

LES CAUSSES  
DU QUERCY



# Discover the GeoPark



Parc  
naturel  
régional  
des Causses  
du Quercy



unesco  
Géoparc mondial



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## Welcome to the causses du Quercy !

Take a moment and breath : you have arrived in the heart of a preserved area where history, nature and the art of living unite. A mosaic of preserved landscapes, authentic villages, a rich fauna and flora await you. Here, stone is everywhere ! it shaped the identity of the Causses du Quercy, hiding some treasures. You will discover a UNESCO Global Geopark and the exceptional richness of its geological heritage ! Local women and men, ambassadors of the brand « Valeurs Parc naturel régional », are ready to welcome you. We invite you to meet them : they will share with you their passion for the Causses du Quercy. From the underground world to the celestial vault, each step you take will surprise you. The Causses du Quercy regional nature park offers you an exceptional stay. Welcome home !

*Posez-vous et respirez : vous êtes dans un espace préservé où se conjuguent nature, histoire et art de vivre. Une mosaïque de paysages préservés, des villages authentiques, une faune et une flore exceptionnelle vous attendent. Ici, la pierre est partout ! Elle a façonné l'identité des Causses du Quercy et y a dissimulé de véritables trésors. C'est un Géoparc mondial UNESCO, au patrimoine géologique internationalement reconnu, que vous allez découvrir ! Des femmes et des hommes d'ici, tous ambassadeurs de la marque « Valeurs Parc naturel régional », sont prêts à vous accueillir. Nous vous invitons à aller à leur rencontre, ils sauront vous faire partager leur passion pour les Causses du Quercy. Du monde souterrain à la voûte céleste, chaque pas vous réservera une surprise. Le Parc naturel régional des Causses du Quercy s'offre à vous pour un séjour exceptionnel. Bienvenue chez vous !*

*Pausatz-vos, alenatz e carratz-vos ! Sètz arribat pel mèg d'un espandi preservat decont l'istòria, la natura e lo biais de viure vos espèran. Aicí los cuzols e las igas, los paisatges escultats per las aigas de l'Òut, del Céler a mai de la Dordonha, los cranes sitis patrimoniais, l'arquitectura rurala típica amb las parets de pèira seca, las casèlas, los arrucadors, los lavadors amb lors picadors que revèrtan los parpallhòls... a mai una fauna e una flòra richas d'espècias raras, vos revelan una istòria multimilenària e vos ordisson un paisatge que n'i a cap plus enlòc. L'UNESCO l'ia endevengut en donar lo labèl Geoparc mondial al Parc, per la nonparièra richèssa de son patrimòni geologic. Aiceste guida vos convidà dins lo Pargue a la rencontra de las femnas e dels òmes que lo fan viure e que se carraràn de vos trametre lor estaca an aquesta tèrra amai lors passions. Sètz planvebguts pels Causses del Carcin!*



# Your «Valeurs Parc» (Park Ethics) holiday



*For your stay in the Quercy Causses area,  
choose professionals whose activity/  
establishment benefits from the  
«Valeurs Parc Naturel Régional» brand.*



PARC NATUREL RÉGIONAL  
DES CAUSSES DU QUERCY

Accommodation providers, restaurateurs, producers, artisans, educational activity leaders... There are 80 professionals, real forces for change, who undertake in conjunction with the Park to find a balance between the protection of our rural area, which is at once so rich yet so fragile, and the development of human activities.

**Professionals who benefit from the «Valeurs Parc» brand know their own village and the Causses du Quercy very well...** In their own way, they will tell you about the Causses du Quercy : a real mine of local information at your service !







**You enjoy good food ?** Meet our beekeepers who produce Causses du Quercy honey... or try the different ways of enjoying duck, be it in the form of foie gras or of magret (duck breast).

**Feeling peckish and looking for a good place to eat ?** Our restaurateurs will share their passion for delicious food with you. On the menu : local, seasonal produce !

**A well-earned rest in the peace of the Causses du Quercy ?** Our accommodation providers will welcome you and take great care of you. They'll tell you about our beautiful region and their commitment to the conservation of the Causses du Quercy.

**Interested, and want to know more about our heritage ?** Our guides will reveal the Park's secrets to you in their own special way.

**Building work to be done, a renovation project ?** Consult our register of artisans whose work is done in the respect of local know-how and materials.

