

Country Houses in France

Walk 1	Parisot and its Lake
Distance	5 kilometers
Time	90 minutes
Terrain	Small Hills not testing
Map IGN Serie Bleu	2240 Ouest - Follow PR 1
Point of Departure	Parisot Lake
<p>Start from the Lake which provides plenty of parking. Leave by the camper's entrance and turn left on the road up the rise and take the path at 250 meters left marked PR 1. Follow the footpath up and through the woods, exiting opposite the hamlet of Flau. Turn left on the road and follow it for approximately 500 meters turning left at La Rocarie. (There is an old Lavoir located close to this junction hidden in the scrub to your left) Follow the path as it rises passing Carmona, Ventajouls, until finally arriving by the side of the football pitch. Turn left immediately after the changing rooms and walk to the end of the track, then follow PR1 as it descends by the side of the village. Continue following the track until it reaches the Lake, virtually opposite the original point of departure. There is a restaurant /bar at the lake, open for meals and refreshments during July and August. Pedalos and Tennis are also available. Fishing (Permit required) is category 1.</p>	

Walk 2	From the Causse to Segala
Distance	12 kilometers approximately
Time	3.5 to 4 hours
Terrain	Hilly terrain, not too testing
Map IGN Serie Bleu	2240 Ouest - Also PR2
Point of Departure	Cambayrac
<p>Starting with your back to the chapel, turn right and follow the road to the D84. Cross immediately over and follow the country path that leads to the hamlet of Causseviel. Pass the church on your right, descend into the dip and turn immediate left. Follow the track down and after 500 meters you will arrive at the lavoir (Ancient washing area). This is also the source of the River Baye. Stay on the footpath and the next hamlet is La Meune, turn left and follow to the next crossroads. Turn left at the crossroads and follow for a short distance to enter the hamlet of Mas de Sol. Take the last exit right in the hamlet following PR2 to pass through the next hamlet, Fonfreche, arriving shortly at the main road. Turn left and follow the road for 300-350meters and take the grassy path that leads off to the right, this passes into the valley Font de Clario and up the other side to enter the hamlet of la Pialle. Walk up the hill turning left in the hamlet as indicated. Follow PR 1 as indicated until arriving at the main road. Turn left and walk 300 meters to Pech de Gary and bear left. Stay on track and follow down to the road. Turn left and stay on road to bottom of valley, turn right over small bridge and follow the arrows as directed back to Cambayrac for approximately 2 kilometers</p>	

Walk 3	In the steps of St John of Malta (Born Chateau Labro, Parisot) Signposted PR2
Distance	14 kilometers
Time	4 hours
Terrain	Undulating not too testing
Map IGN Serie Bleu	2240

