



# MONTCUQ IN QUERCY BLANC DISCOVER THE VILLAGES.

The Montcuq community of villages has 3700 inhabitants and 16 municipalities.

**Bagat-en-Quercy:** In Bagat en Quercy you will find the Saint-Pierre church with its architectural treasures, a square full of flowers, a school full of laughter and hardworking pupils.

**Belmontet:** Don't go through Belmontet without stopping to visit the 12<sup>th</sup> century church with its roman chancel, remains of a former abbey and its square shaped bell tower.

**Le Boulvé:** A must here... the interesting, covered wash house very close to the village; in the direction of Saint-Matré is the church of Saint-Saturnin, the hamlet of Ségos and the chapel of Sainte-Madeleine de Creyssens built on the edge of a river with a spring flowing under the chancel.

**Fargues:** The village with four bell towers is one with the most diverse scenery, wine covered slopes (Cahors wine AOC), valleys suitable for mixed farming and woodlands full of daffodils.

**Lascabanes:** It has been proved by ancient documents that Lascabanes from the Middle Ages, has been a stopover point offering hospitality to the pilgrims going to Compostelle. In the farms surrounding Lascabanes, and also on sale in our local markets, you will find such produce as wine, foie gras, fruits and vegetables.

**Lebreil:** Well kept and full of flowers, Lebreil nestles in the shelter of a cliff. It has a very active inter-village association of hunters (Valprionde and Sainte-Croix) who organise convivial events all year round, much appreciated by its inhabitants as is the traditional 15<sup>th</sup> August "fête".

**Montcuq:** This name gives rise to many chuckles but actually comes from the latin "mons" or hill placed next to the word "cuc" which means summit. The village is built on a cone-shaped hill. The houses occupy the southern slope right up to the foot of the Tower (dating from the end of the 12<sup>th</sup> to the beginning of 13<sup>th</sup> century).

**Montlauzun:** You can see from a long way off this lovely hill *"at the crossing of the valleys like a small and unusual extinct volcano..."* From the top *"the landscape is magnificent: an immense aquarelle"...* *"and the air smells of the earth and the flowers!"* Jacques Tardieu, La Colline aux Genièvres. Editions La Lauze.

**Sainte-Croix:** a well kept village nestling in the hollow of the valley, surrounded by hills. The houses, old but restored, are grouped around the roman church.

**Saint-Cyprien:** a centre of melon production and intense agricultural activities. At Marcillac the old houses and outbuildings which constitute this hamlet have been restored. A bread oven, a calvary, a protected fountain enrich this local heritage.

**Saint-Daunès:** The gallo-romans must have found life good to live in this valley of the "Petite Barguelonne" as they installed an important "villa". In the surrounding countryside you will find lovely houses built with the bright, white stone. Here we are in the heart of Quercy Blanc.

**Saint-Laurent-Lolmie:** The rich Valley of the Lendou links Saint-Laurent and Lolmie; two villages built halfway up the hill and joined into one municipality 150 years ago. Each has its own church but the town hall and school were built in the hollow of the village and were quickly joined up by the addition of new buildings.

**Saint-Matré:** In the heart of the Cahors AOC vineyards many "Domaines" can be found on the plateau, their production is well appreciated by the connoisseurs. Nearby at the fountain of Sautadou, a clever hydraulic ram invented by the engineer Montgolfier has been restored by Jean-Paul Roux.

**Saint-Pantaléon:** All along the long main street of this village, the well kept and solid houses stand witness to a prosperous past. On the "Petite Barguelonne" which flows through the nearby valley can be found some well restored mills at Barreau, at St Martial, etc.

**Saux:** At the heart of this village rises the remarkable Saint-André church, dating from the 12<sup>th</sup> century. It is massive with a bell tower flanked by a round tower in which can be found a spiral staircase. It also has baroque furniture dating from the 17<sup>th</sup> century.

**Valprionde:** Situated in the fertile valley of the Séoune on the D23, the village nestles in the hollow of a small valley. There are many paths and tracks which allow the rambler to discover this lovely area.

# ACCESS

## BY CAR

From Paris or from Toulouse by the A 20 or by the N 20. At Cahors, take the D 653 road, direction Cahors-Montcuq.

GPS coordinates: Latitude : 44° 20' 19" North.  
Longitude : 1° 12' 35" East

## BY PLANE

Airport Toulouse Blagnac : 00 33 (0)825 380 000

Airport Brive, Vallée de la Dordogne: 00 33 (0)5 55 22 40 00

Airport Bergerac Dordogne Périgord: 00 33 (0)5.53.22.25.25

## BY TRAIN

Paris-Toulouse line, stops at Cahors train station. Contact from France only: SNCF 36 35

## BY BUS

Cahors-Montcuq line. Contact: SARL Raynal Voyages

48 boulevard Gambetta 46000 Cahors. Tph. 00 33 (0)5 65 23 28 28

## BY TAXI

Taxis-Ambulances du Quercy

Z.A Moulin de Pleyse 46800 Montcuq

Tph. 00 33 (0)5 65 24 14 14 fax 00 33 (0)5 65 94 16 58

# RECREATIONAL ACTIVITIES

## *THE TOWER OF MONTCUQ*

The tower of Montcuq is open to the public during July and August and during the European and local Heritage days.

