Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



SELF-GUIDED HIKING ON THE CAMINO DE SANTIAGO : FROM AUMONT-AUBRAC TO CONQUES

Southern Part

Set off on the Compostelle Trail at your own pace, with a roadbook and a selection of accommodation and stages carefully put together by members of the Nature Occitane team. You are currently on the hiking page for the Chemin de Compostelle Partie Sud from Aumont-Aubrac to Conques in 8 days.

Nature Occitane takes care of all the logistics of this hike: selection and booking of accommodation, luggage transport, booking of various forms of transport... and stays by your side throughout the trip thanks to our telephone assistance service.

Prices from 610€ per person.

ITINERARY

DAY 1: THE CAMINO DE SANTIAGO : ARRIVAL IN AUMONT-AUBRAC

Welcome to Aumont-Aubrac

Arrive in Aumont-Aubrac during the day and settle into your accommodation in the late afternoon.
Take advantage of the day to visit the village and surrounding area.

Dinner and overnight in Aumont-Aubrac.

DAY 2: THE CAMINO DE SANTIAGO : FROM AUMONT-AUBRAC TO NASBINALS

7 to 8h walking. Ascent/descent : +250m/-150m

Through the typical vegetation of the "Terre de Peyre" (land of stone), you now reach the Aubrac plateau, with its horizon of green pastures surrounded by trees, and straw or slate burons (shepherds' huts). At the end of the day, you arrive in Nasbinals, where you can visit its magnificent Romanesque church.

Dinner and overnight in Nasbinals.

DAY 3: THE CAMINO DE SANTIAGO : FROM NASBINALS TO SAINT-CHÉLY D'AUBRAC

4 to 5h walking. Ascent/descent : +200m/-650m

Today you enter the land of Aubrac: the opportunity to take your taste buds and your palate on a journey through the local gastronomy and its typical dishes such as aligot or omelette with porcini mushrooms. Land of transhumance, with luck you can see the herds leaving the valley and going up the drailles, these paths lined with low walls, and thus reach the large pastures.

Dinner and overnight in Saint-Chély d'Aubrac.

DAY 4: THE CAMINO DE SANTIAGO FROM SAINT-CHÉLY D'AUBRAC TO SAINT-CÔME D'OLT

4 to 4h30 walking. Ascent/descent : +200m/-650m

This stage takes you along the rivers flowing down from the Aubrac to the Lot, through landscapes as green as ever. At the end of the day, you arrive in Saint-Côme d'Olt, classified as one of the "most beautiful villages in France". Lose yourself in the old streets and visit medieval buildings such as the Château de Castelnau, now the town hall, or the Chapelle des Pénitents, a former hospice now used as an exhibition hall.

Dinner and overnight in Saint-Côme d'Olt.

DAY 5: THE CAMINO DE SANTIAGO FROM SAINT-CÔME D'OLT TO ESTAING

5 to 5h30 walking. Ascent/descent : +550m/-250m

Still following the course of the river, you descend inland to the medieval village of Estaing, which has been celebrating the feast of Saint Fleuret on the first Sunday in July since the 14th century. During this festival, you'll see a huge procession of 150 people dressed up as characters from the village's history. If you're looking for a little more peace and quiet, the village is surrounded by the castles of the Counts of Estaing, with their own 16th-century Gothic bridge, a UNESCO World Heritage site.

Dinner and overnight in Estaing.

DAY 6: THE CAMINO DE SANTIAGO : FROM ESTAING TO GOLINHAC

4 to 5h walking. Ascent/descent : +400m/-100m

This day's hike takes you to Golinhac, a village overlooking the deep gorges of the Lot river that has followed you this far. Of course, a detour to its half-Romanesque of the 11th-century and half-Gothic of the 16th-century church is highly recommended to better understand this unusual architecture.

Dinner and overnight in Golinhac.