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Point of Departure	Village of Parisot
<p>Start in the main street – rue de la Mairie, passing the bakers on your left, the Mairie on your right followed by the ancient market hall and the chateau. Stay on the road for about 100 meters turning left down a short grassy track that passes between two buildings. Turn left along the road and take the route marked PR2 leading off to your right just before the poorly renovated building. Follow the track until it meets a paved road leading back up the hill. Follow this road up the hill and then keep left walking through the small hamlet of Roux, finally exiting on the D926. Turn left and left again toward the farm marked Garric Gros. Pass in front of the house and walk straight on. Looking to your left you will have a wonderful view of Parisot village. Continue straight on following the markers PR2. Eventually you will arrive at the pretty hamlet of Tarignou marked with a small stone cross dated 1811. Turn left here, continue 100 meters, take the right fork. At the road to Caylus, cross over and continue on the chemin opposite. (A detour here of 500 meters to your right will bring you to the Chapel of Tesseyrolles.) Continue down the chemin into the hamlet of Mas de Cazes, continue in the same direction following PR2 for approximately one kilometre until it joins the main road to Cornusson. Turn right on the road for a short distance turning left at the farm Mas de Pioche. Follow PR2 as it enters the hamlet of les Bories and take the turning on your left which cuts back on you approximately 250 meters after the first house on your left. Follow this track down to the main road. Turn right on the road and follow it down to the right past the hamlet of Lasperty, some three hundred meters on take the marked grassy chemin to your left with a bridge crossing the River Seye. (Note: - if you arrive at two small fishing ponds you have descended too far down the paved road). Follow the track as it rises up the valley finally exiting in the hamlet of Cornerave . The giant oak in the centre of the hamlet is more than four hundred years old. Pass two houses and turn left at the stone cross and follow the marked chemin until it exits in the hamlet of Labadie. (If in doubt stay on the paved road) Turn left on the road and continue to the T junction, turn left and immediate right before the bridge, where you will see an ancient Lavoir in front of you. Stay on the track keeping the Lavoir on your left as it ascends up the hillside. Turn right at the next junction and stay on the chemin passing the Chapel Saint Clair. The door is open so take time to look inside. Continue along the track until you see a modern house in front of you, (this was built across the track) take the first turning right and then first left to pass the house and then immediate left in front of the house (by the gate) turning right up the side of the field. Pass behind the barn then right turn and immediate left to traverse the wall. Continue up the path to the end of the field on your left then turn left down the first track on your left.(Overgrown) Follow this track along taking the next two right turns. You will enter the hamlet of La Rabarie where you turn left behind the modern barn with solar panels and follow this track until it reaches the main road. (Note: On wet days continue straight on at La Rabarie turning left on the main road to avoid the flooded pathway) Turn left on the main road and take the right turn into the grounds of the Lac de Parisot You can follow the road around the Lake in either direction before taking the exit in the far left corner that is a wooded track leading up the hill to the village of Parisot. Exit right at the road cross over and follow the road up the hill to return to your starting point.</p>	

Walk 4	Between the River Baye and Truffieres
Distance	8 kilometers
Time	2 hours 30 minutes
Terrain	Undulating but not too testing
Map IGN Serie Bleu	2240 Ouest
Point of Departure	Village of Le Cuzoul
Park behind the old school in the village of Le Cuzoul and face the church. Turn right and continue	

along the village road, passing the building suppliers yard on your left. Take the right turn marked Rouquette and follow the road past the farm, follow to the right at the bottom and take the left turn some 80 meters further on. Follow the grassy track as it slowly descends toward the Baye valley with the large field on your left. At the bottom of the field follow the path round to the left and then continue on as it flows down to the right through the woods. Continue down until you meet another track rising from the right, turn right here and descend to the valley floor. The path passes along the valley, eventually fording the River Baye , then continuing on for a short while until it rises up the steep stony track bearing right as you reach the top. Staying on the track, follow it as it passes a large new farm building on your left and eventually comes out in the pretty hamlet of Aybades. At the paved road, carry on to the T junction and turn right walking past the hamlet of Les Gamasses. The next hamlet is Pailhas, take the right fork here, walk through the hamlet cross the road and follow on down the grassy track in front of you. Stay on this track for over a kilometre until you meet the signpost (Sentier intercommunal) and take the right turn. This track leads to Causseviel, walk through the village until you descend into a dip where you take the signposted route marked source de la Baye. Stay on the track for nearly a kilometre when you will arrive at the village Lavoir on your right. The route now passes up through the woods on a narrow path finally exiting at the top in the hamlet of La Meune, take the right turn and continue for approximately one and a half kilometres finally re-entering the village of Le Couzol with the church on your left. The old school house and your car are some 150 meters in front of you.