➤ Find the Park-accredited professionals on [parc-causses-du-quercy.fr](http://parc-causses-du-quercy.fr)

➤ To find all the accredited professionals in the 58 Regional Natural Parks, visit : [valeurs-parc.fr](http://valeurs-parc.fr)





# Rediscover your place in nature

*Here, flora and fauna provide a source of wonder, ever-changing with the seasons.*

Open your eyes wide 👁️, listen carefully 🎧 :  
here's a little Nature calendar for Quercy.

## February-March : Nature awakens.

👁️ the male Dogwood («Mimosa of the Causse») in flower; the first daffodils in the undergrowth ; groups of amphibians in pools...

🎧 the «plink-plink» call of the Midwife toad (which you can hear until summer !); Woodpeckers hammering away in the forest...

## April : Spring is in full swing, it's all happening !

👁️ trees beginning to put out their leaves; the first reptiles enjoying the sunshine on a dry-stone wall; the flight of the Short-toed Eagle returning from its migration ;  
🎧 birds singing for all they're worth ; will you be able to distinguish between the very similar calls of the Scops owl and the midwife toad ?



# Explore nature with your family

At the Regional Natural Reserve of the Marais de Bonnefont, follow the discovery path at your own pace, or take part in one of the many events organised for children and for adults.

Mayrinhac-Lentour

06 78 00 93 07

[www.rnr-maraisdebonnefont.fr](http://www.rnr-maraisdebonnefont.fr)

## May : the cause goes green !

👁️ this is the best time to see the wild orchids and the «butterflies' dance»

👂 the nocturnal calls of the Scops owl

## June-July : it's hotting up...

👁️ wild strawberries ; with a bit of luck, the first Glow-worms...

👂 the sound of orthoptera (crickets, grasshoppers...)

## August-September : summer is drawing to a close...

👁️ blackberries, followed by the cornelian cherry (dogwood berries) ; autumn crocus in the meadows ; migrating red kites and common cranes...

👂 the end of the roe deer rutting season (barking sound) and the beginning of the red deer rut...

## October-November : preparation for winter

👁️ the last butterflies of the year on the wing ; the last migratory birds passing overhead...

👂 the red deer rut continues

## December-January : Nature is in stand-by mode

👁️ snowdrops flowering ; a few bold newts or salamanders already venturing into ponds and pools...

👂 the yapping of foxes in heat ; the nocturnal call of the Tawny owl...



## Guide for naturalist beginners

**The classic :** the roe deer. It's not unusual to come across one in the fields or on the edge of a forest. Keep a look-out when you're out for a walk !

**The discreet :** the ocellated lizard. This is the biggest lizard in Europe ! It likes stony, sunny places such as dry stone walls.

**The graceful :** wild orchids. From April to June, about twenty different species can be seen.





# A feast for your eyes !

**The Causses du Quercy present a myriad of landscapes, so that there's always something new to see.**

**Each landscape has its own characteristics - which do you prefer ?**

- the limestone causses (plateaux), an arid, stony environment in which grow pubescent (or downy) oaks
- the fertile valleys with their majestic cliffs, along which flow the Vers, the Lot, the Célé and the Dordogne rivers
- the green hills and the streams of the Limargue
- the oaks, pines and chestnut trees of the Bouriane
- the chalky slopes of the Quercy Blanc with their unique colours

Along the tracks and paths, you'll find magnificent viewpoints overlooking these landscapes. Here are four you're bound to enjoy - a feast for the eyes is guaranteed !

- Espagnac-Sainte-Eulalie : the Célé valley, winding into the distance !

**See this along the «Sentier des Falaises» (The Clifftop Path)**

- Pech Laglaire à Gréalou : a 360° view over the Causses du Quercy !

**See this with Super-Cayrou (see p. 24)**

- La croix (cross) du Crouzols : admire the Alzou and Ouyse valleys

**See this on the «Three Chasm Round Walk» (La boucle des trois gouffres)**

- Saint Géry : high above the Lot valley winding into the distance

**See this on the «A Vercinge(to)ry» path**

You're bound to come across others as you explore the area !

