

THE CAUSSE DE THÉMINETTES WALK

→ SITUATION : Théminettes village, 2.5 kms south of the D840 between Thémines and Rudelle

→ START POINT : Opposite the Town Hall (Mairie)

DURATION : 3 hrs.

LENGTH : 10.5 kms

WAYMARKING : Yellow



At the car park exit, turn left and come to a square with an old linden tree and a cross. Go down the little road on the left. At the second crossroads, turn right and continue along the road up to the D38. Take this going right for 50m and come to a crossroads where there is a pond. Go at an angle off to the left and continue straight on to a junction.

1 Turn right, then soon after take the road to the left. It turns into a track and goes up and down over the slopes. Go past first one then another track on the left, and continue straight on up to the Mas du Causse. The track becomes a road (doline on your left) and meets the D40. Take this going left for 600m and come to a crossroads.

2 Turn left on to a track which brings you to a junction. Go past the track on your left, continue straight on and at the next junction go straight on.

3 At the fork, take a track to the left leading to «Les Teules» and continue up to a crossroads marked by a large oak tree.

4 On the bend, take the track going down to the left and continue straight on. When you get to a road, turn left and 150m further on, at the

first barn in Les Roucous, turn right on the track which winds along the side of a dry valley (well).

5 After a rise, the wall edging the right hand side of the track opens on to a narrow track. Take this and at the next junction, fork left (Caselle on the right – private). The track widens suddenly on to a junction. Go down to the right on the track. Turn left once more, and continue going down to get to a crossroads. Go straight on, along the bottom of a coomb and come to the D38. Cross the road and walk along beside a building.

6 At the corner of this, take the path going uphill on the right. Come to a crossroads, take the track going downhill (views over Théminettes) towards the Pertes du Francès (swallow-holes). Cross the bridge, then go up on the right on a grassy track and take the road through the village. Keep going straight on up to the crossroads below the Town Hall and turn left to get back to the car park.

THE SWALLOW HOLES OF LE FRANCÈS

Upstream from the village of Théminettes, the Francès stream flows through the Limargue countryside. It winds through meadows before coming to the Causse de Gramat, just below the village. There, where it comes into contact with the limestone, the acid waters of the Francès have carved out chasms into which the water disappears. This phenomenon of the disappearance of a watercourse into a chasm, known as a «swallow-hole», is a common feature in Quercy. The Francès continues on its way deep down within the limestone plateau, then resurfaces over 20 kms away in the reappearing streams of the Ouyse, near Rocamadour. In Théminettes, since the Middle Ages, the force of water has been used to power mills, of which some vestiges may still be seen near the swallow holes.



Une des «pertès» du ruisseau du Francès

Starting from the village of Théminettes, this ramble is ideal for appreciating the mediaeval architecture of the houses with little towers and for observing the «disappearance» of the stream via the swallow-holes of the Francès.

TO SEE IN THE AREA...

- Thémines : listed covered market hall (HM)
- Rudelle : Fortified church
- Lacapelle Marival : 13th - 16th C. castle

→ FOOD SHOPS/
RESTAURANTS ETC :
Théminettes

→ INFORMATION :
Pays de Lacapelle Marival
Tourist Office
Tel : 05 65 40 81 11

