

LES TROIS VALLÉES

→ SITUATION : Albas, 25 kms west of Cahors via the D811 then the D8

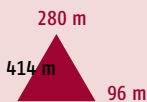
→ START POINT : Esplanade on the banks of the Lot in Albas

GPS Coordinates : Coordonnées GPS : N 44.470695° E 1.236192°

DURATION : 4 hrs 30 mins

LENGTH : 14.7 kms (11 kms variant)

WAYMARKING : Yellow on brown background



① On the esplanade, turn right. Follow the former towpath by the river below the village. Further along, go past the cemetery on your right and continue straight on.

① Cross a little bridge. At the slipway, turn right towards «Cambou». On the little square, go to the right and carry on along the road up to the D8 by the Château Eugénie. Cross it and take the track opposite. It becomes a path and runs alongside the winery of the vineyard. Rejoin the road which goes over Les Payrols stream.

② Continue opposite on a grassy path. Further on, come back to the road and follow it for about 400m. Go past 2 paths on the left and take a wider one surfaced with crushed limestone. Follow it for more than 1.5 kms through the valley of Les Payrols stream. On the left, see the manganese tunnel then the «Charlemagne's tooth» rock. At the bottom of the clearing, a passage leads to the natural site of Les Payrols: cauldrons, limestone deposits and waterfalls in spring. At a fork, follow the path which goes up to the right, crossing a little stream.

③ Continue going uphill. When you get to the hamlet, go left on the little tarmac road. Cross the hamlet and follow the road towards the D37. Lower down, take a little forest path off to the left. Come out on the D37. Cross this, taking the path opposite you.

④ You can shorten the round walk by turning right on the road which goes

uphill. Then come to the crossroads and go straight ahead...

At the bottom of the valley, continue straight on to «Les Courpoux». Further on, cross the private limestone-surfaced road and take a path opposite going alongside the meadows. Then take the first path on the left which crosses the stream. At the meeting of the ways, go tight for 50 m. Go left uphill through the woods. Take the path on the right going down. Further down, continue straight on. Cross a stream. Go back up into the wood. At the next crossing, continue straight on and further on turn right. Come out on to a limestone path which becomes a tarmac path. 200m further on, you see a cross on the left of the road. Go past the vineyard track on your right and go straight on. Then, turn right on to a grassy path.

⑤ Come to «Cénac». On leaving the hamlet, turn right on a limestone path. When you get to the bottom, cross a small bridge and at the meeting of the ways, take the sharp rise opposite which goes up the hill.

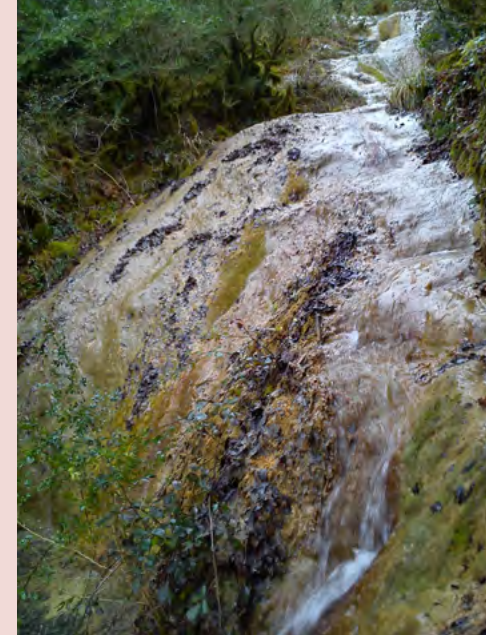
⑥ Go to the right on the limestone surfaced hilltop path. At the next crossing, go right, alongside the Cahors vineyards.

⑦ At the «Croix Girard» crossing, follow the wide track which leads to the viewing table..

⑧ Take a passage on the right which leads directly to the village by a narrow path via the «Cévenne».

AFTER THE RAIN, THE WATERFALLS

The limestone soils of the Causse cannot retain water. As soon as it falls, rain drains into the cracks in the rocks and disappears into the depths. There it forms rivers which sometimes reappear a long way away when they come into contact with a clay deposit. In the Lot valley, water which filters into the ground runs along the slope, and rapidly forms streams which suddenly burst out of the ground, just a few hours after the rain. This is what happens at «Les Payrols» where, at the bottom of a mossy valley with box growing in it, an intermittent stream has formed a picturesque series of pools spaced out over a drop of about ten metres. In fine weather, these dry up, but as soon as a storm comes along, the water begins to flow in a cascade.



“ This more challenging walk is really worth the effort it takes. You go from valleys up to the causses, seeing some fabulous landscapes. Your efforts will be rewarded by a magnificent panorama over the Lot Valley ! ”

TO SEE IN THE AREA...

- The Cahors vineyards
- Grézels : Château de Lacoste

→ FOOD SHOPS/
RESTAURANTS ETC :
Luzech

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