➤ **Find all the hiking paths on [parc-causses-du-quercy.fr/randomnees](http://parc-causses-du-quercy.fr/randomnees)**



Célé valley



Limargue



The limestone causse



Saint-Géry, Lot valley



Quercy Blanc



Espagnac-Sainte-Eulalie, Célé valley

# old stones

# & beautiful villages



***You'll be amazed by the wealth of our old buildings, from typical villages to little dry-stone structures !***




Castle of Assier

Built on a high point, clinging to a cliff-face or snuggled beside a river, our villages are an open invitation to stroll around : look at the architectural details, push open the church door or wander around the lanes with all their secrets !



## There are many dry stone constructions here

(built without recourse to mortar). Little rural buildings inherited from the 19th C. are to be seen everywhere : walls and «caselles» (small huts) are dotted all over the countryside.

 **Don't miss** : the Nouel «caselle» in Lalbenque, the Caselles path around Marcilhac-sur-Célé and Super-Cayrou, a contemporary dry-stone construction in Gréalou.



Caselle de Nouel



Super-Cayrou



Lunegarde

## Other places of interest are the «Châteaux des Anglais» (Englishmen's Castles).

These cliffside fortifications in the Lot and Célé valleys were built in the Middle Ages to control the valleys and to serve as a refuge for local people in case of an attack. From Vers to Brengues, via Bouziès and Cabrerets, you'll be able to see them... providing, in some cases, that you look at the cliffs very carefully !

**Several Renaissance châteaux** are dotted over the Quercy Causses. Don't miss Cénevières, with its magnificent alchemist's room, or the Château d'Assier (Castle of Assier), once the home of a companion of François I. (contemporary of Henry VIII).

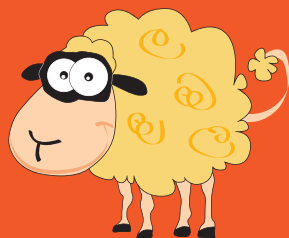
## We fell for




- Old Sauliac, with its semi-troglodytic houses backing on to the cliffs,
- Lunegarde and its church decorated with 16th C wall paintings,
- Calvignac perched on its rocky outcrop.

## An activity to do with your children


The «sheep path» in Espédaillac : this easy round walk takes you to find out about our local sheep and their environment, around a typical Causse village.



# stargazing !



*Make the most of one of the purest night skies to be seen in France. Here, the night sky can be seen in all its beauty, far from light pollution.*



We are very proud of our starry sky. Thanks to the commitment of fifty or so communes which turn their street lights out at a certain time, the stars shine in profusion above the Quercy Causses.

Six observation sites await you, in Carluçet, Espédaillac, Limogne en Quercy, Miers, Reilhac and Saint Martin Labouval, so that you can make your own observations for yourself. Want to know more about the galaxies, nebulae and planets to be seen in the night sky ? The Gramat and Gigouzac astronomy clubs provide special events regularly ! There are also several associations which will accompany you on nocturnal walks beneath the stars...

A wonderful experience guaranteed !



## « valeurs parc »

About ten accommodation providers who have « Valeurs Parc » accreditation also offer to familiarise you with the constellations whilst you're staying with them : The Great Bear, the Pole Star and Cassiopeia will hold no more secrets for you !

[parc-causses-du-quercy.fr/cielnoir](http://parc-causses-du-quercy.fr/cielnoir)

## Meet our nocturnal fauna

- Visit the Marais de Bonnefont Regional Nature Reserve at night.  
[rnr-maraisdebonnefont.fr](http://rnr-maraisdebonnefont.fr)
- Venture out to discover the biodiversity of the night and observe the starry sky with the association Olterra.  
[olterra.fr](http://olterra.fr)







The phosphate caves of the Cloup d'Aural

# Here, we grow stones !



**unesco**  
Géoparc mondial

Welcome to a UNESCO Global Geopark.  
Here, there's stone everywhere ! Geology has  
shaped the identity of the Causses du Quercy  
and has concealed some real treasures here.



Sauliac-sur-Célé

## UNESCO Global Geopark you said ?

This title is an international recognition of the existence of exceptional geological phenomena on the Causses du Quercy. With 7 Geoparks in France and 177 in the world, Geoparks are a big family to which your Regional Natural Park belongs !

## Why is the Park a Geopark ?

The Geopark is home to a unique treasure of palaeontology, studied by scientists from all over the world but still little known to the general public : the fossil-bearing deposits in the former phosphate workings of Quercy. These tell the story of the evolution of species, of the climate and of biodiversity between 50 and 20 million years ago, i.e. over a period of 30 million years. Such a long record is unique in a continental setting !

