

THE SUNKEN LANES AND CHESTNUT FORESTS ROUND WALK

→ SITUATION : Laresses, between Latronquière and St. Cirgues, on the D29

→ START POINT : Square outside the Salle des Fêtes, at the exit of Laresses going towards Latronquière - GPS Coordinates : : N 44.770329° E 2.123619°

DURATION : 2 hrs.

LENGTH : 7.8 kms

WAYMARKING : Yellow



1 From the square outside the salle des fêtes, take the D29 back towards Laresses. Once in the village, take the second on the right. At the cemetery, continue straight on, to get to the church square. Fork right straight away. At the end of this road, take the little track lower down.

2 At the hamlet of Lavaysette, go past the cross and take the path opposite. Cross over the stream and further up, turn right. When you come to the houses in Lasbeyssières hamlet, take the road on the right up to a junction 600m further on.

3 At the junction, take the road to the left. Continue for about 600m and, at the end of the slope, take the track on the right. Follow this up to the hamlet of Mazarguil.

4 Cross this. At a junction with a road, turn right, then, after 50m, at the fork take the track on the left. Go past the hamlet of Lalevadoune, going right once again.

At the following crossroads, take the little road and go to the right. Almost

immediately, turn left on to the track. Further on, fork right between two fields. When you get to the road, turn right towards the hamlet of Le Mas del Puech which you go through.

5 Take the track on the left. When you come back to the road, go down and turn left twice to get back to the salle des fêtes.

“ In the heart of the Haut Ségala, come and explore Laresses and its woodlands, where dry stone walls running beside the paths divide up the landscape of woods and fields. » ”

TO SEE IN THE AREA...

- Sènaillac-Latronquière: Tolerme Lake
- Bessonies : 11thC Castle
- Saint Cirgues : Sully's linden tree
- Labastide du Haut-Mont: Highest-altitude village in the Lot, with views over the highlands of the Auvergne

→ FOOD SHOPS/
RESTAURANTS ETC
Latronquière and Parlan

→ INFORMATION
Grand Figeac
Lot and Célé Valley
Tourist Office
05 65 34 06 25
www.tourisme-figeac.com

THE CHESTNUT FORESTS OF THE SÉGALA

Until last century, the Ségala's landscape was well provided with grafted chestnut trees. The chestnut was a real asset in this countryside with its poor soil which did not provide a great deal for its inhabitants to eat. Indeed, archives have been found in a church, stipulating that the Church authorities would stop providing food for orphans during the chestnut season. These nuts enabled them to subsist by their own efforts.

The chestnut was used to feed both people and cattle. It was also used for fattening pigs, by mixing the nuts with potatoes.

When the nuts were harvested, they were removed from the «pelous» (the burrs) and taken to the «sécadou», the chestnut drying oven. In this stone building with an upper floor and a paved ground floor, old tree stumps were burned on the ground floor to dry out the chestnuts laid out on the upper floor. This was made of wooden slats, which allowed the heat and smoke to pass through it, so the nuts were dried out in a few days.

