



Roc des Monges round walk

A superb walk, challenging, but one you really shouldn't miss : all the views you get are magnificent. Blanzaguet church is interesting and so are the caves which lie along side the path on the return leg.

ROC DES MONGES ROUND WALK

Distance : 7 km. Time : 2 hrs 30 mins. Starting point : St Sozy church.

Waymarking : yellow

Accessible on foot only (challenging).

With your back to the church door, go towards the war memorial. You will see an attractive dry stone covered well, then you go up the little street opposite. Turn left immediately after the steps, to come out further along on the D15. Cross this to follow a road which turns into a dirt track. After a bend to the left, take a little grassy track off to the left and come to a small cultivated field on the edge of the woods. Go to the right round this to find a path which hugs the cliff side and further on descends to the hamlet of Monges. Go past the source of the Monges stream (old mill), and continue to the right along the road which becomes a dirt track. 50 m after the last house, take a path to the right which opens amongst the box bushes and rises very steeply. Halfway up, from the top of a rocky outcrop, enjoy the lovely views. Come out on a stony track which leads to the Roc Coulon TV relay, where a magnificent panorama of the Dordogne Valley is spread out below you.

Continue on a hilltop path which goes off to the right of the relay aerial, and come to a wide dirt track. Continue straight on along the main track which goes down to the hamlet of Blanzaguet. From this track, you can see Belcastel castle.

When you come to a stony track, continue straight on: further on, it becomes a tarmac road. At the bottom of the hamlet, by a wayside cross, turn left. To the right, you can see a structure that was once used to restrain oxen for shoeing. At the next fork, go up to the left (on the right, a pretty 12th century primitive Romanesque chapel). Go between two houses to pick up a grassy track. This shady path follows the base of the cliff and comes out further along on the banks of the Dordogne. It takes you past vestiges of a prehistoric rock shelter dwelling.

Go between the sewage treatment plant and the Dordogne to get to a dirt track. It turns into a tarmac road and comes to a four-way crossroads. Go straight on and you will see a well on your right before coming to the D15. Turn right to get back to your starting point.

To see:

- Interesting features: wells, old mill, 12th century Romanesque chapel, panorama over the Dordogne.

