

PLATEAUX AND MILLS ROUND WALK

→ SITUATION : Castelnau-Montratier, 30 kms south of Cahors via the D820 then D19.

→ START POINT : Place Gambetta in Castelnau Montratier.

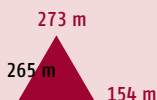
GPS Coordinates : Coordonnées GPS : N 44.26746° E 1.353282°

DURATION : 4hrs.

LENGTH : 14,4 kms

WAYMARKING : Yellow

PARTICULAR DIFFICULTY :
several slippery inclines



1 With your back to the Mairie, go to the left under the arcades and take the lane completely on the left, past the retirement home. At the roundabout, take the Cahors road, then the «rue de l'ancienne gendarmerie» to the right, then the «chemin de la colline» to the left. As you go up this, turn round to admire the neo-Byzantine church and the old village of Castelnau Montratier (13th C. bastide).

1 At the crossroads, turn left and go towards the mill. At the D659, cross over and go straight on, past the two mills, for 500m. On the bend, take the grassy path on the right and go down into the Grande Barguelonne valley. Cross the road and go towards the hamlet of «Jouanès».

2 Continue straight ahead. 500m on, go past the first road on your right and, 100m further on, to your right, follow the wide dirt track which goes up on to the plateau. At the four-way crossing, turn left and continue until you come to a lane cutting across the path. Turn left. Enjoy the panorama, and the wide-open, undulating countryside.

3 At a fork, keep to the right and continue up to the road. Fork left. At

the D4, cross over. Walk another 50m and take the grassy path on the left.

4 At a fork, take the path on the left going downhill. At the road which becomes a dirt track, turn right and continue straight ahead into the valley of the Grande Barguelonne.

5 Cross over the D104 and head for «Thézels». At the chapel, turn left for «Le Fustier». Take the first road on the left which goes up to the hamlet of «Meaux» and runs beside some lovely Quercy-style houses (view of Thézels chapel and the Grande Barguelonne valley). Continue straight on along the right-hand path up to the D4. Turn right, then left at the crossroads.

6 On the bend, take the passage going down into a housing estate, then go along another grassy lane towards the D19. Cross this and continue straight on up to the open market/fair ground, past the salle des fêtes, and take the Rue Joffre to get back to your start point.

THE BASTIDE OF CASTELNAU

A «new town» of the Middle Ages, the bastide of Castelnau Montratier, where the walk begins, is structured around a large central square with «couverts» (arcades), and its streets are straight and parallel. The church, built in 1907 and consecrated in 1921, is in the Romano-Byzantine style and is set apart from the mediaeval centre. Three fine windmills standing proudly at the entrance to the bastide bear witness to the wealth and prosperity it enjoyed in the past.



“ From hills to valleys, this walk takes you to see some fine old houses and windmills. Once you have admired the Castelnau Montratier windmills, the route takes you through unspoiled, verdant countryside. ”

TO SEE IN THE AREA...

- Thézels church
- Le Souquet site
- The Brousse and Ferrières watermills

→ FOOD SHOPS/
RESTAURANTS ETC :
Castelnau-Montratier

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

