

# FONTANES ROUND WALK

→ SITUATION : Fontanes, 6 kms west of Lalbenque via the D19 then the D26

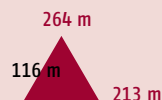
→ START POINT : Square outside the school at the Calvary statue in Fontanes

GPS Coordinates : : N 44.312277° E 1.498521°

DURATION : 3 hrs.

LENGTH : 10.8 kms

WAYMARKING : Yellow



“ A lovely walk awaits you, which will take you past truffle orchards and little dry stone buildings, but also through some wetter areas. ”

## TO SEE IN THE AREA...

- The Lalbenque truffle market held in winter
- The Chemin des Puits (wells path) in Laburgade
- Château de Cieurac

→ FOOD SHOPS/  
RESTAURANTS ETC :  
Lalbenque

→ INFORMATION :  
Cahors - Lot Valley  
Tourist Office  
Cahors Office  
05 65 53 20 65

1 From the school square, go to the right on the D26, towards «Cieurac». At the crossroads, take the D149 for 500m, go past the road to Escazals.

1 At the next bend, take the track on the right, continue on this track for about 2 kms up to a little road (go between the truffle orchards, with «gariottes» on your right) turn left and immediately take the track opposite going towards the right (relais) and continue up to a cross-track.

2 Take the bend to the left, go past two tracks on your right and opposite. When you come to the hamlet, turn right. Veer left as you leave the hamlet. Go down on the road which bends to the left, follow it uphill to a crossroads. At the road which crosses it, turn right (view over the church of Saint Cevet) then immediately left. Go down the grassy track and back up towards the hamlet of Capy (well) as far as the D149.

3 Go right on the D149 and immediately left. Go down the little valley on the grassy track (gariotte - stone hut - on the right) as far as the D19. Immediately continue on the stone-surfaced track which goes off left, for about 1.5 kms. Come to a road, turn left then, at a crossroads, turn right and immediately take the grassy track on the left. Go back uphill before coming to a little road.

4 Follow the road to the right up to «Escazals». Go through the hamlet and as you leave it go down the grassy track on the right, follow it up to the D47 (stone cross) turn left and get back to the start point via the road.

## A REMARKABLE VALLEY

The presence of an extensive network of natural meadows, humid areas, woodland and field hedges, etc. gives this part of the Lemboulas and Boulou valleys a very special natural character which has led a number of bodies to act in favour of their preservation.

These different natural habitats have a very particular relationship with the watercourse, and encourage the growth of some remarkable species which are specific to wetland areas.

Amongst these, the Snake's Head Fritillary - *Fritilaria meleagris* - is an iconic species of this area, which harbours more of them than anywhere else in the region. Growing in natural water meadows, it benefits from the traditional agricultural practice of stock-raising still maintained here in the valley bottoms (it is forbidden to pick these flowers).