DAY 7: THE CAMINO DE SANTIAGO : FROM GOLINHAC TO CONQUES

6 to 7h walking. Ascent/descent : +250m/-600m

On this last stage, you wind your way through the steep-sided combe de l'Ouche to reach another river, the Dourdou, and discover Conques, the village with its pointed roofs, where the three abbey towers of Foy Abbey undoubtedly stand out. Foy Abbey is a Unesco World Heritage Site for its medieval architecture, and we recommend you cross the Dourdou River via the "Pont des Pèlerins" (Pilgrims' Bridge) to visit the abbey.

Dinner and overnight in Conques.

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Disclaimer

The stages and partner accommodations mentioned on the site are those we prefer. Depending on your registration date, we may have to make reservations for other accommodations of the same category. For last-minute bookings, we may have to offer you less comfortable accommodation, especially during the high summer season. We are fully aware of the different accommodation options available for each stage: we will choose the best available offer for you when you register.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Dormitory	Double room *2 pers.*	Twin room *2 pers.*	Triple room *3 pers.*	Single room *1 pers.*
Essential range					

Single person *7 days / 6 nights*	€590	-	-	-	€875
Group of 2 *7 days / 6 nights*	€590	€670	€680	-	-
Group of 3 *7 days / 6 nights*	€590	-	-	€765	-
Group of 4 or more *7 days / 6 nights*	€590	-	-	-	-
Comfort range					
Single person *7 days / 6 nights*	-	-	-	-	€1,110
Group of 2 *7 days / 6 nights*	-	€770	€790	-	-
Group of 3 *7 days / 6 nights*	-	-	-	€835	-
Group of 4 or more *7 days / 6 nights*	-	-	-	-	-
Premium range					
Single person *7 days / 6 nights*	-	-	-	-	€1,325
Group of 2 *7 days / 6 nights*	-	€870	€890	-	-
Group of 3 *7 days / 6 nights*	-	-	-	€1,010	-
Group of 4 or more *7 days / 6 nights*	-	-	-	-	-

NB: prices shown are per person.

NB: Prices for the southern part in 8 days / 7 nights.

For all other requests, we can provide you with **a customized quotation.**

OUR PRICE INCLUDES :

DORMITORY FORMULA (only in Essential) :
- 7 nights in B&B/hotel */** in dormitory

DOUBLE ROOM FORMULA :
- Essential: 7 nights in a double room in a gîte / hotel *or**.
- Comfort: 7 nights in a double room in a hotel**/BnB
- Prenium : 7 nights in a double room in a hotel***/charming BnB

SINGLE ROOM FORMULA :
- Essential: 7 nights in a single room in a gîte / hotel *or**.
- Comfort: 7 nights in a single room in a hotel**/BnB
- Prenium : 7 nights in a double room in a hotel***/charming BnB

TRIPLE ROOM FORMULA :
- Essential: 7 nights in a triple room in a gîte / hotel *or**.
- Comfort: 7 nights in a triple room in a hotel**/BnB
- Prenium : 7 nights in a double room in a hotel***/charming BnB

QUADRUPLE ROOM FORMULA :
- Essential: 7 nights in a room for 4 persons in a gîte / hotel *or**.
- Comfort: 7 nights in a room for 4 persons in a hotel**/BnB
- Prenium : 7 nights in a double room in a hotel***/charming BnB

For all formulas:
- ½ board from the dinner on the day 1 to the breakfast on the day 8

- Luggage transfer (1 piece of luggage per person)
- Topo guide (1 topo guide for 1 to 4 people)
- Tourist tax

OUR PRICE DOES NOT INCLUDE :

- Transfers from your home to the meeting point and dispersal
- Picnic lunch
- Personal expenses, drinks
- Bed linen and towels for dormitory nights
- Registration fee: €20 per booking file
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- In general, everything not mentioned in "Our price includes".

NB: price per person for the entire trip, subject to availability at time of booking.

