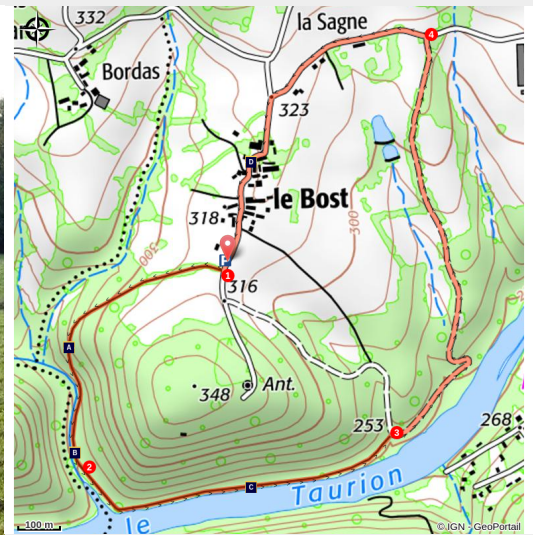


The Parleur circuit

Vallée de la Vienne – lac de Vassivière – Saint-Martin-Terressus



Boucle du Parleur (J.LARDY - Office de Tourisme de Noblat)



Explore the ruins of the Le Bost mill during a walk between woods and rivers in the preserved Taurion Valley.

Listen as the murmuring waters of the Parleur and the Taurion tell you the story of the mill in the picturesque village of Le Bost. Search for the remains of the mill among oak, beech and hazelnut trees. Explore the Taurion Valley, classified as a ZNIEFF, with its authentic fauna and flora. Will you be able to recognise the Verbena or identify the traces of the otter and genet that have made their home in this preserved valley?

Useful information

Practice : Pedestrian

Duration : 1 h 15

Length : 3.8 km

Trek ascent : 89 m

Difficulty : Medium

Type : Loop

Themes : Heritage site and architecture, Lakes and rivers

Accessibility : VTT

Trek

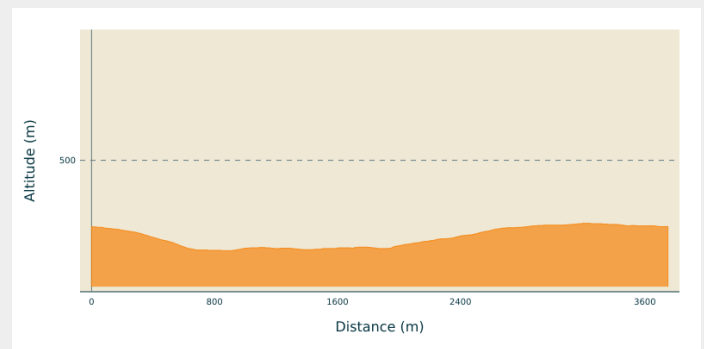
Departure : Le Bost, Saint-Martin Terressus

