

THE 3 BELL-TOWERS : SONNAC, LIEUCAMP, & TOURNAC

→ SITUATION : 4 kms south west of Capdenac Gare via the D994 then the D579

→ START POINT : Château de Sonnac - Car park on the little church square

GPS Coordinates : : N 44.548463° E 2.10819°

DURATION : 3 hrs.

LENGTH : 10 kms (6.5 kms variant)

WAYMARKING : Yellow



1 Start from the D22, opposite the castle : go 90m westwards on the road to le Barry. Go down to the left along by the old village, cross the D22 and go opposite towards la Verdrière. Go under a bridge, then 1st right to get back to the D22. Go left on this. Just after crossing the Murgues stream, leave the tarmac and take the track left, said to be the old Roman Road. After 700m, cross the D205 and 400m on, you come to Point 1.

2 Continue along the Roman road which goes down almost due south for more than 1 km to La Vaysse.

3 Cross the D40. Follow the road opposite towards La Salesse. 800m after this farm, go past the road to Tournhac on your left and continue straight on for 100m to reach Point 3.

Variant : at Point 2 turn left, and go straight to Point 6 ; there turn left to rejoin the round walk route.

4 Take the dirt track to the left. In Peyremale Basse, follow the road opposite you which goes past the cemetery.

5 At Le Rayla, after the bridge over the Tournhac stream, continue on the road to the left towards Tournhac church.

6 Just after the stream, take the track on the left, go through the farm, and go towards La Bourdarie.

Come up to the D40, which you take going to the left for 600m.

7 Take the track on the right which goes up towards La Plane, and enjoy the views over the Tournhac valley. Soon after this farm the track meets the D205. Take this going to your left.

8 After 30m, take the road to the right and 750m further on, take the first road you encountered, going right again. Then, the first road on your left will bring you back to the church and then to your start point at the castle.

THE THREE PARISHES OF SONNAC

The commune of Sonnac was founded in 1792 by the bringing together of the parishes of Sonnac, Lieucamp and Tournhac. In Sonnac, the parish was dedicated to Saints Cyrice and Julitte. The church is recent, built in the neo-Romanesque style in the 19th C. It has nevertheless kept a 16th C. bell. Before the Revolution, it was under the authority of the Bishopric of Rodez. In Lieucamp, the church of Notre Dame is in the Romanesque style. It is a 12th C. building altered in the 13th and 14th C. The Bishop of Rodez had the right to nominate the priest. The church of the parish of Tournhac was originally dedicated to Saint Cyrice, then to Saint Martial. It was dependent on the church of Saint Martial in Limoges from at least the 13th C. onwards, just as was the church of Asprières of which it was an annexe. The present building dates from the 19th C.



“ A tour around the commune and its three churches. ”

TO SEE IN THE AREA...

- Capdenac Gare : village on the Lot, with a double lock
- Capdenac le Haut : hill-top village, typically mediaeval, with the ruins of a 12th-14th C. castle
- Foissac : Painted cave
- Figeac : Champollion Museum - the Writing Systems of the World; reproduction of the Rosetta Stone on the Place des Ecritures

→ FOOD SHOPS/
RESTAURANTS ETC
Capdenac Gare

→ INFORMATION
Pays de Figeac
Tourist Office
05 65 34 06 25

