

ROUND WALK ON THE HILLTOPS ABOVE PRADINES

→ SITUATION : Pradines, 7 kms north-west of Cahors via the D8.

→ START POINT : Car park by the school, Place Claude Schaefer in Pradines.

GPS Coordinates : N 44.477628° E 1.403869°

DURATION : 4 hrs.

LENGTH : 12.4 kms.

WAYMARKING : yellow

PARTICULAR DIFFICULTIES :

crossing the D8 (start point, point 5)



1 From the Pradines school car park, go up to the junction with the D8 (roundabout). Cross over and take the track which goes up past a Calvary statue set into a wall. Come out at a four-way crossroads.

1 Take the track opposite. Continue on and go down as far as a little road.

2 Go to the left on this road for 1 km. Take the track on your right. At a fork, go left towards «Les Grands Champs». You come to the top of «Le Pech Barreau» and to «Les Grands Champs». You join the GR 36.

3 Turn right towards «Cazès», continue on, going past a track on the left (bridle path).

4 At a telegraph pole, and before a left-hand bend, leave the GR 36 to take a path on the right which, further on, cuts through an old stone wall. Follow the wall on the left then continue along the hilltop. Keep going on the path which goes back downhill and take a wider track which, going alongside former tobacco-drying barns, brings you to a hamlet. Leave it, going left to get back to the D8, heading for «Flaynac».

5 Cross over the D8 (take care.) Take the little road opposite which

leads to «Flaynac». Follow it for 500m to the centre of the village and go straight on when you get to the fork going towards the church. Go past the church and along by some vines.

6 When you come to a junction, go to the right towards the woods. After 600m, you find yourself beside the Lot. Follow the bank for 1.5 kms.

7 After the Marthre farm, turn right, leave the riverbank. You come across rows of vines once more. After 400m, take the little road on the left for 250m.

8 Just before a vineyard building, take the track on the right. Continue along beside the vines towards the shade of the trees. In the woods, after 300m, turn left and come back to the little road.

9 Go to the right. At the next junction, continue on to get to the sports/activities area on the plain. Continue straight on to Pradines. Go up via the Rue du Puisadou then the Rue Daniel Roques back to your departure point. As you go along, observe the lanes and houses of old Pradines, and the old château.

THE ICARUS TRAIL

This walk will take you uphill to see the river Lot from the paragliding take-off area on the «cévenne» (steep hill ending in a cliff) back down to get «up close and personal» with the river as you follow a former towpath.

A major trade/transport river route from the 13th C. to the end of the 19th C., the Lot was used by flat-bottomed wooden boats called «gabarres» to transport wood, wine and coal downstream, enabling Quercy to trade with Aquitaine and other regions. From 1927 onwards, the Lot was no longer navigable, as the coming of the railways had led to its being completely abandoned as a means of communication. From 1990 onwards, the Département engaged in works to make it navigable once more. Nowadays, there are 120 kms of river and 27 locks accessible to pleasure craft. The towpaths and locks form part of the improvements which, in the 19th C., tamed the river to a certain extent, making navigation somewhat easier and less dangerous for the «gabarriers».

Navigation is possible from April to October, but remains subject to weather conditions and water levels.



TO SEE IN THE AREA :

- The 14th C. Valentré Bridge (HM), UNESCO World Heritage listed.
- Saint Etienne Cathedral, 11th-17th C.
- Henri Martin Museum
- Churches of Saint Barthélémy (HM) and Saint Urcisse...

→ FOOD SHOPS/
RESTAURANTS ETC :
Pradines

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