

# THE «ENGLISHMEN'S» PATH

→ SITUATION : Brengues, 21 kms from Figeac via the D19 and D38

→ START POINT : Brengues church

**DURATION : 2 hrs. 30 mins.**

**LENGTH : 8 kms**

**WAYMARKING : Yellow**

**PARTICULAR DIFFICULTIES :**

**Very narrow section at the «Château des Anglais»**



With your back to the church door, go up to the right to get to the D38 (GR 651, red and white waymarking) and follow it up to the exit from a big left-hand bend.

**1** Leave the road and take the path which goes uphill to the right. Go as far as the fortified gate, walk alongside the Château des Anglais (12th C.) and go uphill towards the Causse. Go through a gate (please close it after you) and come to the hamlet.

**2** At the first house, go down to the right to get to the springs. Continue to the right along the track which passes amongst rocks and over a heath. When you are level with a pylon, fork left, cross the meadow. Come to a track, take the path to the left running between stone walls, going towards Gabat (remember to close the gate). At a fork, take the track going off to the left and come back to the D38. At the road, turn left towards the hamlet of Le Causse. At the exit of this, on a left-hand bend, take the track going straight ahead.

**3** Come to the hamlet of La Caselle. Keep going straight on up to the junction with the bridle path (orange waymarking) at Pech Redon.

**4** Go to the left and follow this for 200m.

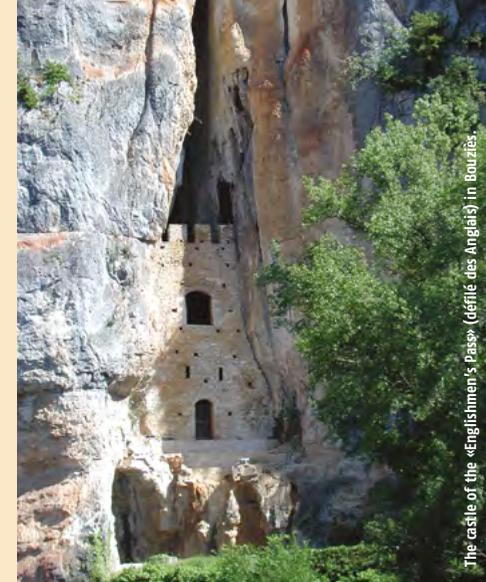
**5** Turn left and take the track which goes downhill and joins up with the GR 651. When you are outside a house, leave the main track and follow the GR (red and white waymarking) which goes off to the left, and go past La Garrigue spring. Go down into the coomb. At the bottom of this, go past a track going off to the right and continue to the left at the foot of the hill to get to a road. Go left at an angle, along below the school and up to the fork. Return to the church via the same road as on the way out.

## THE «CHÂTEAUX DES ANGLAIS»

The term «Châteaux des Anglais» refers to fortifications clinging to the cliffs in the Lot and Célé valleys. The oldest of these buildings may date back to the 11th or 12th C., and may well have been used until the period of the Wars of Religion in the 16th C.

They served as a place of refuge for the local population in case of attack. Some of these «castles» gave rise to villages still in existence today (Vers, Cabrerets...), whereas in some cases the houses have all disappeared and only the vestiges of the castle remain.

The name «Château des Anglais» (Englishmen's Castle) does not really correspond to historical reality. It would seem that the duration and consequences of the Hundred Years' War were the elements which left the most indelible imprint on popular tradition.



The castle of the «Englishmen's Pass» (défilé des Anglais) in Bourlès.

After having climbed the hillside and gone through the fortified gate in the cliff, the real surprise of this walk awaits you at the foot of the vestiges of the «Château des Anglais»...

### TO SEE IN THE AREA...

- Assier : 16th C château (Hist. Mon.)
- Espagnac Ste. Eulalie: priory
- Livernon : La Pierre Martine dolmen

→ FOOD SHOPS/  
RESTAURANTS ETC :  
Brengues

→ INFORMATION :  
Vallée et Causse  
Tourist Office  
Tel : 05 65 40 50 60

