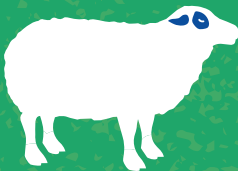




LES CAUSSES
DU QUERCY



Discover the **Geo** **Park**



Parc
naturel
régional
des Causse
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 patrimonials, l'arquitectura rurala típica amb las parets de pèira seca, las casèlas, los arrucadors, los lavadors amb lors picadors que revèrtan los parpalhòls... a mai una fauna e una flòra ricas d'espècias raras, vos revèlan 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 «Valeur parks» (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!





Your stay « Valeurs Parc »

For your stay in the Causses du Quercy, choose professionals who received the « Marque Valeurs Parc ». Hosts, restaurant owners, producers, craftsmen, nature guides ... 80 professionals are involved, alongside the Parc, in the protection of our rural territory and the development of sustainable human activities.



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

➤ To find all the accredited professionals in the 59 Regional Natural Parks, visit: 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 Cause») 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

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.

It's up to you to discover the other trails as you go along!

► **Find all the hiking trails on**





Orniac in Célé valley



Limargue



the limestone causse



Saint-Cirq-Lapopie, Lot valley



Quercy Blanc



Espagnac-Sainte-Eulalie in 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!

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!




Castle of Assier


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



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

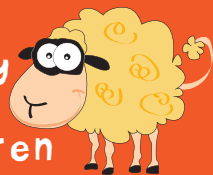
These cliffside fortifications in the Lot and Célé valleys were built in the Middle Ages to control the valleys and to serve as a refuge for local people in case of an attack. From Vers to Brengues, via Bouziès and Cabrerets, you'll be able to see them... providing, in some cases, that you look at the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

Several Renaissance châteaux (Renaissance castles) are dotted over the Causses of Quercy. 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 Espedaillac
- Discovery adventures in Gramat and Livernon with the Baludik app

► Download the Baludik app



These easy walking trails will reveal the secrets of the Park-Geopark

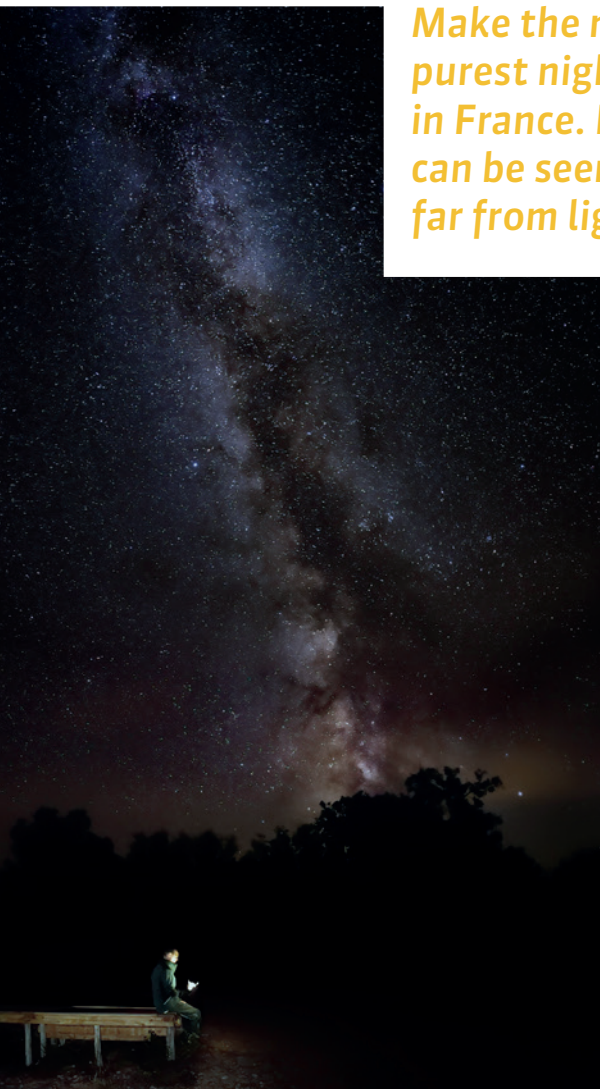
stargazing!

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.

Four observation sites await you, in Limogne en Quercy, Reilhac, Miers and Carluet, 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!





Brand «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!

The causes of Quercy by night

- Discover a night-time walk in Corn: five glow-in-the-dark information boards reveal the secrets of the landscape.
- Under the starry sky: the local associations and astronomers invite you on a journey through the stars

More infos:



Observation sites

Sky conditions for stargazing
- average quality sky
- very good quality sky





The phosphate caves of the Cloup d'Aural

Here we gro stones!



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 10 Geoparks in France and 223 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.

Watch a video to find out more about the geopark (in English)



The formation of Causses of Quercy explained in video (in English):





The Lacave caves

Discover the treasure of the Geoparc!



The phosphate caves of the Cloup d'Aural



The «caselles» trail in Marcihac-sur-Célé

Immerse yourself in our vanished worlds: Almost 200 million years of the Earth's history and of life are to be seen here. Our geological sites (geosites), including the phosphate caves (phosphatieres) and caves invite you to take this journey back in time (see p. 18-19).

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! (voir p.22-23).

Here, we grow stone: 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 causeuse are proof of this: this area's wealth lies in its stone! (voir p. 10-11).

Let's go cycling!

Set off on a bike ride through time! The 'My Village, My Fossil' trail will take you from village to village in search of statues depicting the strange creatures that once inhabited the Quercy region...

