



THE EXPERT FOR THE WAYS OF ST JAMES

The Way of ST JACQUES DE COMPOSTELLE Nasbinals - Conques



Continue the adventure of the route to Saint Jacques de Compostela between Nasbinals and Conques. The regions crossed are a true paradise for hiking, from the Aubrac plateau to Conques, via the Lot valley, each step takes on a particular flavor. The arrival in Conques is one of the highlights of the route and invites you to continue the hike towards new horizons...

Set off on this extraordinary and cosmopolitan path, where conviviality is very strong and where the landscapes pass from region to region without monotony!! Compostela, a unique adventure!!



7 days, 6 nights et 5 hiking days.

Day 1 : NASBINALS (alt : 1180m)

Arrival at the accomodation late in the afternoon, dinner and overnight.

Day 2 : NASBINALS - ST CHELY D'AUBRAC (alt : 808 m)

+220m/-580m

This section descend toward the Valley of the Borlades. You will pass through the village of Aubrac, great historic place of the plateau located at 1300m of altitude, where we will be able to discover the church of Poors' Notre Dame and the vestiges of the Dômerie. We will descend up to Belvezet in order to join St Chely d'Aubrac.

Walking time: ≈ 4h-5h, 17 km.

Day 3 : ST CHELY D'AUBRAC – ST COME D'OLT (alt : 385 m)

+250m/-700m

You leave St Chely d'Aubrac by crossing the old bridge which climb over the Borlade River. You are in the Lot's Valley. After having crossed a part of the Rouergue, you will arrive to the city of St Côme d'Olt, classed among the prettiest villages of France.

Walking time: ≈ 4h-5h, 16 km.

Day 4 : ST COME D'OLT - ESTAING (alt : 320 m)

+410m/-460m

Your Journey follows the shape of the Lot, you will pass through Espalion, then St Pierre de Bessuéjol before arriving to the pretty village of Estaing , also classed among the prettiest villages of France.

Walking time: ≈ 4h-5h, 20.5 km.

Day 5 : ESTAING - GOLINHAC (alt : 630 m)

+540m/-220m

An uphill step: the ascent to Golin hac is a little demanding, as it is on tarmac. The village is home to a great deal of St Jacques' heritage: church, stone cross sculpted with a small pilgrim holding a bumblebee: this village was on a route of passage as early as the 11th century.



Walking time: ≈ 4h-5h, 16 km.

Day 6 : GOLINHAC - CONQUES (alt : 280 m)

+360m/-700m

After the start, there's a steep ascent (220m), before descending to Conques, one of France's most beautiful villages. You'll have plenty of time to explore this medieval village and its many treasures, including the abbey church and its Romanesque sculptures.

Walking time: ≈ 7h, 21km.

Day 7 : CONQUES

End of the trip after the breakfast.

› DATES

From April 1 to All Saints' Day, on dates of your convenience and depending on hotel availability.

Please indicate on the reservation form the other dates that would also suit you (e.g. possibility of postponing the hike one or two days before or after, etc.); this in case one or more accommodations are not available on the chosen dates.

We also ask that you book as early as possible. We do not have reserved places in accommodation and some of them are full, sometimes several months in advance.

ATTENTION: Avoid a visit between May 23 and 26 to Aumont and Nasbinals because of the Transhumance Festival which takes place on the Aubrac plateau. It's always a very busy period for accommodation, which is sometimes booked up several months in advance.

› PRICE COVERS

- Half board
- Luggage transfer between each walking stage (depending on the option chosen)
- Provision of the topo-guide (1 topo-guide per room reserved).
- Tourist tax.



› PRICE DOES NOT COVER


- The insurance
- Drinks and personal expenses
- Transfers from your home to the meeting point and dispersion
- Midday picnic
- Shuttles or taxis to collect your car or to shorten certain stages and parking costs
- Registration fees (+15 € / person)
- Shipping costs abroad (+20 € / file)
- Priority registration fees on D-15 (+45€ / file).

› ARRIVAL / DEPARTURE

Welcome takes place at the first accommodation, the day before your first day of walking. For those who come by car, you can park your vehicle in one of the city's car parks (see ACCESS paragraph).

Your stay ends the morning after your last day of hiking, after breakfast.

› LEVEL

 **LEVEL 2**, 2 steps are a bit long. 3 to 8 hours of walking per day.
From 150 to 500 m of elevation gain.

› ACCOMMODATION

1*, 2** and 3*** hotels or guest rooms. The shower and toilet may be located on the landing or upstairs in some accommodations. In this case, this will be indicated to you on your registration confirmation.

ATTENTION : rooms will not be available before 4 :00 pm.

When 2 accommodations are full, we are forced to have you spend 2 nights in the same accommodation and organize a transfer (which does not change the content of your hike); these details will be indicated to you on your booking confirmation if this occurs. A supplement may be requested





Dogs accepted on this circuit. Consult us.

> MEALS

Breakfasts are traditional (sometimes in buffet form) and are served around 8 a.m. If you wish to have breakfast earlier, check with the hotelier the day before if this is possible.

Dinners are generally served from 7:30 p.m.; Most of the time they are composed of the daily menu. No menu choice in the majority of accommodations except with a supplement.

> LUNCH

Packed lunches are not included in the price.

You can order them directly the day before from the hotelier (to be paid on site, from €7 to €15 per person depending on the establishment) not all accommodation offers this service, or buy them in the villages, from existing shops.

> LUGGAGE TRANSPORT

Your luggage will be transported by a transport company between each steps at the end of the morning or during the afternoon.

Delivery of your luggage by 6 p.m.

Possible additional price for luggage transport from October.

ATTENTION :

We ask you to leave your luggage in the lobby of each accommodation in the morning at 8 a.m. and to IMPERATIVELY only bring 1 BAGGAGE PER PERSON NOT EXCEEDING 13KG; beyond this number (1 bag) and this weight (13 kg), the carrier may charge you a supplement at the end of the hike or categorically refuse to transport your luggage if it is too bulky.



Rigid suitcase not permitted, we decline all responsibility for damage to this type of luggage.

We invite you to bring a small backpack to carry your personal belongings for the day.

If you are part of a group, we ask you to indicate on your suitcase labels the NAME of the person responsible for this group (person who booked the hike).

> ACCESS

How to come :

Transfer not included in the price, you must book it by yourself.



By train.



By car.



By plane : 2 possibilities

How to return :



SNCF railway of **RODEZ**

Transfer not included in the price, you have to book it by yourself.



Return shuttles

ATTENTION : Places are limited so returns have to be booked the earliest possible.

A transfer of your vehicle can be organized during your walking stay in order to collect it at the end of the hike.

Plane : Airport of Rodez – Marcillac



› TRAVEL FILE

To carry out this hike, we will send you, upon payment of the balance, the Sentiers de St Jacques GR 65 topo guide (1 topo guide per room reserved - If you want an additional travel file, you will be charged + €20 / file), and the list of accommodations.

› TAKEOUT LIST

- A small rucksack for your packed lunch and anything else needed for the day's walk
- Basic first aid – eg plasters, antiseptic fluid, alcohol for feet etc
- A good pair of walking boots or shoes, suitable for hill walking. Beware of new boots – test them or break them in first.
- Sun-glasses, sun-cream and sun-hat
- Waterproof garments
- Light shoes for the evening
- Water bottle; it is important to drink 1.5 to 2 litres per day
- A knife
- Torch (optional)
- Binoculars (if desired)
- Paper handkerchiefs
- Needle, thread, safety pins.

If we have not responded to all your questions,
Contact us on +33 (0)4 71 74 47 40

MORE DETAILS AT THE SUBSCRIPTION

