



## THE EXPERT FOR THE WAYS OF ST JAMES

### The Way to St Jacques de Compostela Cahors - Lectoure



**B**etween Cahors and Lectoure, your hiking days on the way to Santiago de Compostela take you to the heart of Quercy Blanc. You will pass by Lauzerte, one of the most beautiful villages in France. The pilgrim hiker will be amazed by the visit of Moissac and its majestic abbey Saint Pierre.

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



8 Days, 7 Nights et 6 Hiking Days.

**Day 1 : CAHORS (alt :122 m)**

Arrival at the hostel late in the afternoon.

**Day 2 : CAHORS - LASCABANES (alt :150m) D+500 m / - 440m**

We left the Valentré Bridge on the right, we will get out of Cahors to go ahead to Labastide-Marnhac which is at 11km from Cahors. Previously, we have passed in front of the Magne's Cross with the view upon Cahors and its surroundings. Then, we will go in direction of Lascabanes. Descent on the village of Baffalie before arriving on Lascabanes.

*Walking time: ≈ 5h-6h, 25 km.*

**Day 3 : LASCABANES - LAUZERTE (alt : 206m) D+540 m / - 510m**

Go in direction of St Géry then take the D4 on 400m until Montcuq.

Leave Montcuq and then go in direction of Rouillac which we will left on our right, go in direction of Montlauzin, which we will cross before arriving to Lauzerte, 7km far away, where there is a fortress of the 12th century.

*Walking time: ≈ 5h-6h, 23 km.*

**Day 4 : LAUZERTE - MOISSAC (alt :75m) D+500 m / - 650m**

From Lauzerte you can reach the GR by the D16, to arrive at St Martin de Durfort, then you will cross the village of Montescot, before heading towards the Canal Bridge; you will pass under the bridge and follow the towpath, then up the stairs, We will head to Moissac. (Most important elevation -120m). **In Moissac, the cloister closes at 6pm for visits.**

*Walking time: ≈ 6h-6h30, 27 km.*

**Day 5 : MOISSAC - AUVILLAR (alt : 106m) D+340m / - 310m**

We will leave Moissac along the Tarn, cross a lock and head towards Boudou (point of view possible), then Malause; we will cross the hamlet of Timbrune, before arriving at Auvillar. (Little difference in altitude).

*Walking time: ≈ 5h-6h, 21 km.*



## Day 6 : AUVILLAR - FLAMARENS (alt : 190m) D+340 m / - 270m

From Auvillar, the path crosses the picturesque village of Bardigues to arrive on the Peyrères plateau. Then after the Arrats Valley, we arrive at St Antoine and then Flamarens and its castle.

*Walking time: ≈ 4h-5h, 15 km.*

## Day 7 : FLAMARENS – LECTOURE (alt : 160 m) D+230 m / - 260m

We will pass by Miradoux, then by Le Château de Fieux, then Castet Arrouy; it will then be St Avit Frandat, before arriving at Lectoure. (Elevation gain the most important 130m).

*Walking time: ≈ 4h-5h, 18 km.*

## Day 8 : LECTOURE

End of the trip after the breakfast.

### > DATES

From mid-April to La Toussaint, on dates of your convenience and according to the availability of hotels. A supplement may be requested for any stay from mid-October because of luggage transfer and shuttle. (contact us)

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.

### > 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

The reception takes place at the first hotel, the day before your first day of walking. Your stay ends the next morning of your last day of hiking, after breakfast, in Lectoure.

## > LEVEL



Medium. From 50 to 150m of climbing.

## > 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



## > 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 step 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 :



SNCF Railway Station of Cahors



Cahors is located in the Lot

### How to return :



By regional buses or return shuttle.

It is imperative that you book as soon as possible (we advise you to do so as soon as we confirm your booking); we will take care of booking this transfer, but it is not included in the price of the tour.

## > TRAVEL FILE

To carry out this tour, we will send you, on payment of the balance, a travel pack including the list of accommodation and the guide book (1 guide book per room booked).

## > TAKEOUT LIST

- a small rucksack for a picnic and the day's essentials
- a small first-aid kit (plasters, double skin, eosin, alcohol....)
- a pair of "medium mountain" walking shoes (beware of new shoes)
- sunglasses, sun cream and hat
- rainwear
- Light shoes for the evening
- a water bottle: it's important to drink 1.5 to 2 litres of water a day
- a knife
- torch (not essential)
- a pair of binoculars (optional)
- newspaper for your shoes if they get wet



- tissues
- a needle, a small amount of thread and one or two safety pins
- Masks
- hydro-alcoholic gel

If we did not answer all of your questions,  
- call us at +33 (0)4 71 74 47 40 -

**MORE DETAILS AT THE SUBSCRIPTION**