Arrival : Le Bost, Saint-Martin Terressus

Markings : — Yellow markers

Cities : 1. Saint-Martin-Terressus

Altimetric profile



Min elevation 249 m Max elevation 325 m

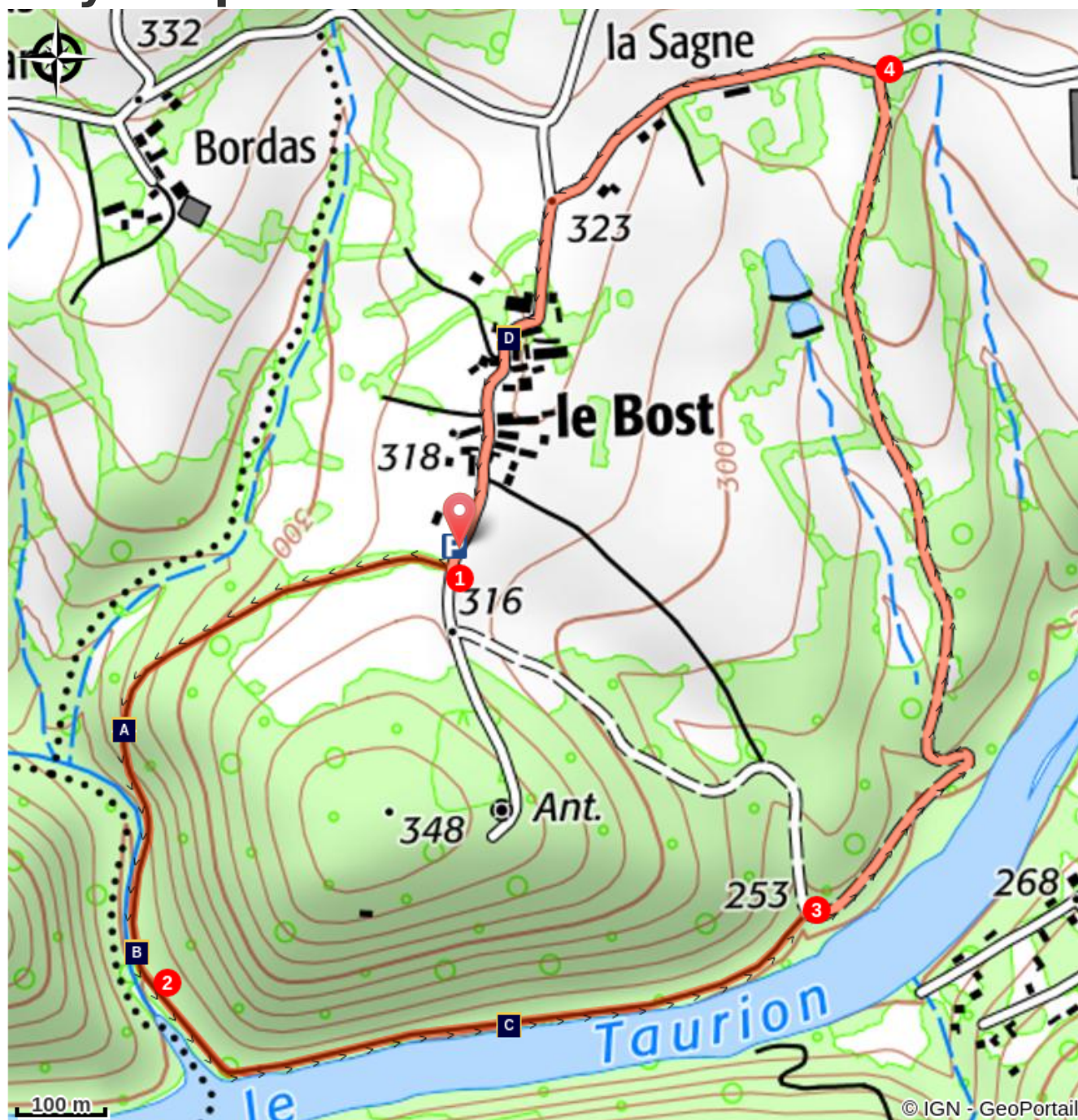
1. In the village of Bost, with your back turned to the inn, take the earth path on the left, just before the first house. At the small clearing, continue slightly to the left and take a very pleasant path that descends, overlooking the Parleur stream.
2. When you arrive at the small wooden bridge over the Parleur, continue slightly to the left for about thirty metres and, after a bend to the left, follow the Taurion for 500 m.
3. At the crossroads, continue straight ahead along the forest road that leads up to the village of La Sagne.
4. At the top of the forest road, turn left on the communal road, go through the village of La Sagne then, at the crossroads, turn left to the village of Le Bost. Go through it, and admire the beautiful old houses. At the end of the village, find the car park.




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NATURE EN LIMOUSIN

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On your path...



 Ruins of Le Bost Mill (A)

 ZNIEFF Taurion Valley, source of the Parleur (B)

 The River Taurion (C)

 Village of Le Bost (D)



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All useful information

Advices

40 min (2.5 km) variation: at point n°3, turn left onto the tarmac road that goes uphill, then turn right on the earth path, passing under hazel trees, then into the open. There is a beautiful viewpoint when you turn around. When you reach the village of Le Bost, turn left to find the car park.

How to come ?

Access

30 minutes from Limoges. Take the RD29 towards Palais-sur-Vienne, Saint-Priest Taurion and Saint-Martin Terressus. In the village, take the RD56 towards Ambazac and then turn left towards Le Bost.

Advised parking

Car park in the village of Le Bost village, on the edge of the hamlet, towards the inn.

Accessibility



VTT

Information desks

Office de Tourisme de Noblat

Place du Champ de Mars, 87400 Saint-Léonard de Noblat

otsi@ccnoblat.fr

Tel : 05 55 56 25 06

<http://tourisme-noblat.org/>



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On your path...



Ruins of Le Bost Mill (A)

On the banks of the Parleur, are the ruins of the Moulin du Bost: dry stone walls, watercourse, pits, millstones and a collapsed belfry with inscriptions 1840 and 1848. In the 16th century, Michel de Bost, the first known owner, produced wheat flour there. Milling activity ceased at the beginning of the 20th century, and nature gradually reclaimed the buildings. In the 1890s, there was an open-air cafe at the mouth of the river, to which Limoges workers came to dance and fish.

Attribution : J.LARDY - Office de Tourisme de Noblat



ZNIEFF Taurion Valley, source of the Parleur (B)

Classified as a Natural Area of Ecological, Faunistic and Flora Interest (ZNIEFF), the Taurion Valley offers a preserved natural environment, with beech and oak woods and wet meadows. The valley offers remarkable landscapes and a special habitat for many species. We can observe the otter and the genet as well as rare botanical species: Tutsan, known as the All-Purpose Herb, Toadflax-leaved St. John's Wort and Sibthorpia europæana, or Cornish moneywort (protected).

Attribution : J.LARDY - Office de Tourisme de Noblat



The River Taurion (C)

The Taurion rises on the Plateau de Millevaches, at an altitude of 785 m, covers 125 km and passes through 29 communes before flowing into the Vienne. In Saint-Martin, the Taurion is joined by several tributaries, including the Parleur in Le Bost. The high flow rate has long allowed the flotation of timber and various industrial activities: flour and paper mills, presses... and today a hydroelectric plant. The river is also very full of fish, much to the delight of fishermen.

Attribution : J.LARDY - Office de Tourisme de Noblat



Village of Le Bost (D)

A picturesque hamlet with old stone houses.

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