southwest, around the rivers of Lot and Dordogne. Here you find a multitude of long and deep caves with mostly crystal clear water and relatively warm water, offering superb diving conditions.

The water temperature averages 14 degrees and the visibility normally varies between 5 and 30 metres.

For those who are not a training program, I will to choose appropriate sites based on dive qualifications, experience and environmental conditions conducting 2 dives per day. Those with the correct qualifications and experience are able to conduct their own explorations; otherwise I will be on hand to guide.





Some of the sites we hope will visit include: Emergence du Ressel, Trou Madame, Cregols and the Fontaine de St George.

## Kit

All standard scuba equipment and appropriate thermal protection (drysuits are recommended), plus at least 3 light sources, a supply of new batteries (good ones only please!), a primary reel and 2 spools. Please see my equipment list.

Ideally you will have a pair of twin 12's, sidemounts, or O2/DIL and bailout. If you have a stage bring it as there maybe opportunity for deco.



Back mount is are good for the Ressel, Trou Madame and St George. While sidemounts would be the config of choice in the Truffe and the Cregols, perhaps even Trou Madame.

If on a course, 2 sets of cylinders are essential, plus 1 stage on OC, or 2 Bailout on CCR.

## Accommodation

There is a bit of driving between the venues but our anticipated accommodation is well placed from this point of view. Accommodation will be organised from either Saturday to Saturday or Sunday to Sunday; so we need to try to arrive by early evening (5pm) and get sorted that evening. Bed linen and towel supplied.

Food is on a self catering basis or we can eat at one of the local restaurants, we will need packed lunches for the day, as when we go diving, we will stay at the site till done.

## Gas

We will be using the best fill station in the area, owned by Oli.

<http://thecavetobe.com/>

## Travel

Channel Tunnel: Folkestone to Calais - approx £150 return per vehicle; once through the tunnel it is approximately an 8 hour drive to the area.

Once we get the team together we can arrange and share transport, but I usually travel Folkestone to Calais on an afternoon, travel to Rouen, stay over in a Formule 1 (approx £20) and complete the rest of the journey first thing in the morning, arriving mid afternoon on the following day.



Flying: You can fly into the region into one of the many local airports, I can arrange hire kit and pickups, although I would recommend hiring a car.



## Insurance

You will require **DAN insurance** N.B. check your insurance will be current as any incident in Europe is extremely expensive if not covered. You need to carry a "**European Health Insurance Card**" (info: [www.nhs.uk](http://www.nhs.uk)). Each participant will have their own travel insurance covering medical Insurance, rescue, repatriation and Liability.

## Training

This trip is ideal for those wishing to train in cave diving. We will cover the knowledge and techniques of cavern/cave diving and describes the risks involved. Show you the principles of cave diving utilizing guide lines and increase your development in safe techniques and procedures for cave diving.

Courses available will be Cavern, Intro Cave, Full Cave, Advanced Cave DPV, Advanced Cave Multi Stage. The courses maybe completed in either twinset, sidemount, CCR, or mixed team configurations and all the theory and open water sections can be completed before we head to France.



## Terms and Conditions

### Booking

A deposit per person is required. The balance is to be paid no later than ten weeks before the trip starts. If you pay the deposit then you are responsible for paying the balance or finding someone to take your place. The trip is subject to min of 4 participants. In the event of not achieving this level of interest the deposit will be refunded.

### Cancellation

If Ian France Technical has to cancel your booking for any reason we will refund your monies payment paid in full without further claim against us. If you cancel your booking it is up to you to find someone to take your space. Taking out holiday insurance to cover this and other possibilities is highly recommended and is your responsibility.

### Cylinder test requirements

We will follow the guidelines as all UK dive centres, as such all cylinders are required to be in visual/hydro test (IDEST) and if requiring Nitrox, Trimix or O2 fills the cylinders and valves must also be O2 cleaned and in O2 service.

If a cylinder is not in test it will not be filled, and will hold no liability for any missed diving incurred as a result of cylinders being out of test.

### Safety

Ian France Technical will not be responsible for any injury or accident caused to any person or persons arising from the use or presence of commercial and recreational diving equipment.

### Insurance Cover

Diving Matrix do not accept any responsibility for loss of or damage to any personal items, e.g. diving and photographic equipment.

### Weather

Diving Operations will always commence on the date stated no matter what the weather. If bad weather occurs Ian France Technical will make every attempt to get to a dive site but will not refund any of the fees.

### Fuel surcharge

Ian France Technical reserves the right to charge a fuel surcharge if the price of fuel increases significantly.