More information:



In Crégols, a prehistoric bat



our favorites



The phosphate caves of the Cloup d'Aural contain a historical, natural and palaeontological heritage that is unique in the world. Plunge into the heart of a chasm open to the sky. Be sure to visit the interpretation centre, which takes you on a journey back in time! This geosite has revealed fossils more than 30 million years old!

06 03 93 45 91
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 halls with their wealth of concretions.

05 65 37 87 03
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 Venes



Lavoires papillon («Butterfly washhouses») in Aujols

Geosites on the Causse de Limogne

Take another look at the landscape around you : free to access Geosites are here to guide you !

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 witness butte 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 the Vènes Cirque:** 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.*



Aerial view Calvignac

- **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. *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.*

► **More informations:**



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

The mysterious causse 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 OUYSE 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 Thémynes (les clés de Thémynes):** this is where the river Ouyse disappears below ground and begins its underground journey.

4.1 kms | Start at Thémynes market hall

- **The Moulin du Saut round walk (la boucle des 3 gouffres):** 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.

4.3 kms | 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 Ouyse reappears in the open air.

8.6 kms | 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 Brauhnne



THE FOREST OF LA BRAUNHIE 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**

INTERPRETATIVE TRAILS

There are several trails to explore:

- geological trails in the villages of Gramat and Livernon
- the Lacave karst trail

► **Download the Baludik app and explore these digital trails, which invite you to see the Causses du Quercy in a whole new light!**



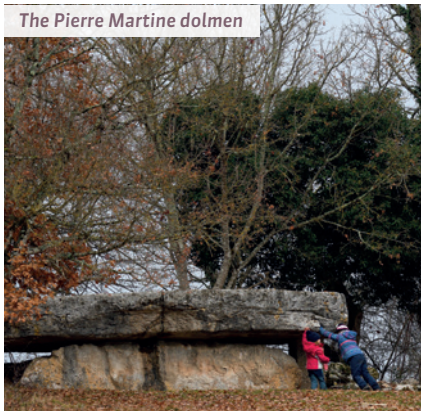
In the footsteps of man

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
[05 65 31 27 05](tel:0565312705) | www.pechmerle.com

Are you keen to find out more about prehistory?
There are other sites to explore, such as the Merveilles cave,
and beyond the Parc-Géoparc, the Cugnac and Foissac caves.

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.



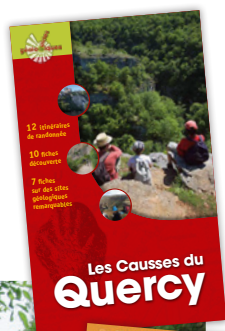
with the childrens

To follow in the footsteps of the first humans, **centre de Préhistoire du Pech-Merle in cabrerets** organises various activities for children: make fire, 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!





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 geological walks** 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!



► More information about the Book Way and art work



Fancy sleeping in an art work?

Along the GR® 65, two unique huts await you for an unforgettable night: in Gréalou, Super-Cayrou, a dry-stone hut; and in Limogne-en-Quercy, Pecten Maximus, built from scallop shells! These are overnight stays you'll remember for a long time to come...



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 jours

► [More information:](#)



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 information:**



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 information:**





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:** Follow Louloute the otter on a treasure hunt on the water. You'll discover the valley's treasures.

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 everyone!

The Park-Géopark offers a selection of activities, holiday ideas and equipment hire to help you make the most of your experience, with professionals trained to cater for people with various disabilities. So that the great outdoors is accessible to everyone!



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, the geocaching cycle route (e-bike) starting from Labastide-Murat and the trekking circuits suggested by the Association de Tourisme Equestre du Lot.

On the Causses du Quercy, there aren't any mountains, but instead some fine cliffs just right for climbing.

No fewer than 12 climbing sites and hundreds of climbing routes await you. For via ferrata, head to Liauzu, where there are two routes open all year round!

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

► **More information on Via Ferrata**



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**





Local flavour

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 P. 32)

Saffron: son 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 a 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 favorites

The producers and restaurateurs awarded the Valeurs Parc brand are listed in the brochure «Le Goût des Causses du Quercy» and on our internet site.

The «GÉODÉLICES»

Come and sample our Geopark! Bakers, pastry chefs and chocolatiers invite you to try their 'geological delights' and, in particular, on Epiphany, their galette with a Geofève (Geobean)!



➤ More information:



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!

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-Geopark's offices and on Internet.



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-Geopark's walking guide and on our Internet site.



For more
info!

THE PARK-GEOPARK'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 à 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€



OUR VIDEOS

Find our videos on Youtube!

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

FOLLOW US ON SOCIAL MEDIA

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

CONTACTS

- Lot Tourisme, tourisme-lot.com
- Régional Natural Park - UNESCO
Global Geopark of the Causses du Quercy
[05 65 24 20 50](tel:0565242050) / parc-causses-du-quercy.fr
- Office de tourisme Vallée de la Dordogne
[05 65 33 22 00](tel:0565332200) / vallee-dordogne.com
- Office de tourisme Figeac-Causse et Vallées du Lot
[05 65 34 06 25](tel:0565340625) / tourisme-figeac.com
- Office de tourisme du Causse de Labastide-Murat
[05 65 21 11 39](tel:0565211139) / tourisme-labastide-murat.fr
- Office de tourisme de Cahors - Vallée du Lot
[05 65 53 20 65](tel:0565532065) / tourisme-cahors.fr
- Office de tourisme Pays de Gourdon, entre Lot et Dordogne
[05 65 27 52 50](tel:0565275250) / tourisme-gourdon.com

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