

# A RAMBLE WITH TWO ASPECTS

→ SITUATION : Thémines (7 kms north-west of Lacapelle Marival via the D840)

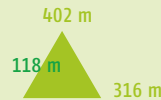
→ START POINT : Town Hall square

GPS Coordinates : : N 44.740848° E 1.829846°

**DURATION: 2 hrs. 45 mins.**

**LENGTH : 10 kms**

**WAYMARKING : Yellow**



**1** From the Town Hall (Mairie) go up the length of the covered market then take the tarmac track which goes up opposite between the houses. Where it meets the road, go up to the right, then take the road opposite. Fork right and take the track leading off in front of you.

At the junction, go to the right. When you come to the road, turn left (cazelle - dry stone hut) then continue straight on.

**1** On leaving the hamlet of Cossoul, leave the GR on your left and take the track opposite. At the junction turn right, then right again 100m further on. Go down to the road.

**2** Here, go left uphill. Turn right towards la Pèze (Château de la Pèze). After the last building, continue on the track to the right. Come out on a road, turn right to get to the D15.

**3** At this road, turn right twice to get on to the track which runs parallel to the road on the right. Go past the hamlet of Calès and continue straight on.

**4** At the junction turn right, then turn left a few metres further on. Follow this track up to the hamlet of Larroque. Continue opposite and

follow the road for about 100m. Turn right on the limestone track up to the village of Rueyres. Go through the hamlet then over the bridge to get to the D31. Go right. Leave the D40 on your right. After the sign indicating the end of a built-up area, go right on the GR 6 (white and red signs).

**5** Follow the GR up to a junction with a road where there is a hamlet. Follow the road for 200m, then, when you come to a house, turn right on to a track.

**6** Leave the GR to take a road where there is a restored barn, then 200m further on, opposite a gateway, turn right on the path which passes behind a building. Go around the Ouyse swallow-hole then go back uphill on the path. Take a lane to get back to where you started from.

## THE THÉMINES SWALLOW-HOLES

Upstream from the village of Thémines the Ouyse stream flows through the «Limargue» area. Where it comes into contact with the limestone of the Causse, its acid waters have carved out chasms into which the stream disappears. Here, the stream's above-ground stretch ends, before resurfacing 20 kms further on in the reappearing streams of the Ouyse, not far from Rocamadour. Between these two points, the watercourse continues deep down within the limestone. This disappearing watercourse phenomenon (known as a swallow-hole) occurs frequently in this area (the Francès swallow-hole in Théminettes). The village name of «Thémines», as well as that of its neighbour «Théminettes», comes most certainly from the Latin «Terminus», by analogy with the stream which «terminates» its above ground stretch at this point.



“ Starting from the covered market hall in Thémines, this walk will take you from the Causse to the Limargue and reveal the amazing swallow-holes of the river Ouyse to you. ”

### TO SEE IN THE AREA...

- Rueyres : 17th C Château de la Pèze, 12th C. church
- Lacapelle Marival : 13th-16th C. castle, church and covered market 15th C.
- Assier : 16th C. Château (HM), 16th C. Church (HM)

→ FOOD SHOPS/  
RESTAURANTS ETC  
Lacapelle Marival

→ INFORMATION  
Grand Figeac  
Lot and Célé Valley  
Tourist Office  
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