

# FROM VIEWPOINT TO VIEWPOINT AROUND TERROU

→ SITUATION : Terrou, 15 kms north west of Lacapelle Marival via the D653, D25

→ START POINT : Village square

GPS Coordinates : : N 44.784319° E 1.984809°

**DURATION : 3 hrs.**

**LENGTH : 9 kms**

**WAYMARKING : Yellow**



**1** From the square in Terrou, take the road towards La Tournairie. Follow this road then take the track which prolongs it and leads you up on to the heights above Terrou.

**2** When you come to the road in the hamlet of Las Descargues, take the road to the left. Follow it for 700m. Take the first road on the right and go through the hamlet of Carbonnières.

**3** At the crossroads, take the track opposite. 100m further on, go left. Keep going straight down to a track which goes back uphill, then go back down once more and fork right. Once down in the valley, continue to the right on the track. At the road, go to the left, cross the bridge and take the track on the right.

**4** Cross the stream then take the right fork, turn left twice then go straight on. In sight of the hamlet of Sasmayoux, go right again. Come up to the road and follow it to the right for 700m.

**5** Before the hamlet of Le Suc, fork on to the left-hand track. Keep going straight ahead, cross over the D25 and take the track opposite you.

**6** Follow this up to the junction with the bridle path (orange signs) and continue straight on. After the barn, on the bend, leave this track and go straight ahead to get to the hamlet of Nozières.

**7** At the road junction, take the one on the right then immediately take the track on the right. At the bottom of the hill, turn right twice. 100m further on at the second track crossing, continue to the right (mediaeval necropolis with sarcophagi from an early cemetery used for those who had died of the plague.)

**8** At the junction with the D25, go to the left (orange signs, then yellow ones in the village). Return to the village and go up to the church square.

## THE SÉGALA : QUÉS ACO ? ( WHAT IS IT ? )

The Segala is a distinctive geographical entity in the north-east of the Lot. The same kind of landscapes are to be found in the Ségala area of the Aveyron and in the chestnut forest country of the Cantal. «Ségala» is the Occitan form of the word «seigle» (rye); the cereal, along with buckwheat, that constituted the main crop which would grow on these poor, acid soils. This is the highest part of the Lot, with Labastide-du-Mont being the village at the highest altitude in the département, 788m. As a result, the climate is harsher, colder and wetter. But these landscapes are greener, thanks to the presence of many forests on the steep hills. This is an area which holds its traditions dear, where local heritage defies the passing years (communal bread ovens, «sécadou» or chestnut-dryers...), where the local language (a form of Occitan) is kept alive and culinary traditions are preserved (bourriols, or sourdough buckwheat pancakes, pescajounes or buckwheat pancakes, pounty or far aux pruneaux - a pudding made with flour, sugar, milk, eggs, butter and prunes...).



“ A walk full of surprises with its many viewpoints from the heights above Terrou and St. Médard Nicourby. An unexpected encounter with Nature in one of her unspoiled forms ”

### TO SEE IN THE AREA...

- Sénaillec-Latronquière :
- Tolerm Lake
- Lacapelle Marival :
- 13th-16th C. castle, Church and Market Hall of the 15th C.

→ FOOD SHOPS/  
RESTAURANTS ETC  
Terrou : Auberge La Forge Leyme, Latronquière and Lavitarelle (commune of Montet et Bouxal)

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

