

Bienvenue/Welcome to

NADAL

Nadal means *Noël* in Occitan, the language indigenous to the south of France

If you have come this far, you are in search of authentic French country life: peace and quiet, natural beauty, good food, friendly neighbors, and the magic of *vieilles pierres* (old stones).

This corner of France, one of the loveliest, is an unusual nexus of nature, prehistory, and history. Whether you choose to stay at home or explore the countryside, we hope that you come to love Nadal as much as we do.

We hope that the following pages will provide useful guidance for your stay. Please be sure to leave some comments and suggestions in the guest register before you leave.

Bon séjour!

Ted and Anna Faunce
Geoff and Rana Jehle

The House and Property

See highlighted section of the Nadal map (lots 199 and 200)

Key:

1. Main House
2. Bread Oven and *secadou* (drying shed)
3. Barn
4. Well
5. Petanque Court [need to show on map]

The Village

6. Michelle Lamouroux.
7. Marius Lacaze
8. Jojo and Josiane Ayroles **Note: Jojo is responsible for mowing the grass and outdoor property maintenance. He does not speak English but is very friendly and reliable. Josiane also knows the house well and will be happy to help if you experience a problem.**
9. Gilbert and Christine Hermann
10. Heirs of Marie-Louise Lacaze (no relation to Marius or Jean-Marie)
11. Jean-Marie Lacaze (son of Marius), Joëlle Nastorg and their three daughters. Jean-Marie, a biodynamic farmer currently specializing in strawberries and beef, speaks some English and is an excellent source of information on matters of local interest.
12. Mill (occasionally inhabited, owned by Jean-Marie and Marius Lacaze)
13. Large building is home of Didier Ayroles, son of Josiane and JoJo. Small house is owned by a Belgian family.
14. Sandrine and Philippe Moncany (Sandrine is the daughter of the Ayroles)
15. Ann Frith and Simon Arnold, English couple

The people of Nadal are very friendly and helpful. Please feel free to engage in conversation—in French and/or sign language. With the recent discovery of the area by tourists, primarily British, small signs of friendliness and interest in the village go a long way toward maintaining good relations.

The House

KEYS

The house should be open, with the keys on the main door. The other keys unlock the two *caves* and the door to the balcony. If there is a problem with the keys, see Michelle Lamouroux 05 65 14 10 51. When you leave the village during your stay, please lock the house and place keys in a hiding place of your choice?.

FUSE BOX

The fuse box and the system shut off switch are now located in different places. Individual fuses on the various circuits are in the box located above downstairs toilet. If some, but not all things electrical go out, check there. If the “main” is tripped, it can be re-set at the electric box inside the small utility cellar across from the bread oven. It is on the wall to the left on entering. Flip open the plastic flap and turn the little dial from 0 to 1 to turn the juice back on. If all lights go off during a storm, candles are located in the cupboard beneath the window in main downstairs room.

TOILETS AND BATHS

To maintain the septic tank, flush one packet per week of the product stored by the upstairs toilet.

In upstairs bath, use hand-held shower while seated, but please do not use the wall fixture. Please take care to avoid inundations.

STOVE

Gas tank is in the kitchen, along with matches and lighter. A spare tank is kept in the utility cellar (door opposite the bread oven). Please be sure that a full tank is stored in the cellar at the time of your departure. (Refills available at various gas stations.)

FIREPLACE

Firewood is stacked inside the barn, to the right as you enter from the courtyard. Help yourself, but please avoid bonfire-scale blazes that increase the risk of a chimney fire.

FLUE: Before building a fire, please check the flue. To open it, unhook the chain to release tension on the trap, then re-hook the chain by its last link so it does not hang in the fire. To close it, pull chain to close trap and, holding tension on it, hook it by the extra link on the chain. Please close the flue at the end of your stay.

WASHING MACHINE AND DRYER

These are located in the downstairs bath. Operating instructions for these appliances are provided at the end of these pages.

HOT WATER

The heater is located in the utility cellar. BEWARE when washing hands and dishes that the hot water is extremely hot.

CLEANING

Please leave the house clean and in good repair.

GARBAGE

Tie plastic bags and place in dumpster located approximately 50 yards down the road.

If you wish to recycle glass, there is a recycling bin located in La Remise (Labathude) and another as you enter Lacapelle-Marival.

The Lacapelle dump (“déchetterie”) is indicated by a sign on the right-hand side of the road at the entry to Lacapelle. Open hours:

Tuesday and Saturday: 9-12

Wednesday and Friday: 2-6

Thursday: 9-12 and 2-6

TELEPHONE

The phone is in service: 05 65 40 98 06

For emergencies, dial the following numbers:

15 Ambulance/Medical (SAMU= Service d’Aide Médicale d’Urgence)

17 Police

18 Fire Department

Feel free to use the phone for local calls.

Nadal has had cell phone reception since spring 2007.

You can also call the US for the price of a local toll call by going through the service *Téléplanete*. Just dial 08-11-65-56-00, listen to the connection message, then dial 00-1-area code-number. Please keep these calls short if you make them—they are charged to our phone bill.