Walk 5	The circuit of Boïsmenou
Distance	11 kilometers
Time	3 hours easy
Terrain	
Map IGN Serie Bleu	2239 ouest
Point of Departure	Puylagarde, Car park of the Salle des Fetes (Espace Ouradou)
<p>Facing the front door of the building, take the paved road running down the hill to the left side. This takes you down to a T junction where you will see a round pignonier to your right and the beautiful Chapel of Lugan across the road. Turn right here and descend down the slight hill to the pond and Lavoir. Following the road, bear left at the junction toward L'Oulet. Stay on this path until it's junction with a grassy path leading off to the left (This path has a tendency to flood, so an alternative route is to pass through the field on the left) until you arrive at a T junction where you turn right. Follow the chemin passing a beautiful old house standing in its own walled garden until you meet a crossroads where you turn right again. This path leads past an old well standing in the field to your left and then further on, to your right you will come across the ruined hamlet of Jouate. (Not occupied since the early 1900s). Soon after, turn left, passing another ruined hamlet that of Bicaque, then the single farmhouse at Pomprivat until the path reaches the area cleared for the passage of the electric pylons and the gas pipe (Yellow hats on poles). Walk to the fence turn left and pick up the path as it follows the pipe line to the left. Follow ahead taking a short right at the next junction followed by a right up the slope. Stay on this track until its junction with a proper paved road, where you turn right and follow the road as it passes through the hamlet of Lombard. Soon you will reach a T junction where you will turn left passing the Lavoir on your left and follow the road ahead, bearing right at the only junction until you reach the D97 road from Puylagarde to Limogne. At the crossroads go straight ahead passing the small hamlet of la Caille, up the hill to the crossroads and turn left. Follow the road along passing Cabusset on your right and Girgues on your left taking the next paved turn on your right to Rouch and immediate left onto a walking path. Follow this path until its eventual junction with the D97, where you turn right. Follow the road until you reach your point of departure.</p>	

Walk 6	The Circuit of the Bois Blanc
Distance	8.45 kilometers
Time	2 hours 45 minutes approximately
Terrain	Undulating
Map IGN Serie Bleu	2239 ouest
Point of Departure	Puylagarde
<p>Park centrally or outside the Salle des fetes (Espace Oroudor), take the road towards Vidailac and Limogne en Quercy. Follow the main road as it passes the hamlet of Caillol and take the second turning on your left marked La Borie Basse, Paris, Couscaillou. At the next junction take the central chemin in the direction of Paris and follow this as it passes through the hamlets of Caumes and Orfeuille until it exits at the junction with the D33. Cross the road and take the chemin opposite following the path for a short while, taking the right turn at the first fork as indicated. (There is a pretty Lavoir here if you follow the route straight on for 50 meters) Follow the chemin until you arrive at a T junction dominated by a large uninhabited farmhouse L'lgue. Take the left turn here (Old route directions refer to a cross in the trees at this junction, which we have not managed to find) and follow the path until it reaches a properly paved roadway. Take a left turn here and follow it as it passes through the hamlet of Les Peyrades and starts to rise up the hill passing a further uninhabited farmhouse. At the fork in the road turn back right following the direction Lardide and stay on this road until it joins the D97 (Linking the valley of the Bonnette and Puylagarde), follow this road down to your right and take the next turn on your left which rises up toward Mas de Belle. Just prior to Mas de Belle you can see down in the riverbed on your left, what remains of an old mill, with a paved and walled mill race that has been dug out of the hillside. Follow this road all the way to the top of the hill passing the hamlet of Virbal before arriving back in the village of Puylagarde.</p>	

Walk 7	The Circuit of Saint Caprais
Distance	12 kilometers
Time	3 hours 15 minutes approximately
Terrain	
Map IGN Serie Bleu	2139 est
Point of Departure	Village of Lozes, the central green
<p>Take the road that leads down to the valley of the Bonnette and after 150 meters take the turning left which rises gently toward Mas d'Estebe. At the hamlet the track joins the D 19, turn right here and follow the road for 150 meters then turn left, direction Camp Meyrou. Follow this chemin as it runs alongside the boundary of the military camp of Caylus, turning 90 degrees and then straight until it exits at the junction with the D33b. Turn right here and follow the road for about 250 meters before taking the next turning right and following this track for a further 750 meters before exiting again on the paved road close to the village of Saint Projet. Cross the road and follow the narrow road that descends toward the valley of the Bonnette. After about 350 meters take the marked track that rises to your left and then tracks right around the village green of Saint Projet. Here you gave two choices 1) Follow the road into the village and then take the opposite chemin to rise up to the Chateau de la Reine Margaux, which is well worth a visit. Following which you can descend to the main road from Saint Projet and follow directions to Puylagarde for about three hundred meters, turning left just before the small bridge as signposted. 2) Re-join the paved road and take the first turning right which takes you down a pretty chemin which eventually passes below the village church. Take the right at the T junction and follow the road until it joins the D33</p>	