## And that's not all !

Those 30 million years enable the precise documentation of a major planetary event : the «Grande Coupure». This rupture indicates global climate change and the extinction of numerous animal and plant species. It was after this major event that the modern forms of mammalian species began to appear.

## To go further Stories of men and stones

A photography book that unveils the treasures of the Geopark !  
Available for free at the house of the Regional Park in Labastide-Murat.



## The Geopark explained in videos





The Lacave caves

# Discover the treasures of the Geopark !



The phosphate caves of the Cloup d'Aural



The «caselles» trail in Marcihac-sur-Célé



**Our vanished worlds :** almost 200 million years of the Earth's history and of life are to be seen here. In the Jurassic period, there was a tropical lagoon here, every bit as enticing as the Bahamas. Later, the Causses du Quercy were successively transformed into a tropical forest, savannah country, then a frozen steppe. Our Geosites, including the phosphate workings and caves, provide the chance to travel back through these periods of Time (see p. 18-19).

**Stone as witness to the past :** having arrived on the Causses du Quercy about 350,000 years ago, Man left traces of his presence in stone. The numerous dolmens and painted caves bear witness to this ! (see p.22-23).

**Here, we grow stones :** stone is everywhere, in the landscape as in our heritage. Dry stone walls, the Saint-Namphaise ponds, the stone huts to be seen all over the causse are proof of this : this area's wealth lies in its stone ! (see p. 10-11).

## New !

PRide your bike on a journey through time ! The trail «My village, my fossile» will take you from village to village, looking for statues representing the strange creatures that once lived in Quercy ...

[parc-causses-du-quercy.org / mon-village-mon-fossile](http://parc-causses-du-quercy.org/mon-village-mon-fossile)



In Crégols, a prehistoric bat



## our favorites



**The phosphate caves of the Cloup d'Aural** contain a unique historic, natural and palaeontological heritage. Plunge into the heart of a chasm open to the sky and walk through former 19th C. phosphate workings. This Geosite has revealed fossils more than 30 million years old !

06 03 93 45 91  
[phosphatieres.com](http://phosphatieres.com)



**The Lacave caves** take you to follow in the footsteps of Armand Viré, a speleologist and renowned world specialist in subterranean biology. Go through 150 million years of the Earth's history, and pass through the 10 hall

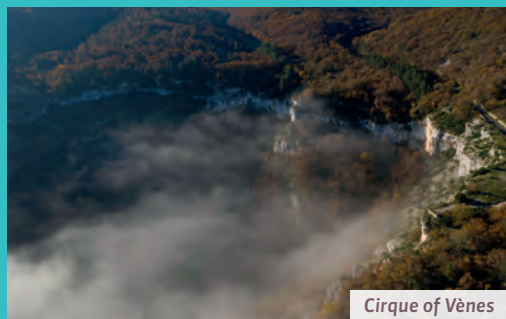
05 65 37 87 03  
[www.vert-marine.info/grottesdelacave](http://www.vert-marine.info/grottesdelacave)

# The Geosites of the Limogne causse

See the landscape around you in a  
different way : freely accessible geosites  
are there to guide you !



L'igue (sinkhole) of Crégols



Cirque of Vènes



Lavoires papillon (butterfly washhouses) in Aujols



Aerial view of Calvignac

Between the Lot and Aveyron valleys, the Causse de Limogne is the southernmost of the Quercy Causses. It harbours remarkable geological sites which the Park has equipped with information boards, etc. Let's go and explore them !

- **the phosphate caves of Les Tempories :** get close to phosphate caves exploited at the end of the 19th C.

*On the D22 between Escamps and Bach*

- **the outlying hill of Vaylats :** from the «summit» of this hill, you can look out over more than 60 million years of geological history.

*Start from Vaylats, the convent car park*

- **the cliffs of Vènes :** from this viewpoint over the Lot valley, imagine the landscape as it was 20 million years ago, when the Causse was all one vast, uninterrupted plateau.

*From St. Cirq Lapopie, go up on the D42 towards Concots*

- **the landscape in which St. Cirq Lapopie is built :**

you'll see just why people settled here, on this remarkable site.

*The Bancourel pigeon-tower above the village*

- **the Crégols karst path :** observe the mystery of the Crégols emergent spring and the size of the Crégols «igüe» : one of the most spectacular sinkholes in the Park, being 80m in diameter.