LINEN

Sheets are stored in the *armoire* located in the second upstairs bedroom. Blankets and extra pillows are in the closet there. Towels are in the blue chest in the hallway.

BEDROOM WINDOWS

Please keep the skylights closed when you are not at the house, since the open position allows rain to enter the bedrooms.

GRILL

Feel free to use the Weber grill stored in the barn, and please clean after use.

TOOLS

Basic hand tools, along with rakes, shovels and so forth are stored in the barn, opposite the wood pile.

PETANQUE/BOULES

A set of balls can be found inside the barn door at the end of the court by the well at the bottom of the property. Enjoy with a *pastis* or *kir*.

BADMINTON

Net and rackets stored upstairs by the grandfather clock

PARKING

Use the area between the utility cellar and the bread oven. Please do not park in the courtyard.

CANNED AND DRY GOODS

Feel free to use any of these staples, replacing them before you leave.

...A WORD ABOUT NOCTURNAL CRITTERS.

If you should hear scurrying in the rafters and under the roof, these are harmless *lérots*-- creatures in the squirrel family that we have fighting for years. We hope that your stay is *lérot*-free, but if not, do know that they pose no threat.

Environs

PRACTICAL MATTERS

CASH

Lacapelle-Marival has three ATMs. Major French banks (Crédit Lyonnais, Société Générale) are located in Figeac).

MAIL

The nearest post office is located in Lacapelle-Marival. Outgoing mail may be dropped in the yellow mailbox by Marius Lacaze's house.

MEDICAL SERVICES

Pharmacy: in Lacapelle-Marival (next to Café des Sports)

Generalist: Dr. Gavarret in Lacapelle-Marival (05 65 40 81 41)

Ambulance/Emergencies: Dial **15** (SAMU= Service d'Aide Médicale d'Urgence)

For emergency hospital treatment: Centre hospitalier de Figeac (05 65 50 66 26)

SHOPPING

The nearest (small) supermarket is Intermarche in Lacapelle-Marival (road leading to Le Bourg). Two small grocery stores are located in central Lacapelle. For markets, see below under "Food". A recently opened Gamm Vert just beyond the Intermarche and to the left on the road to Le Bourg has excellent local products.

FOOD

MARKETS

Don't miss the Saturday morning market in Figeac. There is also a market in Lacapelle on the second and fourth Monday morning of each month.. The St. Céré market takes place on the first and third Wednesday mornings of the month. For a more complete listing of markets, see the enclosed document entitled "Foire et marchés réguliers".

LOCAL PRODUCERS

You may enjoy visiting producers on their premises. Some offer brief tours of their farm. As far as we know, French is required at all of the following locations. However, these people are unfailingly friendly, so don't be afraid to brush off your rusty French and give it a try.

La Ferme de la Rauze, located in Le Bourg, just the other side of Lacapelle. Pascale and Serge Moulène are organic farming associates of Jean-Marie Lacaze. Their farm, located in the hamlet of Les Traniers, produces excellent bread and charcuterie.

You may learn about and purchase *escargots*, which thrive on the nearby *cause*, but unfortunately not in Nadal, at the well-marked snail producers located on the N140 heading north out of Le Bourg.

Our favorite *yogurts* are produced by Bernard Ferrand in Predeignes, a slight detour on the road to Figeac. Head to Lavitarelle and follow signs to Predeignes. Watch

carefully for signs marked “Yaourts à la ferme”. The natural yogurts (either cow’s or ewe’s milk) are great, but so are the natural fruit yogurts. The scenery alone is worth the drive.

For great *honey*, don’t miss the *Miel* sign at Coucole—literally a sharp bend in the road from Labathude to St. Céré. These friendly producers will let you taste honeys of various origins and tell you all about bees. Just stop and knock on the door.

RESTAURANTS

The area is full of good, moderately priced restaurants and has a few very good more expensive tables. Unless you make the pilgrimage to **Michel Bras** in the Aubrac (east of Nadal), however, you will find no highly starred restaurants.

We find it difficult to keep up with the restaurant scene and hesitate to make strong recommendations. The French language site

<http://www.linternaute.com/restaurant/home/5/76/lot.shtml> helps locate restaurants and restaurant reviews throughout the department. The following have been recommended by discriminating locals:

Auberge de la Forge, Terrou. Warm welcome by young couple in nearby town. Good food and excellent value. 05 65 38 45 14

Védrunes in Thémines: hearty local fare, popular with local workers. Simple but good for around €11. 05 65 40 83 91

Le Relais des Gourmands in Gramat (by the train station)

When in doubt in any French provincial town, head near the train station for reliable cooking. This restaurant serves refined cuisine at reasonable prices (around €25). 05 65 38 83 92

Hostellerie Belle Rive in Port-de-Gagnac, Gagnac-Sur-Cère, outside of Bretenoux. About 40 minutes from Nadal, past Saint-Céré, a nice setting by the river and the chef works hard to bring new life to traditional cuisine.

