

Walking from and around Souillac GCC

Peter and Janet Seavers - Lodge 86

We have thoroughly enjoyed walking around and exploring the region, both from the Club and on more organised days out.

We find the walking is not too strenuous, the hills are modest and usually we are on jeep tracks so they make best use of the contours to climb efficiently. There is little walking across open fields so no concerns about confrontations with livestock. The walks are very quiet, we don't often meet other walkers. We carry our mobile phones and if there is an information point and map at the start of the walk, we take a photo of the map for future reference if we are not sure of the route.

In the summer, the heat can be deceptive and we always take more water than usual, even if it is heavy to carry.

We try and organise our walks so that we walk uphill at the start, that they are circular rather than out and back on the same route, and that there is a cafe/bar at the end or nearby for a rewarding refreshment. We usually take a light picnic but many of the walks take in a village at some point for a meal if desired.

Our introduction to walking in the region, and still a favourite is "Walking in the Dordogne" by Janette Norton, published by Cicerone isbn 1 85284 415 9. The walks are varied, mostly accurate and her timings are fair, although we allow about 10% more. We have walked all of the local routes and several are favourites which we have repeated.

We use the large scale IGN Carte de Randonnee maps for planning our walks, and carry them with us en route. Local maps are:-

2036 Sarlat Souillac

1936 Les Eyzies

2136 Rocamadour Padirac

They are available as paper maps, or for a couple of euros more, with a waterproof laminate.

The maps are useful if you walk from the club to explore the lanes. Beware of Sunday mornings when la chasse is on. Lots of hunters, lots of 4x4's and little white vans chasing around. The "main roads" such as the D15 are not recommended....!

We have used the walking routes available from the local tourist offices. The walks around Souillac are now available in English as a free download from the website <http://www.tourisme-souillac.com/en/respirez/randonnees-pedestre-velo.php>

Gourdon has a nice walk through and around the town, map available from tourist office. It has several walks in the area with maps http://www.tourisme-gourdon.com/FR/cote_pratique/telechargements.aspx

La Lac du Causse, north of the airport has several walks, from a few miles around the lake, to 17k on signposted routes. Free map from tourist office on lakeside.

Salignac tourist office sells a simple map with many walking routes, 2 euros.

The walk around Sarlat town is pleasant. Map from tourist office.

Available from ffrandonee.fr are excellent walking books, only in French, called La Dordogne a pied and Le Lot a pied. All walks are linked to the local signposting and we haven't ever got seriously lost.

A note on the signposting. Local walks are shown with yellow flashes, routes linking communes are green, VTT are in orange or pink and the GR major routes are red and white flashes. Occasionally other colours and symbols are used (Le Lac du Causse uses blue flashes) Beware that quite often a junction will have yellow flashes on several or all paths! The map is then useful.