*5km. Start from Crégols village square*

- **the Calvignac trench and the Pousadou path :** go back 170 million years and observe the build up of layers of rock, which took 4 million years.

*Start from Calvignac, the Rocher de la Baume*

➤ **For more information :**  
[parc-causses-du-quercy.fr/geosites](http://parc-causses-du-quercy.fr/geosites)



*From the dry grasslands of La Braunhie  
to the Ouyse and Alzou valleys,  
there's diversity enough for anyone !*

# The mysterious cause de Gramat



Resurgence of Saint-Sauveur

The Causse de Gramat lies between the Dordogne valley to the north and the Lot and Célé valleys to the south. Deep, often dry, valleys have been carved out of it. Come and explore it !

## THE OUYSSÉ ALZOU GEOSITE

This is one of the most remarkable Geosites in the Park. Three walks will enable you to explore it for yourself :

- **The keys to Thémînes** : this is where the river Ouyssé disappears below ground and begins its underground journey.

*4,1 km | Start at Thémînes market hall*

- **The ESA Moulin du Saut round walk** : this canyon through which the Alzou flows is dry for most of the time, as a part of the river disappears below ground, except in winter and spring when water is present and gives rise to a fine waterfall.

*4,3km | Start from the Moulin du Saut car park, access via the D39, Gramat*

- **The 3 chasms round walk** : see the Cabouy emergence, where the subterranean Ouyssé reappears in the open air.

*8,6km | Start from the D32, at the lieu-dit Magès, Rocamadour*

► *Consult the **Guide géologique Causses du Quercy** and the **Park's guide to walks and rambles**.*



Ruins of Moulin du Saut (old mill)



Cloup («sinkhole») cultivated on the Brauhnîe

## THE FOREST OF LA BRAUHNIE AND THE PLANAGRÈZE IGUE

This vast forest (pronounce «Brogne») has within it an amazing karstic landscape ! With a rich diversity of species, it is classed as an Environmentally Sensitive Area (ESA). You'll walk between dry stone walls, see dolmens, «St. Namphaise lakes» (ponds dug out of the rock by people to serve as watering-places for their sheep) and «igues» (chasms). The dry meadows are, in spring, a paradise for wild orchids ! The ESA Planagrèze round walk (6.3 kms) will lead you through this landscape with its wealth of interest to the edge of the chasm, which has been made safe and secure for visitors : 100m down below flows a river accessible only to speleologists !

► *Booklet on sale in Tourist Offices and available to download from [tourisme-lot.com](http://tourisme-lot.com)*

## THE ELECTRICALLY-ASSISTED BIKE ROUND TRAILS

Discover the landscapes of the causse, riding on small and charming roads. Between hills and dells, from the Vers valley to the crests, the tourism office of Labastide-Murat offers you different itineraries to enjoy with its rental electrically-assisted bikes.

► *Information on [tourisme-labastide-murat.fr](http://tourisme-labastide-murat.fr)*

# In the footsteps of Man

*Man has lived on the Quercy Causses for 350 000 years. Follow his tracks through the ages by visiting our prehistoric sites.*

In Cabrerets, **the Pech Merle cave**, a veritable gem of prehistoric art, has authentic paintings over 29,000 years old to show you. Our distant ancestors went down into the depths of the Earth to paint mammoths, horses, bison, human figures... not to mention the famous «negative hand» which has become the symbol of the Regional Natural Park : here, the link between Man and stone is revealed in all its splendour.

05 65 31 27 05 | [www.pechmerle.com](http://www.pechmerle.com)

In Miers, **the Archéosite des Fieux** also bears witness to a very long period of human occupation. In turns a hunting trap for the Neanderthal people, then a shelter and a place for artistic expression for modern Man, this natural cavity has been used by Man for 80 000 years.

06 16 26 74 35 | [www.archeositedesfieux.com](http://www.archeositedesfieux.com)

The Pierre Martine dolmen



The Pech Merle cave







Dolmens trail in Miers

The Quercy Causses are also home **to many megaliths** : there are no fewer than 400 dolmens here ! The paths equipped with information boards starting from Saint-Chels, Limogne-en-Quercy and Miers will lead you to see several well preserved examples of these structures.