## *COME AND PLAY IN QUERCY BLANC*

A worksheet in the form of a parchment with puzzles to solve, game sheets helping children to discover the treasures of Quercy Blanc! The Montcuq and Castelnau-Montratier Tourist Offices invite you to explore the Quercy Blanc with "Friton the duckling". This game intended for children from 8 to 14 years of age (possible for children from 4 years old if helped), is available, free of charge, from the two Tourist Offices.

Based on questions of observation and logic, these game sheets are a means of organising fun-packed walks lasting no longer than an hour.

## *THE THOURON BOTANICAL CIRCUIT*

This walk was designed by the Association "Points d'eau". Situated near the village of Montcuq, shows the characteristic vegetation of the Quercy Blanc (labels indicate each plant with its name in French and Latin and its genus). This circuit takes you past a fountain and a "water catchment system", restored by "Points d'eau".

## *THE SAINT-CYPRIEN EDUCATIONNAL CIRCUIT*

This circuit was initiated by the parents of the local school children, members of the municipal council and the primary school teachers. It makes the most of a lovely piece of land near to the church and in front of the primary school. The pupils of Saint-Cyprien and Saint-Laurent-Lolmie are closely involved with this project. In order to safeguard the future of the fruit tree, which is disappearing and to rediscover local varieties which have been forgotten, the organisers asked for advice from the "Conservatoire Végétal d'Aquitaine".

## *SWIMMING*

### **Saint-Sernin Lake**

On the road to Fumel - less than 5 minutes by car from Montcuq.

Open all year round. A lifeguard is on duty every day from 2 pm to 7 pm in July and August. During these months there is a charge of 2.50 € per car from 1 pm to 6 pm during the week and from 11 am to 6 pm during the week end. The restaurant which looks out over the lake is open from June to September (closed Monday lunchtime).

## IN THE STEPS OF NINO FERRER

Climb up to the Tower, to the esplanade which bears his name. Open the door of the Town Hall to admire, in the big stone stairwell the painting of which he is the artist.

As you go past the tobacconist in the village, look in the window. And last but not least go to the exhibition about him which you will find on the 1<sup>st</sup> floor of the Médiathèque.

This exhibition is open on Mondays from 3 pm to 6 pm, Tuesdays from 4.30 pm to 6 pm, Wednesdays from 10 am to 12 am and 3 pm to 6 pm, Fridays from 3 pm to 7 pm, and Saturdays from 10 am to 12 am. Entrance is free of charge.

## ROMAN PATHS OF QUERCY BLANC

If you use this guide the different churches will lead you to the discovery of the Quercy Blanc, taking small country roads and hiking footpaths. This well researched guide (based on an historical study by the historian Corinne Bourrières) includes the key to the discovery of churches and chapels of roman origin, and circuits by car and on foot to discover a selection of buildings.

The guide is on sale for 2€ in the Montcuq and Castelnau-Montratier Tourist Offices.



## ARTISTS WORKSHOPS

 	<p><b>Marcel Bénéais, Painter</b> 2 rue de Gagny 46800 Montcuq Tph. 00 33 (0)6 08 61 58 26 <a href="mailto:marcelbenais.peint@neuf.fr">marcelbenais.peint@neuf.fr</a> <a href="http://marcelbenais.montcuq.site.voila.fr">http://marcelbenais.montcuq.site.voila.fr</a> Open all year round by appointment only.</p>
 	<p><b>Stefaan Eyckmans, Painter</b> L'Ancien Presbytère de Troniac, Lieu dit Troniac 46800 Saux Tph. 00 33 (0)5 65 23 63 59 <a href="mailto:info@troniac.com">info@troniac.com</a>; <a href="http://www.troniac.com">www.troniac.com</a>; <a href="http://www.stefaaneyckmans.com">www.stefaaneyckmans.com</a> Open all year round by appointment only.</p>
 	<p><b>Hanneke Tas-Crommentuyn, Silk screen artist</b> Le Bourg 46800 Saux Tph. 00 33 (0)5 65 24 93 75 <a href="mailto:hanneke.tas@orange.fr">hanneke.tas@orange.fr</a> <a href="http://www.hanneketascrommentuyn.nl">www.hanneketascrommentuyn.nl</a> Open every day from 9 am to 7 pm.</p>

