

Around Constant

Walk 3

Distance - About 3 ½ km (2 miles) 1 hour **Map:** Institut Géographique National, Série Bleue, 1836 E, Creysse, 1:25,000. 71.

A short attractive walk around Constant, if not your first, then your second walk from here and a good introduction to walking in the gentle Périgord countryside and to get an impression of the environments of Constant. A descend and an ascend on a stony path, and small roads.

Start/car parking - The restaurant at Constant
Refreshments - None

WALK

Turn towards the swimming pool, keeping the cultivated field at your left and the pool at your right. On arrival on a broader track, turn right and follow it, slightly bearing left, until you arrive at the wood edge. A path descends to the right, follow it, descending into the valley through a more or less wooded area.

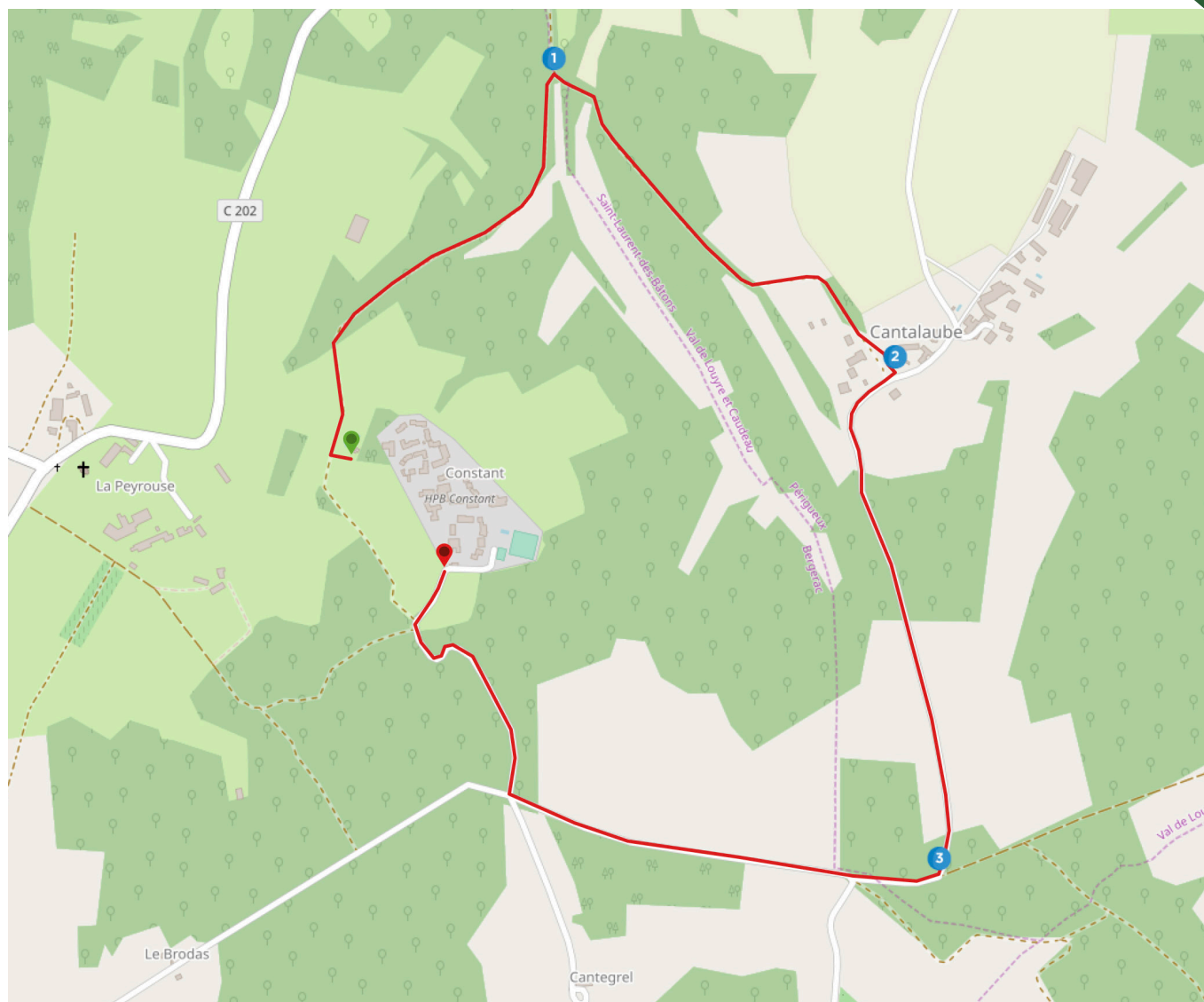
1. Down in the valley, follow the path when it turns right to cross a small stream (or just a muddy spot, depending on the time of the year). The path climbs slowly the other side of the valley through light woodland of pubescent oaks. Near farm buildings of the Cantelaube hamlet it joins a small road.

2. Turn right here. Follow this road until you reach a T, the 'Roman road', to the left a dust track, and to the right a small hardtop road.

3. Here turn right into the road and go straight on until you arrive at the Constant entrance road. Turn right and follow it back to Constant.

Norman & June Buckley

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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.*