Depending on availability at the time of booking, we may be obliged to apply supplements for upgrades to higher-category accommodation.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Sans transfert de bagages	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€60
Additional night at Aumont-Aubrac in double room, 1/2 board	€70
Additional night at Aumont-Aubrac in triple room, 1/2 board	€60
Additional night at Aumont-Aubrac in single room, 1/2 board	€110
Additional night at Conques in dormitory, 1/2 board	€60
Additional night at Conques in double room, 1/2 board	€80
Additional night at Conques in triple room, 1/2 board	€80
Additional night at Conques in single room, 1/2 board	€120
TRANSFERS	
Navette retour Conques/Puy-en-Velay (départ à 8h10 ou 13h30 , arrivée à 12h ou 17h)	€50
COMFORT RANGE	
REDUCTIONS	
Sans transfert de bagages	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€0
Additional night at Aumont-Aubrac in double room, 1/2 board	€120
Additional night at Aumont-Aubrac in triple room, 1/2 board	€110
Additional night at Aumont-Aubrac in single room, 1/2 board	€160
Additional night at Conques in dormitory, 1/2 board	€0
Additional night at Conques in double room, 1/2 board	€90
Additional night at Conques in triple room, 1/2 board	€80
Additional night at Conques in single room, 1/2 board	€150

TRANSFERS	
Navette retour Conques/Puy-en-Velay (départ à 8h10 ou 13h30 , arrivée à 12h ou 17h)	€50
PREMIUM RANGE	
REDUCTIONS	
Sans transfert de bagages	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€0
Additional night at Aumont-Aubrac in double room, 1/2 board	€130
Additional night at Aumont-Aubrac in triple room, 1/2 board	€120
Additional night at Aumont-Aubrac in single room, 1/2 board	€170
Additional night at Conques in dormitory, 1/2 board	€0
Additional night at Conques in double room, 1/2 board	€110
Additional night at Conques in triple room, 1/2 board	€90
Additional night at Conques in single room, 1/2 board	€170
TRANSFERS	
Navette retour Conques/Puy-en-Velay (départ à 8h10 ou 13h30 , arrivée à 12h ou 17h)	€50

NB: prices are per person.

HOSTS

Essential range

GUESTHOUSE IN AUMONT AUBRAC

This guesthouse offers a warm and friendly stopover in **Aumont-Aubrac**, on the Camino de Santiago. In the evening, a family-style dinner is served in a convivial atmosphere, typically including soup as a starter, a shared main course, and dessert. A cozy lounge with books, games, coffee, tea and herbal infusions, as well as a flower-filled garden for outdoor relaxation, are at your disposal—perfect for unwinding at the end of your hiking journey.



ranite farmhouse full of character has been transformed into a warm and king along the legendary GR65, you'll find comfort by the fireplace, enjoy n spaces. Surrounded by meadows, endless skies and deep-rooted authenticity, this is a simple, genuine and truly unforgettable stop.



tiful valleys of the Aubrac, this simple and friendly stopover promises a truly
m and hospitable couple who invite you to set down your packs, breathe in
table.



lages de France*, **Gîte Del Roumiou** offers a simple, warm and authentic
l share a home-cooked meal, a friendly room, and meaningful moments with
tiago.



offers a peaceful break along the Camino de Santiago. In a warm, no-frills atmosphere, guests share a meal, conversations with fellow pilgrims, and a genuine moment of rest. An authentic place where the spirit of the Camino is very much alive. After a day of walking, you set down your pack in a place that values friendliness and simplicity over sophistication.



and charming stop along the Camino de Santiago. Comfortable rooms, a
d after a day of walking. A true haven in the heart of nature, it is ideal for a
tureland for horses or donkeys.



GITES IN CONQUES

Just steps from the abbey, these gîtes welcome you in a renovated former gendarmerie. Set around a large shaded courtyard, they offer a simple and caring welcome, friendly rooms, and plenty of opportunities to share good moments: barbecues under the plane trees, shared meals with fellow travelers, and the peaceful atmosphere of a village rich in history. An ideal stop to walk, rest, and continue the journey with a light spirit.



GUESTHOUSE IN AUMONT-AUBRAC

Cécile welcomes you into a charming house in the heart of the village, owned by her family since 1850. Behind its blue shutters, you'll discover elegant suites, a warm atmosphere, and attentive hospitality. Perfect for a cozy break combining authenticity and refined comfort, an ideal place to start your hiking journey.