Don't miss **the Pierre Martine dolmen** in Livernon : with its 11 metre long capstone and weighing 20 tons, it's the most massive in the Geopark.



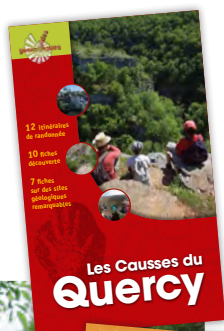
## with the children

To follow in the footsteps of the first humans, the **Archéosite des Fieux** organises various activities for children : flint knapping, hunting with a spear thrower, cave painting... Prehistory will no longer be a mystery to them !



# Footpaths are beckoning you !

*Leave your car behind !  
Boots on, we're off !*



Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



Chemins de Saint-Jacques-  
de-Compostelle en France  
inscrits sur la Liste du  
patrimoine mondial en 1998



Chemins de  
**COMPOSTELLE**  
patrimoine mondial





The Causses du Quercy are ready to share their secrets with you ! **27 discovery paths** await you ! There's one for everyone's legs (from 3 to 21 kms) and for all tastes: geology, flowers, architecture, people... you'll find information about all of these along these paths.

*The walking guide to the Park is on sale in bookshops and Tourist Offices.*

Want to know about local geology ? A guide book provides **12 balades géologiques** for you to get to grips with our landscapes and their history...

*«Guide Géologique Causses du Quercy», published by Omniscience, on sale in bookshops and Tourist Offices*

Get your first taste of itinerancy on the **Santiago Pilgrim Ways** by following the legendary Via Podiensis along the GR 65. Less well-known but just as fascinating, the GR46 and 36 will take you to see the two «Grands Sites d'Occitanie» of Rocamadour and Saint Cirq Lapopie : the three stopovers that we've set up in the communes of Séniergues, Cras and Cabrerets will punctuate your journey and offer the opportunity for a well-earned rest !

## Artistic itinerancy

On the GR65, between Gréalou and Laburgade, experience the Book Way : stones painted by the artists Troubs and Edmond Baudoin and built into the walls lining the track, form an open-air cartoon strip !

[parc-causses-du-quercy.fr/chemin-livre](http://parc-causses-du-quercy.fr/chemin-livre)



## Fancy sleeping in an art work ?

Along the GR65, two original shelters await you for an unforgettable stopover : in Gréalou, Super-Cayrou, a dry stone shelter ; and in Limogne en Quercy, Pecten maximus, built with scallops ! Bivouacs you'll remember for a very long time...

[parc-causses-du-quercy.fr/fenetres-sur-le-paysage](http://parc-causses-du-quercy.fr/fenetres-sur-le-paysage)





# Tours around the célé valley

*To make the most of the beauty of the Céle Valley, why not try itinerancy ! Three round walks provide a marvellous way to see it.*



## VIA CAUSS'MOS

Three valleys, works of art and remarkable scenery... Welcome to Via Caus's'mos, an itinerancy circuit which will show you the very best of the Causses du Quercy ! In three stages of about twenty kilometres each, it will lead you to the edges of the Causses of Gramat, Saint Chels and Limogne, to explore some remarkable natural environments, and to see the traditional buildings of the valleys. All along the way, works of art are there to encourage you to stop and contemplate the landscape !

Total distance : 63,5 km

Walk takes : 3 days

**Printed guide to the walk available from Tourist Offices and the Park itself.**

➤ **More info on**  
[parc-causses-du-quercy.fr/viacaussmos](http://parc-causses-du-quercy.fr/viacaussmos)

## MULTI-ACTIVITY HOLIDAYS

Want to explore the Célé valley in a different way ? To enable you to enjoy its wealth of Nature and of heritage, the Park has devised six made-to-measure holidays for you, lasting from two to four days. See the valley on foot, by canoe and by bike, with your family or with other sports enthusiasts... and experience a unique adventure as you follow an unspoiled, natural river !

► [More info on \*parc-causses-du-quercy.fr/itinerance-multi-activites\*](https://parc-causses-du-quercy.fr/itinerance-multi-activites)



Marcilhac-sur-Célé



## FROM CAUSSES TO VALLEYS, THE QUERCY 100 KMS TOUR

This 6 day rambling tour will take you through the causses and the secluded Célé valley for part of the time, and along the majestic Lot valley with its villages and cliffs for the rest of the tour. This journey through the Quercy Causses has both wild countryside and much fascinating heritage to show you, and will take you back into the mediaeval past of these valleys.

