



## THE EXPERT FOR THE WAYS OF ST JAMES

### THE SAINT JAMES OF COMPOSTELA PILGRIMS' WAY

Figeac – Rocamadour - Cahors

The Via Arverna between Rocamadour and Cahors



**A**t Figeac, according to the topographical guides, pilgrims can choose between two routes:

- the GR65, which passes through Cajarc and the Causse de Limogne
- the GR651, which follows the Célé valley

Both itineraries are very beautiful, equal in distance and well-supplied with accommodation. They meet just before Cahors, where the Célé flows into the Lot. Many pilgrims in ancient times made the diversions to Rocamadour, a holy city since the earliest days of Christianity, and incidentally the second most visited site in France. Some of today's pilgrims who wanted to pass through this magical place were unable to do so because there was no description of the itinerary or the accommodation available. This description now exists and we can offer it to you.

Extract from the book Miam Miam Dodo



8 Days, 7 nights et 6 hiking days.

### DAY 1 : FIGEAC 194m

Arrival at the accomodation late in the afternoon.

### DAY 2 : FIGEAC - LACAPELLE-MARIVAL 380m

D+ 610 m / - 430 m

Departure from the town where Champollion was born and which is also on the route to Santiago de Compostela. We'll be heading for Cardaillac. Our route will first take us past the church of St Thomas, then along the road that leads to the Carmes campsite and through the hamlet of La Curie. Once we reach Cardaillac, 10 km from Figeac, we'll head for St Bressou, which we'll cross before heading for Lacapelle Marival.

*Walking time: ≈ 5h-6h, 23 km.*

### DAY 3 : LACAPELLE-MARIVAL - GRAMAT 300m

D+ 330 m / - 400 m

After leaving the village on the N140, head towards Rudelle, through which you will pass (13th-century church), then Rueyres, Themines and the Hôpital de Beaulieu, before arriving in Gramat.

*Walking time: ≈ 5h-6h, 23 km.*

### DAY 4 : GRAMAT – ROCAMADOUR 280m

D+ 280 m / - 400 m

This relatively short stage allows you to visit Rocamadour, having first passed the Moulin du Saut. It should be noted that the Pont du Moulin de Saut - Rocamadour section is impassable in wet weather, so it is advisable to take the road, taking the alternative route towards Blanat le souci...

*Walking time: ≈ 4h-5h, 14 km.*



## DAY 5 : ROCAMADOUR – LABASTIDE MURAT 450m

D+ 740 m / - 510 m

At this point, you leave the GR 6 and follow the GR 46 to Vers. Through meadows, undergrowth and villages, and passing through the Alzou valley, you reach the gateway to Quercy....

*Walking time: ≈ 6h-7h, 26 km.*

## DAY 6 : LABASTIDE MURAT – VERS 160m

D+ 320 m / - 630 m

This is the penultimate stage before entering the Quercy Regional Nature Park. Passage through plains and undergrowth along the river Vers. Numerous lamb pastures and a few vines.

*Walking time: ≈ 6h-7h, 27 km.*

## DAY 7 : VERS – CAHORS 122m

D+ 310 m / - 320 m

We leave the GR 46 to follow the GR 36 and the Lot as far as Cahors. This is a country stage, with some towpaths along the river.

*Walking time: ≈ 5h-6h, 21 km.*

## DAY 8 : CAHORS

End of the trip after the breakfast.

## > DATES

From April 1 to All Saints' Day, at your convenience and subject to hotel availability.

Please indicate on the booking form any other dates that may be convenient for you (e.g.: possibility of postponing the tour by one or two days before or after...); this is in case one or more accommodations are not available on the chosen dates.

We also ask you to book as early as possible. We don't have any reserved places in the accommodations, and some of them are fully booked 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

- Picnic lunch
- Insurance, drinks and personal expenses
- Transfers from your home to the meeting point and dispersal
- Registration fees (+15 euros per person), postage abroad (+20 euros per file) and priority processing fees for registrations received by D-15 (+45 euros per file).
- Shuttles or cabs to pick up your car or to shorten certain stages
- Parking fees.
- tourist tax is included in the price.

## > ARRIVAL / DEPARTURE

The arrival takes place at the first accommodation, the day before your first hiking day. For an arrival by car, there is a parking 200m away from the hotel.

Your trip takes end the day after, in the morning, your last hiking day, after the breakfast.

## > LEVEL



Medium. From 50 to 150 m of vertical drop.

## > ACCOMMODATION

\*\* 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.



## > MEALS

Breakfasts are traditional (sometimes buffet style) and are served around 8am. If you want to have breakfast earlier, see the night before with the hotelier if possible.

Dinners are usually served from 19:30; they are mostly composed of the menu of the day (no choice of menu in the majority of accommodation).

For restaurants outside the hotel (ex: Figeac and Cahors), please specify that you are «La Pèlerine» customers.

## > LUNCH

Packed lunches are not included in the price.

## > 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



### GO:

Figeac SNCF station

### GO:



Figeac is located in the Lot.

### RETURN:

Possibility of return shuttle with the luggage carrier, to be booked at registration, or directly with the carrier.

**TO BE BOOKED AS SOON AS POSSIBLE; We will take care of booking this transfer but it is not included in the price of the tour.**

Or Departure by bus from Cahors SNCF station to Figeac (line 889).

A transfer of your vehicle can be organised during your walking holiday so that you can collect it at the end of your stay (to be booked directly with the transporter, please contact us).

## > TRAVEL FILE

For this tour, we'll send you a guidebook (1 guidebook per room booked) when you pay the balance.

If you require an additional travel pack, this will be invoiced at + 20€ / pack.

## > 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 have not answered to all your questions,  
Contact us on +33 (0)4 71 74 47 40

MORE DETAILS AT THE SUBSCRIPTION.

