

# THE BLAY ROUND WALK

→ SITUATION : Trespoux-Rassiels, 10 kms south-west of Cahors via the D27

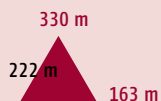
→ START POINT : Trespoux Rassiels church square

GPS Coordinates : : N 44.412672° E 1.377568°

DURATION : 3 hrs.

LENGTH : 11,3 kms

WAYMARKING : Yellow



“ Round walk taking you along wide tracks, from the plateau to the depths of valleys through unspoiled countryside in symbiosis with the AOC vineyards. ”

## TO SEE IN THE AREA...

• 14th C. Valentré Bridge, UNESCO World Heritage listed (St. James' Ways) 11th-17th C. Cathedral of St. Étienne Henri Martin Museum Churches of St. Barthélémy and St. Urcisse..

→ FOOD SHOPS/ RESTAURANTS ETC : Cahors and Trespoux

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

1 With your back to the church, take the road opposite.

2 After 200m, turn right and follow a track going downhill. At the junction with another track, continue to the right.

3 Come out on the plateau, take the road to the right which leads to the D27. Follow this to the right for about 300m and take the first road on the left. Come to the hamlet of «Larroque», and on a right-hand bend, take a track which sets off opposite you. Come to a farm, go round it to the right, then fork right on the path which runs between two hedges.

4 Come out on a road, follow it going to the left. Continue on a wide track. Once you have skirted around the ruined hamlet of «Blay», continue downhill towards the coomb.

5 Come out on a cross-track, turn right and cross a small stream (which

sometimes runs dry). Turn right once again after the stream, and continue on the main track. After the pumping station, follow the track which goes uphill to the right.

6 When you come to a cross-track, continue to the right going uphill. Come out on a road and follow it to the left.

7 At the next junction, go left again to get to the D27. Cross this and continue on, back to your start point.

## THE RARE WINE OF THE CAUSSE

In the past, the majority of the Cahors vineyards were situated on the limestone plateau, about 300m above the river Lot. 100 years ago, the least little slope with a favourable exposure was covered with vines. Devastated in the late 19th C. by phylloxera, no successor to them was found that was capable of providing the local farmers/winegrowers with a living. Nowadays, the majority of vineyards are established in the Lot valley. The cause (limestone plateau) has remained less cultivated, but the Cahors wines which are still produced here are just as worthy of interest. This «terroir» is characterised by less fertile soil than that found on the river terraces, and by a drier climate in which the river's influence is not felt so much. The contrast in day and night temperatures results in the grapes ripening later than down in the valley, giving less flesh on the fruit, but greater finesse to the wine.

