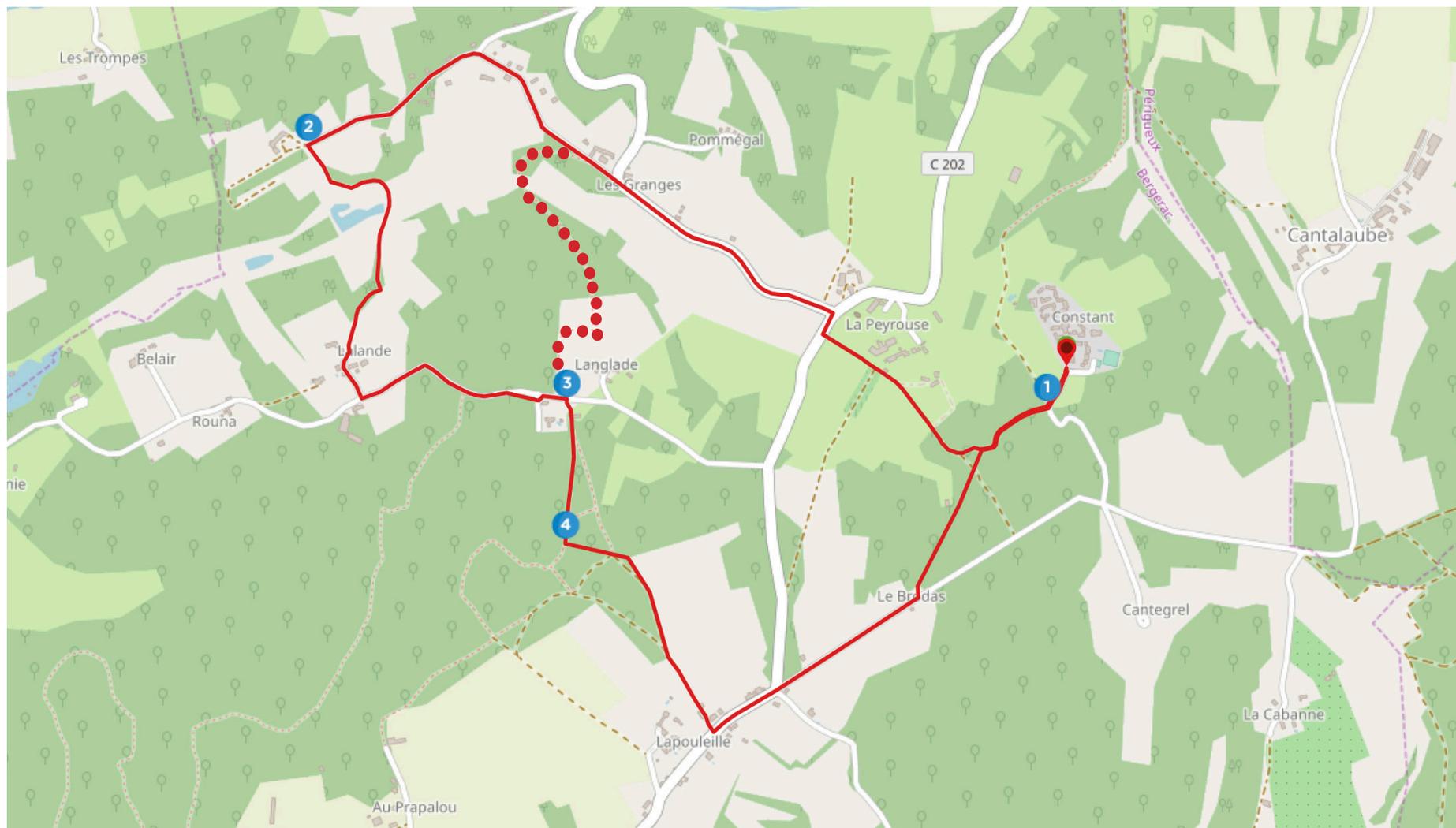


# Lapeyrouse and Lalande

Distance - 4 km 1½ to 2 hours Map: Institut Géographique National, Série Bleu, 1836 E, Creysse, 1:25,000.



— - Walk    • • • - Shortcut

Disclaimer: This route was correct at time of writing. However, alterations can happen if development or boundary changes occur, and there is no guarantee of permanent access. These walks have been published for use by site visitors on the understanding that neither HPB Management Limited nor any other person connected with Holiday Property Bond is responsible for the safety or wellbeing of those following the routes as described. It is walkers' own responsibility to be adequately prepared and equipped for the level of walk and the weather conditions and to assess the safety and accessibility of the walk.

# Lapeyrouse and Lalande

Walk 7

**Distance** - 6½ km (4 miles) 1½ hours **Map:** Institut Géographique National, Série Bleue, 1836 E, Creysse, 1:25,000.

**A local leg stretcher, possibly your first walk from Constant, and a good introduction to walking in the gentle Périgord countryside. The small amount of rise and fall, on wide paths and a minor road, is all on gentle gradients. The route passes through the hamlets of Lalande, Langlade and Lapouleille.**

**Start/car parking** - Constant

**Refreshments** - None en route

**Note:** It would be a great help to future walkers if you could record any inaccuracies you come across during this walk and report them to reception so that appropriate amendments can be made. Thank you for your help. *Happy walking.*

## WALK

Leave Constant by the vehicle access drive. In about 100 m turn right to leave the road along a broad earth track through woodland. The track bends round to the right; along this section are several numbered parts of a fitness trail. There are several markings and smaller tracks and paths; stay with the main track, soon passing the buildings of the Lapeyrouse complex, formerly a large orphanage, now housing elderly and disabled people.

**1.** Join the public road and turn right. In 50 m turn left at a junction, to follow 'Les Granges' and 'La Brugère camping/caravan site' signs. Walk along the pleasant little road, with views over the Caudeau Valley. On reaching the large houses of Les Granges, go straight ahead to follow an even more minor road for about 1 km, as far as the entrance to La Brugère camping site. **Shortcut:** *after Les Granges, go on for 50 m and then fork left to descend into the valley on a broad track. Below, cross the La Ruchelle stream and turn sharp left to go uphill again. Just before Langlade turn right into a grassy track that soon turns left to reach the road. Turn left and follow the description under 3. here.*

**2.** Turn left at the entrance of the camping site, to descend gently along a wide track between trees, towards a large pond. Cross la Ruchelle stream and walk up the far side of this shallow valley

to the farming hamlet of Lalande. Join a public road, turning left to follow it, rising gently through woodland to Langlade.

**3.** After passing the first house on the right in Langlade, turn right, along a broad track, soon descending through woodland. There are plenty of VTT (Vélo Tout Terrain, mountain bike) signs; ignore these. Go straight on at a junction, rising gently to a fork. Keep left here on a slightly rising track along the edge of an agricultural field, soon reaching the public road in Lapouleille.

**4.** Turn left into the road (part of a former Roman road, long and straight). At the crossroads, go straight across and continue along the road towards Constant. After passing the last house on the left, at the edge of woodland, turn left to leave the road on a well-marked woodland track with 'VTT' signs. Follow the main path, ignoring sidetracks until you come upon a sign 'Constant' pointing to the right. Here, most paths lead to Constant or to fitness devices. Carry on back to Constant.

**Norman & June Buckley.**