

THE OLD ROMAN ROAD PATH

→ SITUATION : Marminiac, 3 kms from Cazals via the D13
 → START POINT : Town hall
 GPS Coordinates : N 44°39.983' E01°11.600'

DURATION : 2 hrs. 30 mins.

LENGTH : 8.5 kms

WAYMARKING : Yellow



From the Mairie (Town Hall) cross the market square to get to the D63 and go left on this for 250 m. Turn left at a cross, go towards «Mourlanes» (typical house with pigeon tower on left). Go through a former farm. At the crossroads, take the track on the left going up on to a plateau (walnut grove, pigeon tower on the right).

1 At a junction with a road (wayside cross), turn right and continue on a track lined with a wall, going downhill. When you get to a meadow, turn right into the woods. Further on, turn left to get to a road. Take this going to the left. Turn on to the next track on the right (laundry trough) and come out on a road.

2 Cross this and continue on the path opposite, for about 1.5 kms.

3 At the junction with the Lédrier track, take a track on the left through

the woods, follow this up to the road. Follow the road to the left towards the hamlet of Courteau. Before getting to the hamlet, take a track on the right.

4 Where tracks cross, turn left. Go past the «Bancuq» farm, and take a road on your left.

5 Cross the D63, take the track opposite. Come to a road and follow it to the right up to the hamlet of «Lalbenque Basse.»

6 Before the first building on the left, follow the track which goes down between the meadows and back up through woods. When you get to a wider track, turn left up to the D63. turn immediately right on the track going down through a wood.

7 At the hamlet (wayside cross) turn right on to the D13 (horse riders, go straight on), then left. Once back on the D13, go to your right back to Marminiac.

A LITTLE SEED ON ITS WAY BACK UP

Its oil had many uses, from lighting to liturgical, via – of course – nutritional. Replaced by electricity, with severe competition from industrial oils, the walnut fell out of favour. Nowadays, it's making a comeback as much with gourmets as with those determined to eat a healthy diet. Rich in essential fatty acids, it is truly a health food. Every family has its own recipe for walnut cake, or at the very least, knows the best place to buy it. Macerated in alcohol, it serves as a basis for aperitifs or liqueurs. A few spoonfuls of walnut oil, or a few kernels, bring an inimitable touch to a salad. Along with the sweet chestnut, it is one of the most important crops in the Bouriane and in Périgord.



“ This pleasant countryside walk takes you through an unspoiled rural landscape. ”

TO SEE IN THE AREA...

• Les Arques : Zadkine Museum, devoted to some of the sculptor's remarkable works

→ FOOD SHOPS/
RESTAURANTS ETC
Cazals/Marminiac

→ INFORMATION
Cazals-Salviac
Tourist Office
05 65 41 57 27
05 65 22 88 88
www.tourisme-cazals-salviac.com/