Total distance : 103 km

Walk takes : 6 jours

► [More info on \*parc-causses-du-quercy.fr/granderandonnee\*](https://parc-causses-du-quercy.fr/granderandonnee)

# A shake up for your senses!



**Seeking some excitement deep in the heart of Nature? A whole range of activities awaits you for exploring the Quercy Causses in/on the water, on the ground and under the ground!**



The three rivers, the Vers, the Lot and the Célé, provide the perfect setting for enjoying water sports. **Hire a canoe and let the Célé carry you downstream**: two geocaching circuits (treasure hunts) await you, providing a different way of exploring the treasures of the valley.

**Fancy a refreshing pause beside the Lot or the Célé?** Bathing spots in Orniac, Saint Sulpice, Brengues or Saint-Cirq-Lapopie are there for you. They're real little corners of paradise!

**Keen fishermen should head for the Vers**, with its clear waters and natural micro-dams formed of tufa. A paradise for anglers in quest of trout!



### Activities for all !

We selected for you some activities and ideas to fully enjoy your experience with professionals who are aware of different disabilities. Our goal : to make nature accessible to everyone !

[parc-causses-du-quercy.fr/accessibilite-et-handicap](http://parc-causses-du-quercy.fr/accessibilite-et-handicap)



**Bikes, horses... choose which you prefer to ride !** Then set off for a few hours or several days on our suggested itineraries to explore the Causses and the valleys. Make your choice from the cycle and MBK touring guides published by Lot Tourisme or the trekking circuits suggested by the Association de Tourisme Equestre du Lot. And for a cycle ride that's not too demanding, our cycle tours by electrically-assisted bike will take you to explore La Braunhie or the Vers valley.

**On the Causses du Quercy, there aren't any mountains, but instead some fine cliffs just right for climbing.** No fewer than 12 sites, such as those of Cougnaguet or Saint G ry, and hundreds of routes challenge you to climb them !

➤ **Topoguide «Escalade dans le Lot» on sale in bookshops.**

**Peace and quiet plus adventure : explore the underground landscape of Quercy !**

Budding or experienced cavers, our chasms and underground rivers await your exploration. Competent, enthusiastic professionals will initiate you into the secrets of the depths.

➤ **More information : [parc-causses-du-quercy.fr/activites-de-pleine-nature](http://parc-causses-du-quercy.fr/activites-de-pleine-nature)**



# Local flavours

Take note all you gourmets  
and lovers of good food : the  
Causses du Quercy are a land  
of gastronomy !



On special food markets or on the producers' premises, savour the flagship products of our area :

**Honey** : our bees delight in the wild flower meadows and dry grasslands of Quercy. Thanks to this environment, enthusiastic beekeepers produce a scented honey which carries the «Valeurs Parc» brand.

**Duck** : this is one of the stars in our food firmament ! Try it as foie gras, confit, fritons (a bit like scratchings) or magrets (duck breast) with the Valeurs Parc label.

**Truffles** : the «black diamond of Quercy» grows beneath the oaks on the Causse de Limogne. Star product of the winter, it's sold on the famous truffle market of Lalbenque (see page 32).

**Saffron** : on the limestone causses grows a mauve flower which provides red gold... Grown here since the Middle Ages, saffron is sold in the form of stigmata to flavour your dishes and is used in syrups, sorbets, aperitifs...

**The Rocamadour** : this mild little goats' cheese is to be found on every table in the Lot, and beyond. You can enjoy it hot or cold, on a slice of crusty brown bread, with a drizzle of honey or saffron syrup.

**Quercy farm lamb** : this is the product of a specific area - the Causses du Quercy, of a breed - the Causses du Lot sheep, and of traditional know-how. It is raised naturally under the mother for 70 days, and the meat is flavoursome and of excellent quality.

And to enjoy the taste of the **Causses du Quercy** in restaurant, think **Valeurs Parc** ! These restaurateurs, devoted to their work, use locally produced ingredients, respect local knowhow and use seasonal produce to provide you with an authentic, unforgettable taste experience.



## our favourites

The producers and restaurateurs awarded the Valeurs Parc brand are listed in the brochure «Vivre et goûter les causses du Quercy» and on our internet site.