HÔTEL IN NASBINALS**

This charming house welcomes you in a friendly atmosphere blending tradition and local character. You can enjoy a peaceful stay thanks to

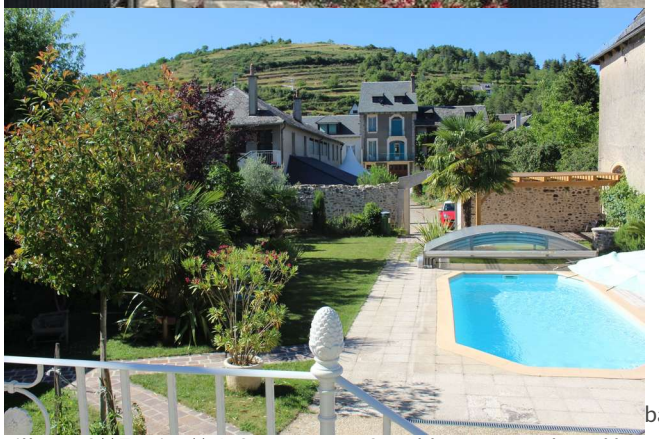
well-equipped rooms with private bathroom or shower, Wi-Fi, and pet-friendly accommodation. At the table, you'll savor the specialties of the Aubrac region—aligot, Aubrac beef, local cured meats—offering a true feast for lovers of regional cuisine. It is the perfect place to combine a comfortable stopover with an authentic culinary experience in the heart of **Lozère**.



ong the Camino de Santiago. Cozy rooms, regional cuisine, and attentive
of the **Aubrac**. Eline and Vianney serve a generous buffet breakfast—
s that showcase the region's traditional flavors.



mbining modern comfort with a warm and welcoming atmosphere. Located
e features elegant rooms, a beautifully maintained garden, an outdoor
dly ambiance—ideal for recharging after a day of walking.



banks of the Lot River. This stage gîte offers stunning views of the medieval village of **Estaing**. It features comfortable rooms, a shared lounge, a fully equipped kitchen, and meals available upon reservation. A friendly and comfortable stop along your journey.



s. Here, you'll find spacious and comfortable rooms, thoughtfully decorated
nd Monique offer a warm and friendly welcome, along with personalized tips
ill give you the energy you need to set off again. A true haven of peace in the heart of the Aubrac.

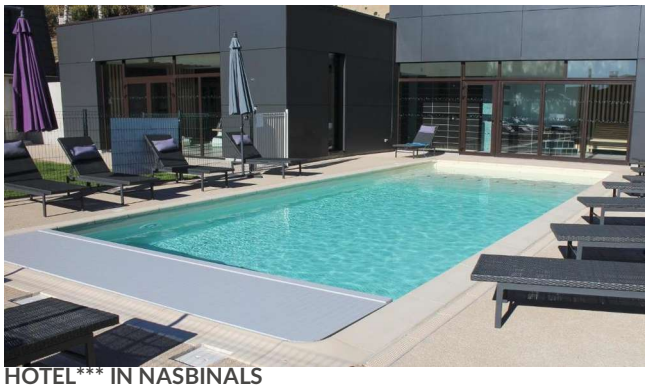


GUESTHOUSE IN CONQUES

Just steps from this Romanesque gem, listed among *Les Plus Beaux Villages de France* and a landmark stage on the Camino de Santiago, your hosts welcome you into a peaceful setting with breathtaking views of the Abbatiale Sainte-Foy. This charming guesthouse combines comfort, authenticity, and genuine hospitality. Here, you can enjoy the serenity, the beauty of the landscape, and the warm welcome of your hosts. An ideal place to recharge, reconnect with what matters most, and experience a truly timeless moment in the heart of an exceptional site in Conques.



Nestled on the edge of the Aubrac plateau, this hotel & spa welcomes you in an elegant and rejuvenating setting in **Peyre-en-Aubrac**. All rooms are spacious and carefully appointed, while the wellness area—featuring a hammam, jacuzzi and treatment, invites you to relax after a day of hiking or nature exploration. Breakfast highlights local regional products, and the lounge bar adds a friendly touch at the end of the day. A perfect blend of modern comfort and authenticity, making it a charming stop to round off this stage.