**Jane Greenwood, Painter**  
Le Vieux Lion d'Or  
3 place de la République 46800 Montcuq  
Tph. 00 33(0)5 65 21 15 29 or 00 33 (0)6 63 15 16 56  
[JaneGreenwood2000@yahoo.co.uk](mailto:JaneGreenwood2000@yahoo.co.uk)

**Victor Gilbert, Painter**  
Maurelas 46800 Saint-Laurent-Lolmie  
Tph. 00 33 (0)5 65 21 23 89  
[www.gilbert-portraits.com](http://www.gilbert-portraits.com)  
[gilbert.portraits@alsatis.net](mailto:gilbert.portraits@alsatis.net)

## HANDICRAFTS

 	<p><b>Ferme de Laboissière, Angora goats, mohair</b> Katja et Patrick Ruamps, Laboissière 46800 Saint-Pantaléon Tph. 00 33 (0)5 65 22 99 19 Available directly at the farm or at the market of Montcuq. Visit the angora goat breeding.</p>
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**Lavender Distillery**  
Maryse et Dominique Thévenet  
Servat 46800 Belmontet  
Tph. 00 33 (0)5 65 31 90 17

**Ahora, Clocks.** Dominique Lavoillotte  
24 rue de la Promenade 46800 Montcuq  
tél. 05 65 24 58 24 [ahoramontcuq@free.fr](mailto:ahoramontcuq@free.fr)

**Kathy Yffat, visual artist mosaic**  
Boscaman, 46800 Saint-Cyprien  
Tph. 00 33 (0)5 65 24 50 86  
fax. 00 33 (0)5 65 34 93 98  
[www.regards-lot.com](http://www.regards-lot.com)

**Martine Faupin Jado, Les Ateliers de la Chaux**  
La Bastide de la Borde Grande 46800 Montcuq  
Tph. 00 33 (0)5 65 30 20 39 or 00 33 (0)6 86 93 33 93  
[www.lesateliersdelachaux.com](http://www.lesateliersdelachaux.com)

**Jean-Christophe Lacombe, Metalworker**  
46800 Saint-Daunès  
Tph. 00 33 (0)6 74 97 94 68  
[lacombejc@orange.fr](mailto:lacombejc@orange.fr)

## AND OUR NEIGHBOURS :

 	<p><b>Hélène Lafon et Xavier Leplaideur, Lavender Distillery</b> Lacontal 82190 Touffailles Tph. 00 33 (0)5 63 95 78 12 <a href="http://www.lacontal.fr">www.lacontal.fr</a> Open on Thursday, Friday, and Saturday from 2 pm to 6 pm.</p>
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## WALKING, BIKING, RIDING

**Walking :** GR 65 and several sign posted circuits are available at the Tourist Office or downloadable from the website. The OS map "Walks in South Quercy" and pedestrian guides "Walks and hikes of the Lot" are also on sale.

**Biking:** maps "Boucles Lotoises" and "Boucles Lotoises for Mountain Bikes" are on sale at the Tourist Office.

### Horse riding:



#### **Bardane au Boulvé, donkey riding**

Bardane, Nanou et Daniel Gallerneau,  
Foissac-Haut 46800 Le Boulvé  
Tph. 00 33 (0)5 65 31 93 34

#### **Equestrian school de Lartigue**

Chevauchée en Quercy Blanc, Emilie Dubois, Lartigue  
46800 Saint-Pantaléon  
Tph. 00 33 (0)6 82 23 16 39

## AND OUR NEIGHBOURS :

 	<p><b>Equestrian center of Lauzerte</b> Isabelle Favrot, Les Bordes 82110 Lauzerte Tph. 00 33 (0)5 63 94 63 46 fax 05 63 94 66 13 <a href="mailto:equi-sejour-lauzerte@wanadoo.fr">equi-sejour-lauzerte@wanadoo.fr</a>, <a href="http://www.equi-sejour-lauzerte.com">www.equi-sejour-lauzerte.com</a> Open all year round.</p>
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## LEISURE ACTIVITIES

### Fishing :

- **Saint-Sernin Lake:** 3 km from Montcuq has white fish and pike for fishing enthusiasts. Trout fishermen will be happy with size of their catch as the lake is regularly restocked.
- **Le Lot:** The riverbanks of the Lot are only 15 km from Montcuq.

### Information:

#### **Tobacconist's**

Bernard Mercadier 46800 Montcuq  
Tph. 00 33 (0)5 65 22 91 39

#### **Fédération du Lot des associations agréées pour la pêche et la protection du milieu aquatique**

182, quai Cavaignac 46000 CAHORS  
Tph. 00 33 (0)5 65 35 50 22 fax : 05 65 23 92 48  
[info@pechelot.com](mailto:info@pechelot.com) [www.pechelot.com](http://www.pechelot.com)