The «**Géodélices**», come and taste our Geopark ! Pastry chefs and chocolate makers offer you to taste their «geological delights».

[parc-causses-du-quercy.fr/geodelices](http://parc-causses-du-quercy.fr/geodelices)





Coming to the Causses du Quercy in winter ? There's plenty of activities for you ! Here's a small selection of the real «musts» to ensure you'll enjoy your holiday.

# Ideas for the winter





### Lalbenque truffle market

From December to March, the «capital of the truffle» resounds each Tuesday afternoon with the vibrant activity of this iconic market. Wander around the streets inhaling the scent of the precious «black diamond», admire the producers' harvests... atmosphere and tradition guaranteed !



### The underground world

Good news : in caves, the temperature remains constant, winter as in summer ! To escape from a cold snap, go underground in the Lacave or Pech Merle caves.

And why not take your first steps as a speleologist with a State-qualified guide ? This is the chance you've been waiting for !



### The dark night sky

With the shorter days, winter enables you to observe the starry sky earlier in the evening. This is the chance to see the winter constellations : Orion, Taurus, Perseus.... Wrap up well and enjoy the observation evenings put on by Astronmade or Anima'Ciel, or go to one of the sites where you can observe the sky for yourself !

### walks

When the trees have lost their leaves, the appearance of the landscape changes and unsuspected viewpoints appear. Now's the moment to get your hiking boots on and to discover, or rediscover, footpaths beneath the winter sun. Find a selection of walks in the Park's walking guide and on our Internet site.

### Les causeries

The Park puts on events throughout the year ! Check out the agenda of Les Causseries to find the dates of upcoming events. Nature rambles, lectures, participative workshops, guided visits and evening entertainments, there's something for everyone ! «Les Causseries» agenda is available from Tourist Offices, local shops, at the Park's offices and on Internet.



For more  
info!



## THE PARK'S PUBLICATIONS

**The collection « Découvrir » :** booklets on various themes to further your knowledge of biodiversity, old buildings, landscapes... Free or 5€

**The collection « Les cahiers scientifiques » :** these compile the scientific contributions of the members of the «Conseil scientifique et prospective du Parc». Grouped by theme, their articles provides a living portrait of Quercy. 3 volumes available, 10 to 15€

**The collection « Les Essentiels » :** these works compile the knowledge of their authors on a particular subject. Two volumes available : « Les clés des paysages du Quercy (géologie et géomorphologie) » et « La biodiversité des Causses du Quercy », 15€



## THE PARK'S VIDEOS

Find our videos on Youtube !

 [youtube.com/user/PNRCQ](https://youtube.com/user/PNRCQ)

## THE PARK ON SOCIAL MEDIA

 [CausseDuQuercy](https://facebook.com/CausseDuQuercy)  [@causseduquercy](https://instagram.com/causseduquercy)

## CONTACTS

- Lot Tourisme, [tourisme-lot.com](http://tourisme-lot.com)
- Causses du Quercy Regional Natural Park  
05 65 24 20 50 / [parc-causses-du-quercy.fr](http://parc-causses-du-quercy.fr)
- Dordogne Valley Tourist Office  
05 65 33 22 00 / [vallee-dordogne.com](http://vallee-dordogne.com)
- Pays de Figeac Tourist Office  
05 65 34 06 25 / [tourisme-figeac.com](http://tourisme-figeac.com)
- Causse de Labastide-Murat Tourist Office  
05 65 21 11 39 / [tourisme-labastide-murat.fr](http://tourisme-labastide-murat.fr)
- Cahors - Vallée du Lot Tourist Office  
05 65 53 20 65 / [tourisme-cahors.fr](http://tourisme-cahors.fr)
- Quercy Bouriane Gourdon Tourist Office  
05 65 27 52 50 / [tourisme-gourdon.com](http://tourisme-gourdon.com)

### Texts :

V. Biot et E. Villeneuve / PNRCQ

**Proofreading :** P. Andlauer / PNRCQ

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**Illustrations :** C. Chauvin, J. Vergne

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## Parc naturel régional des causses du Quercy Géoparc mondial UNESCO

Les canavals - Labastide-Murat  
46240 cœur-de-causse

05 65 24 20 50

[contact@parc-causses-du-quercy.org](mailto:contact@parc-causses-du-quercy.org)

[www.parc-causses-du-quercy.fr](http://www.parc-causses-du-quercy.fr)