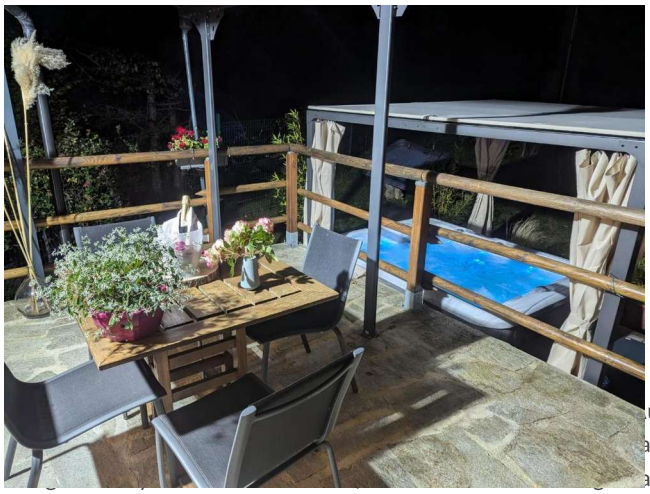


HOTEL* IN NASBINALS**

This 3-star hotel invites you to enjoy a rejuvenating break in a warm and friendly setting. After a day exploring the wild landscapes of the **Aubrac**, you'll appreciate the comfort of cozy rooms, attentive hospitality, and a generous breakfast to start the day right. For hikers seeking peace and quiet, this hotel is the perfect retreat to relax and reconnect with nature.



mhouse welcomes you in an authentic and warm setting, between wild nature
r a traveler seeking to disconnect, this place offers an unforgettable break:
nd peaceful nights under the stars. A truly timeless stop, not to be missed.



ubrac** and the green valley of the **Lot Valley**, this house is a charming
autifully renovated building, you'll be welcomed like family, with simplicity
l flavors, and soothing views over the river create an ideal pause—whether you're a pilgrim on the Camino de Santiago or a nature lover. Here, life slows down and time is meant to be enjoyed.



x Villages de France*, this welcoming inn offers a stop that combines

e rooms, generous local cuisine inspired by regional flavors, and above all a
axing after a day of walking or sightseeing.



te roof, is located on the GR65 and is ideal for lovers of **slow tourism** and hiking. It offers guest rooms with views over the Aubrac, as well as a small bar and shaded terraces, perfect for relaxing after a day on the trail.



an ideal location close to the abbey and the village's picturesque streets. A
lace steeped in history.
subtly enhanced with spices brought back from travels, a unique and flavorful culinary experience to beautifully round off your stay.



clean and friendly. Daily showers available. We've selected them for their

authenticity, charm and warm welcome. For dormitory nights, please bring a sleeping bag or "meat bag" (blankets available in the gîtes).

**NB: these are our preferred accommodations. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.*

PRACTICAL INFO

PRACTICAL INFORMATION

We advise you to come by train to Aumont Aubrac, then take the train back from Conques station to Aumont-Aubrac.

RDV IN AUMONT-AUBRAC:
Day 1 late afternoon in Aumont-Aubrac.

END OF TOUR IN CONQUES :
Day 8 when you leave Conques.

GETTING TO THE STARTING POINT OF THE COMPOSTELLE ROUTE :
To limit your CO2 emissions, we encourage you to use public transport.

IF YOU COME BY TRAIN :
Aumont-Aubrac SNCF station.
From Paris, there are 2 trains a day with a connection in Clermont-Ferrand (5h30 journey).

We advise you to use the SNCF Connect website to book your train tickets from your nearest station.

IF YOU COME BY CAR :
Aumont-Aubrac is 35km from the A75 freeway linking Paris to Béziers via Clermont-Ferrand.

You can park your vehicle :
- In the foirail parking lot (please note that parking is prohibited during certain events)
- In the SNCF station parking lot
- In the garage Gervais in the village center (fee payable, as this is a secure parking lot). Tel: +33 4 66 42 80 17.