and turn left here, back toward Saint Projet, cross the small bridge and immediately take the pathway to your right. Follow this track for about 250 meters taking the right hand track until it meets the paved road. Turn right here and follow the road for about 150 meters taking the left hand path leading down the hill, through the hamlet of Pers until you reach the D33 again. Cross immediately over and take the path in front of you, turning right as it runs behind the farmhouse. Stay on this road and follow it straight along until you come to the T junction at l'igue, turn right here and continue until the path forks, keep left here (The no entry signs apply to vehicles) and the path eventually arrives at the ruined Chapel of Saint Caprais on your right. Take the right turn and follow the route as it descends into the valley of the Bonnette. As the path meets the road continue downward until you arrive at the bridge. Cross the bridge and turn left following the road towards the first Mill House, the Moulin de la Lizette. Take the right hand turn here which takes you up through the lower pastures until it reaches the ancient terracing and zig zags up, until it finally exits back in the village of Lozes.

Walk 8	Circuit of Lozes, Saint Projet and Mas de Monille
Distance	9 kilometers
Time	2 hours 30minutes
Terrain	
Map IGN Serie Bleu	
Point of Departure	Village of Lozes, opposite the village church

Walk to the bottom of the green with the Church on your left side and take the chemin that runs to your right. Follow this chemin until it meets the road running from Caylus to Saint Projet and turn left walking for about twenty metres before following the sign PR1 to your right. Stay on the path following PR1 as it passes a dog breeding house on your right and then take the second turning on your right which brings you back into the village of Lozes for a short time. Turn left on entry, then first right and then left after approximately 150 meters following the signs PR1. Follow the trail and take the left turn at the first junction and then right as you meet the road.

Stay on the road for about 150 meters then bear off to your right as indicated by the sign PR1 descend the slope and take the track to your left, turning right again when you meet the road. After a short walk take the paths as signed up to your left taking the first available fork to your right that leads you up onto the Green at St Projet. Stay on the bottom side of the green with the fencing on your right. Pass the swings on you left and keep straight ahead. At the end, turn right following the sign marked PR1 Lozes and follow the new gravel path asit passes a new building plot on your right, fading into a grassy chemin that decends to the valley floor. You will exit on a U bend, between a house on your right and a barn on your left, turn right and follow the flat grassy track in front of you as it goes over a flat bridge with a small Lavoir on your right.

Follow this track as it sweeps up to your right and continues on past the Gites de Midi and then follow the signs PR1 as it runs toward the Mas de Monille, eventually turning right, gradually descending past a highly secured house , followed by a sharp descent to the valley floor, in front of a renovated mill house. Exit via the drive turn right on the road and take the first path leading up the valley side to your left, this is the steepest part of the walk. Five minutes work sees you exiting by the village lavoir, where you can take a break or continue on up by the track leading up the side finally exiting on the road again with just a short walk to reach your starting point.

Walk 10	PR 7 Caylus
Distance	10 kilometers
Time	2-3 hours

Terrain	Undulating
Map IGN Serie Bleu	2140 Est
Point of Departure	Chateau du Cas

This route is clearly marked with numbered arrows pointing in the correct direction. It is just the right length for a morning's good exercise. Park in the car park of the Chateau du Cas, located close to Caylus on the St Antonin Road. Walk back down the hill on the road until you meet the track cutting back to your left. (No more than 300 meters) then follow the track down, exiting by the old wood cutters mill located on the banks of the River Bonnette. Cross the road and take the road rising up through the hamlet signposted for the Church at St – Amans. As you clear the hamlet you will come across another signed path leading off to your right and rising up through the woods finally exiting onto a paved road close to the Hamlet of Fustie. Turn right on this road and follow the signs as directed toward Caylus, past the quarry on your left. Some distance on you will arrive at another sign directing you back into the woods on your right and soon you will arrive at the Old Church of St Amans le vieux. Take the track to your left running down the side of the church and follow this as it descends to the valley floor, exiting to the right of the large house often referred to as Le Petit Chateaux. Bearing right take the track leading off to your right and follow as directed until you exit on the D20. Take a right and then first left leading down a smaller chemin toward le Moulin de Gar. Carry on as directed until you finally come upon the lower slopes of the road leading up to Chateau du Cas. Return to your car. Job done.