Le Roc du Berger near Rocamadour (Belveyre) : meat grilled outdoors, pleasant setting for evening meal . 05 65 33 19 99

Hôtel-Restaurant Gaillard in Latouille-Lentillac. Reserve for long, leisurely Sunday lunch in this small town to the east of St. Céré. 05 65 38 10 25

In addition to the foregoing recommendations by local friends, please note the following:

La Terrasse in Lacapelle has been favorably reviewed by Nadal renters (see guest book comments) and enjoys the reputation as the best (read “only”) restaurant in town. Somewhat pricy for the quality. Mixed reviews since 2004. 01 65 40 80 07

We have noted that at least one restaurant in Assier is consistently full at lunch, and we have heard good reports: *L’Assierois* on the right when passing through the center of town, arriving from Lacapelle.

For a simple *crêpe/salade* meal, a small, nearby restaurant that is popular with families is the *crêperie* Anglars (near Lacapelle-Marival). Wide selection of beers. There are few tables, so be sure to reserve: 05 65 40 81 10.

The *Domaine de Villedieu*, a farm-inn specializing in *foie gras*, in Boussac (on the *causse* not far from Figeac) has received excellent reviews. 8/8/05 Lovely place, excellent dinner with straightforward local fare, specializing in foie gras. 05 65 40 06 63

We have found Figeac's restaurant scene to be somewhat unpredictable.

La Table de Marinette has been well reviewed 05 65 50 06 07.

The *Victor Hugo*, at the entrance to St. Céré when driving from Labathude, is run by an English couple who produce refined, inventive meals. 05 65 38 16 15

The *Château de Roumégousse*, off the road to Gramat, offers an elegant setting and a reasonably priced lunch menu. 05 65 33 63 81

Le Lion d'Or in Gramat. 05 65 38 73 18

If you happen to be in Cahors, we can testify to the excellent cuisine at Le Balandre, near the train station (05 65 53 32 00 or terminus.balandre@wanadoo.fr) and Le Gindreau in St. Médard-Catus (05 65 36 22 27). Gindreau's Alexis Pelissier is one of the top chefs in the region.

OPERATING THE APPLIANCES

STOVE & OVEN

Gas On Make sure the valve on the gas tank is turned on. If there is no gas flow, even though the valve is on, it means the security system detected gas flowing without any flame and shut off the emergency valve. To reset, feel under the regulator attached to the tank and find a little button. **Push to reset.**

Lighting the burners There is an automatic lighting mechanism and thermocouple serving each burner. For the sparking starter to work, one of the gaps through which gas feeds the burner must be precisely opposite the spark. This can get irritating because one always seems to be re-aligning the burner tops. One way around this is to forego the spark and light the burner with a match or lighter. But here is how things are supposed to work:

1. There is a switch at the far left of the row of gas knobs. Flip it up to turn on the light in the oven, but hold it down to generate sparks to light the burners or the oven.
2. While holding down the sparker, turn on and **push in and hold** the gas knob desired. When the burner lights you can stop the sparking but must **continue to push the knob in for a few seconds** longer so the burner will stay lighted. (Otherwise the thermocouple shuts it off).
3. To light the oven the procedure is the same. Just be sure to open the oven door until the oven is lit.

Cleaning Just clean the stove top with soap and water using a soft sponge. No abrasives or chemicals of any kind, please.

DISHWASHER

1. Put a soap packet in the receptacle in the door. (These are kept on the shelf under the sink. Be careful, though: some are used with their wrapping left on, and some with it removed. The "Sun" brand is used "as is," with the packaging left on.)
2. Push the big round button on the right to turn the machine's power on.
3. Push the little button to the left of the dial for a second to start the cycle.
4. (To re-set the cycle, hold the little button down for about five seconds).

WASHING MACHINE

1. For regular wash (warmish-to-hot wash, good for shirts, towels, sheets etc.) set the dial to 40 on the "Sythetique" side.
2. Load clothes

3. To close the door, lift up slightly on the door and push in firmly until it clicks. (The machine won't start unless the door is properly closed.)
4. To load soap, open the drawer to the left of the controls. Put about $\frac{3}{4}$ cap full of liquid soap (e.g. the green "Maison Verte" brand) into the left-most tray marked "II". (The other, marked "I", is for powdered soap).
5. Press the Départ button.
6. Cycle runs about 1.5 hours and is over when the green light to left of the dial indicates "fin."
7. For a cold water wash, gentle, set the dial to the "Laine" side, at the little snowflake icon. Follow instructions above.
8. There is a clothes line strung in the area behind the barn.

DRYER

1. Empty the water reservoir top left by carefully removing the drawer. Replace it.
2. Remove the filter from the back of the door and clean it. (Two other filters can be found in the machine-side door rim; these can be cleaned too.)
3. Load clothes and close the door tightly.
4. Push the oblong button "Marche/Arret" on the right to turn on machine controls.
5. Set the dial to "Synthetique" and "Sechage Normal."
6. Push the "Start/Stop" button to start the cycle.
7. You may want to check and empty the water reservoir about halfway through your cycle.
8. To open the door, push in the orange "Porte" button.

CANOEING
GOLF (GOLF DE MONTAL, ST. CÉRE)
HISTORICAL SITES
PREHISTORY
SCENIC DRIVES
SWIMMING
WINE