

ROUND WALK VIA THE MONT ST. CYR

→ SITUATION : Cahors.

→ START POINT : Saint-Georges car park beside the Lot in Cahors.

GPS Coordinates : N 44.440133° E 1.440970°

DURATION : 2 hrs.

LENGTH : 5.7 kms. (short version 3.3 kms.)

WAYMARKING : yellow

PARTICULAR DIFFICULTIES : path is slippery when wet. Several tracks are shown but it is advisable to follow the PR signs (yellow).



“ *The banks of the Lot, the heights of the Camp des Monges and the Mont St. Cyr viewpoint all provide lovely views over Cahors, combining the attraction of the mediaeval city with that of Nature.* ”

TO SEE IN THE AREA :

- The 14th C. Valentré Bridge (HM), UNESCO World Heritage listed.
- Saint Etienne Cathedral, 11th-17th C.
- Henri Martin Museum
- Churches of Saint Barthélémy (HM) and Saint Urcisse...

→ FOOD SHOPS/
RESTAURANTS ETC :
Cahors

→ INFORMATION :
Cahors / Saint-Cirq Lapopie
Tourist Office
+33 (0)5 65 53 20 65

- 1 At the roundabout, go to the right (the Rodez road). After going under the railway bridge, cross the D911 (here you can get to the Mont St. Cyr by forking to the right between houses then following the ridge).
- 2 Go immediately to your left and take the «Côte des ânes». Turn into the first little street on the right leading to some steps. Continue on a narrow path going up to the plateau. When you get up to the plateau, take a wide track on your right. Continue along the main track as far as a well.
- 3 Then take the path which opens on your right (go along by the GR 36) up to the Mont St. Cyr car park, then continue up go the viewpoint.
- 4 Go down to the left and follow the GR 36 which leads you back down to the Place St. Georges. Cross over to the car park.



CAHORS SEEN FROM ON HIGH

From the Mont St.Cyr, as you take in the view over the whole of the meander of the Lot in which Cahors lies, you can understand exactly how the city developed. Below you on the eastern side of the loop lie the mediaeval quarters, a jumble of red-tiled roofs intersected by narrow streets. Not far from the river in the heart of the old town stands the Cathedral of Saint Etienne with its two slate-roofed domes. Bisecting the city north-south, the tree-lined Boulevard Gambetta was a defensive ditch in mediaeval times. At that period, the city only occupied one third of the peninsula. To the west of the boulevard, the buildings are bigger, the streets wider. Built up from the end of the 18th C. onwards, this part of Cahors was previously occupied by monasteries and convents.

