

THE LISSOURGUES ROUND WALK

→ SITUATION : Sauzet, 12 kms south of Luzech via the D23.

→ START POINT : Town Hall square in Sauzet.

GPS Coordinates : : N 44.417891° E 1.254557°

DURATION : 2 hrs. 30 mins.

LENGTH : 8.7 kms

WAYMARKING : Yellow on brown background



1 From the town hall car park, go to the left towards Prayssac along the D67. When you come to a little square, level with a wayside cross, follow the road which goes down on the left.

1 At the bottom of the descent, turn left on to a wide track and follow this going straight ahead.

2 Down in the valley bottom, fork left to get to the D67. Come out on the road and follow it to your right. Cross over the stream.

3 After the bridge, take the first track on your left. Follow this, then come out on a road and go up it to your left.

4 Just before a former water mill, take the path which goes uphill to the left. Continue as far as the cemetery. After this, turn left on to the tarmac road to go through the hamlet of « Les Cavailès ».

5 At the next junction, at the hamlet of « Laborie », before get-

ting to a dry-stone built hut, take the first track on the right. Come out on a wide track and follow it to the right. When you come to a tarmac-surfaced section, turn on to the first track on your left. Follow the main track up to a housing estate. Go through this and come out on the little square. Turn right to get back to your starting point.

“ This round walk takes you through a landscape of contrasts, with an arid plateau and valleys with streams flowing through them. You'll see water mills, and dry stone built walls and huts. ”

TO SEE IN THE AREA...

• Sauzet : Cahors vineyards, the mills on the Lissourgues.

→ FOOD SHOPS/ RESTAURANTS ETC : Luzech and Sauzet

→ INFORMATION : Cahors - Lot Valley Tourist Office
Puy-l'Évêque Office
05 65 21 37 63

A TALE OF MANY WATERS

The Lissourgues is a stream which rises in the commune of Carnac-Rouffiac and flows into the Lot at Bélaise. It gives you the opportunity to take a gentle, shady walk providing some cool spots when the weather is very hot. 10.5 kms long, it regularly dries up, but only in certain places. Don't be fooled by its modest appearance, at one time it used to power no fewer than eight water mills. You'll be following it along the section where the flow is the least impressive, yet it nevertheless once powered two flour mills here, the «Moulin bas» and the « Ancien moulin ». Some sections with little waterfalls and dams to supply mills hold water even when the flow is at its lowest, and in some places these are home to a population of fario trout. Trout fishing in 1st category waters is possible, but not along the whole course of the stream, and the March-June period is the best. Sauzet lies on the fringes of the Quercy Blanc, with its limestone formed beneath freshwater lakes in the Tertiary era, and at the limit of the limestone cliffs of the Lot valley and vineyards. This round walk provides the chance to see a variety of landscapes and habitats, whose existence you might not have suspected at first glance.

