

THE TWO HILL-CRESTS ROUND WALK



→ SITUATION : Saint-Pantaléon, 7 kms to the north-east of Montcuq via the D653 then the D37.

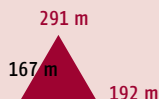
→ START POINT : Church square in Saint Pantaléon.

GPS Coordinates : Coordonnées GPS : N 44.368340° E 1.266664°

DURATION : 3 hrs.

LENGTH : 9.4 kms

WAYMARKING : Yellow



1 With your back to the church, go to the left and down left again towards the main street. Cross it and go to the right. Cross the stream and continue along the stony-surfaced track along beside the houses.

1 Fork left to come to the hamlet of «Lapeyrière». Go through this and, further on, turn left and go uphill until you get to a cross-track.

2 Follow this to the right. Continue straight on up to the junction with the D37.

3 Here, go downhill to the right for 350m. Take a left fork and go down again to the right through woods. Go past a lake and continue alongside the stream. Where the stream goes under the road, turn left and, on a bend, fork left going alongside a field.

4 Come out on a road and turn right. At the junction with the D12, continue on for 80m and go back uphill to the left towards «Métairie Haute». Go through the hamlet.

5 When you come to the last houses in «Métairie Haute», 50m

before the old oak, leave the tarmac road and take the track on your right. Level with the electricity pole, immediately turn right again and follow the dirt track along the crest of the rise. Walk along by the dry-stone wall and continue on along a path lined with box bushes going downhill and leading you to the houses in «Laroque». When you come to a road, go right and past the Laroque farm. At the cross-roads, with the cross on your right, turn left to get back to the start point.

“ As its name suggests, the two hill-crests walk will take you along the heights of the Query Blanc. ”

TO SEE IN THE AREA...

- Saint Pantaléon : church with defensive tower (Hist. Mon.)
- Montcuq : 12th C. keep (Hist. Mon.), Rouillac church with 12th C. wall paintings (Hist. Mon.)

→ FOOD SHOPS/
RESTAURANTS ETC :
Montcuq, St. Martial
quarter of St. Pantaléon
and Saint Daunès

→ INFORMATION :
Cahors - Lot Valley
Tourist Office
Montcuq Office
05 65 21 84 39

THE LEGEND OF SAINT PANTALEON

Saint Pantaléon, doctor and martyr, lived in Asia Minor in the 3rd C. According to legend, he resuscitated a child bitten by a viper. This saint healer became the patron saint of the parish, with the church dedicated to him, and he also gave his name to the miraculous spring which flows at the southern entrance to the village (very fine group of traditional buildings, with fountain, laundry-trough and statue).

In the past, pilgrims came in large numbers, especially on the saint's feast-day (27th July), as the spring was reputed to cure «debilitated» children (weak, sickly ones), especially those who were late in learning to stand up. After Mass, the children were dedicated to St. Pantaléon, then their legs were plunged into the water of the spring. There was an inn which specialised in accommodating pilgrims. There was a sign (long since gone) which proclaimed : « Here, the legs of those children dedicated to Saint Pantaléon are washed ».

