

## PRAJOUX

→ SITUATION : Cajarc, 20 kms south-west of Figeac via the D 19

→ START POINT : Market place

GPS Coordinates : : N 44.486556° E 1.841994°

DURATION : 4 hrs

LENGTH : 12 kms

WAYMARKING : Yellow



1 From the Tourist info point, take the Cahors road. Turn right off it taking the GR65 towards Figeac : a little road which serves a few houses and becomes a path which climbs up the cliff to the plateau.

2 The GR turns right, you go straight on. 50 m further on, take a stony track on the left which goes down into the Combe de Girons. At a crossing, go left and continue downhill.

3 1 km further on, take a path on the left which goes back up to the plateau.

4 Once up on the plateau, take the path to the right.

5 At the bottom of the descent, take the first path on the left and gradually go back up. Pass beneath the Roc Trauquat (pierced rock) before coming to a road. Go right on this. 100 m further on, at a junction with a stone hut on the right, take the path to the left. Go round to the

left of a house and go downhill. Follow the path which goes uphill, and, 800 m further on, go left along the road. Continue along this. At the crossroads, continue straight on along a path and come to the cliff edge at a place called *Roc Rouge*.

6 At the edge of the Roc Rouge cliff, take the steep path going down to the left. Keep going down until you come to the GR and take this, going to the right. After 200m leave the GR and take the path on the right. Come to the road and keep straight on along it to the junction with the D662. Go to the left to get back to Cajarc.

“ Autumn is the season when you can enjoy the «saffrnières» (the fields of saffron) in full flower along the route ; and the viewpoints over the Lot valley on the heights above Cajarc. ”

## TO SEE IN THE AREA...

- Cajarc : vestiges of the Château de l'Hébrardie,
- Cénevières : Château de Cénevières

→ FOOD SHOPS/  
RESTAURANTS ETC  
Cajarc

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

## ONCE UPON A TIME, THERE WAS SAFFRON....

The post-Revolutionary period marked the end of saffron growing in Quercy after 400 years of intensive production. A few original bulbs had colonised certain gardens, however, and this enabled the return of the crocus *sativus* or *saffranéro* about ten years ago. The spice extracted from the pistils of this magnificent flower is the most expensive in the world. It flowers in early October, bedecking the landscape with mauve. The flowering period lasts 3 weeks ; the saffron flower itself is ephemeral, living for 48 hrs at most. After picking, comes the delicate work. The pistil has to be separated from the rest of the flower, and quickly. The spice is then dried in order to ensure its conservation, and thus keep lovers of good food happy. Nowadays, saffron is the pride and joy of the Canton of Cajarc. It's a very long way from its birthplace in the Himalayas...