RETURN BY BUS/TRAIN :

By train: you'll need to get to either Saint-Christophe or Rodez SNCF stations.
- Saint-Christophe: cab Lample (Tel: +33 4 71 49 95 55/+33 6 07 75 93 32) provides a shuttle service. Reservations required 48 hours in advance.
- Rodez: Verbus line 33 (no buses during school vacations, weekends and public holidays). Cab Lample also offers this service during the vacations.

By shuttle: return by minibus, please consult us.
- Conques-Aumont Aubrac: departures at 8.10am and 1.30pm, arrivals at 10.30am and 3.30pm
- Conques-Puy-en-Velay: departure at 8.10am and 1.30pm, arrival at 12pm and 5pm

LEVEL

HIKING LEVEL : Medium (M) - Depending on the stages defined with Nature Occitane. Unaccompanied itinerant hike, no transfers included (except luggage) during your free hike. NB: You always have the option of taking a luggage transfer cab if you feel tired at certain stages.

CARRYING DURING THE HIKE: You don't need to carry anything, as your assistance baggage (maximum 15kg) is returned to you each evening at the accommodation. You carry only your daypack during the hike.

PUBLIC : Practicing an endurance activity (hiking or cycling) once a week 2 months before departure. You're not afraid of a succession of hiking days or a good climb every now and then.

TERRAIN: Easy hikes on good trails in Lozère and Hérault, accessible to anyone in good physical condition.

HIKING TIME: These are given as a guide only. They are average times and take into account only the actual walking time, not breaks. On average, there will be 300 to 700m of ascent and descent per day on this stage.

WATER: drinking water is regularly available at springs along the hiking trails. However, a minimum 1.5-liter water bottle is essential.

CLIMATE: The climate on this route is varied. Average temperatures fluctuate from 12° in spring and sometimes less in winter, to 25° in summer and a little less in autumn. In summer, a number of bathing spots invite you to take a refreshing dip (the sun beats down hard at higher altitudes).

EQUIPMENT

On the first day, you must arrive "ready to hike" (hiking boots on, water bottle full, backpack complete, assistance bag closed).

THE BACKPACK

It should be able to hold your personal belongings for the day, i.e. around 30 liters. Choose a backpack with a waist belt (so that your weight rests on your pelvis), padded shoulder straps and a chest strap. Your backpack should always include warm clothing, rain gear, a water bottle, a first-aid kit and your personal items, not forgetting part of your picnic. In addition to a bag cover, a garbage bag and two freezer pockets are essential to protect your belongings from the rain.

YOUR LUGGAGE

This is your "follower" luggage, which you'll find again every evening. It can be a duffel or sports bag. In addition to your extra change, it contains the extras you'll be glad to have back in the evening (CAUTION: it must not exceed 12 kg). Make sure you limit your equipment and pack only the essentials.

HIKING SHOES

Choose hiking boots with good ankle support and notched but flexible soles. Footwear is one of the most important elements of your hike. Above all, they must be comfortable, lightweight, waterproof and breathable. Good ankle support is essential. Don't set off with brand-new shoes. Use them at least two or three times before hiking. Also, make sure your "old shoes" don't give way on the first ascent.

CLOTHING

- A waterproof GORE TEX windproof jacket (no poncho-type k-way)
- A fleece jacket
- Pants, shorts, T-shirts (avoid cotton, prefer breathable materials).
- Change of clothes and personal laundry
- A bathing suit and a towel (microfiber towels are preferable, as they are lighter and dry faster).

BEDDING

- A light sleeping bag (comfort 10°C) or "meat bag" (blankets available in accommodations).

PICNIC

- 1 individual airtight box (Tupperware type), capacity approx. 0.6 liters, cutlery, plate and cup.

OTHERS

- Water bottle (2-liter minimum per person)
- A pair of telescopic hiking poles (optional)
- Sunglasses and sun cream
- Hat or cap
- A small toilet bag, with towel
- Flashlight or headlamp (for night-time use)
- A pair of tennis shoes or sandals (for evening wear)
- Toilet paper
- Earplugs
- Camera
- Small personal first-aid kit (aspirin, plaster, elastoplast, compeed...)