

# 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 Castelnaud, 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.

## DAY 8: END OF THE THE CAMINO DE SANTIAGO

End of the trip

End of services after breakfast.

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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.	4-person room 4 pers.
<b>Essential range</b>						
Single person 8 days / 7 nights	€660	-	-	-	€960	-
Group of 2 8 days / 7 nights	€650	€760	€780	-	-	-
Group of 3 8 days / 7 nights	€640	-	-	€740	-	-
Group of 4 or more 8 days / 7 nights	€630	-	-	-	-	€710
<b>Comfort range</b>						
Single person 8 days / 7 nights	-	-	-	-	€1,120	-
Group of 2 8 days / 7 nights	-	€845	€865	-	-	-
Group of 3 8 days / 7 nights	-	-	-	€810	-	-
Group of 4 or more 8 days / 7 nights	-	-	-	-	-	€780

Premium range						
Single person 8 days / 7 nights	-	-	-	-	€1,225	-
Group of 2 8 days / 7 nights	-	€950	€980	-	-	-
Group of 3 8 days / 7 nights	-	-	-	€980	-	-
Group of 4 or more 8 days / 7 nights	-	-	-	-	-	€915

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
- Premium : 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
- Premium : 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
- Premium : 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
- Premium : 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
- Registration fees

## 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
- [Europassistance cancellation / interruption / assistance & repatriation insurance](#)  
(6% of the price of your stay, including COVID 19, to be taken out when you register)
- 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	
<b>SUPPLEMENTS</b>	
July/August	€40
<b>MEALS</b>	
Picnic supplements included	€100
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Additional night at Aumont-Aubrac in dormitory (breakfast included)	€40
Additional night at Aumont-Aubrac in double room (breakfast included)	€75
Additional night at Aumont-Aubrac in triple room (breakfast included)	€50
Additional night at Aumont-Aubrac in single room (breakfast included)	€80
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€60
Additional night at Aumont-Aubrac in double room, 1/2 board	€75
Additional night at Aumont-Aubrac in triple room, 1/2 board	€70
Additional night at Aumont-Aubrac in single room, 1/2 board	€105
Additional night at Conques in dormitory (breakfast included)	€50
Additional night at Conques in double room (breakfast included)	€45
Additional night at Conques in triple room (breakfast included)	€45
Additional night at Conques in single room (breakfast included)	€45
Additional night at Conques in dormitory, 1/2 board	€70
Additional night at Conques in double room, 1/2 board	€70
Additional night at Conques in triple room, 1/2 board	€70
Additional night at Conques in single room, 1/2 board	€75
<b>TRANSFERS</b>	
Navette retour Conques/Puy-en-Velay (départ à 8h10 ou 13h30 , arrivée à 12h ou 17h)	€50
COMFORT RANGE	
<b>SUPPLEMENTS</b>	
July/August	€40
<b>MEALS</b>	
Picnic supplements included	€100
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Additional night at Aumont-Aubrac in dormitory (breakfast included)	€0
Additional night at Aumont-Aubrac in double room (breakfast included)	€100
Additional night at Aumont-Aubrac in triple room (breakfast included)	€100
Additional night at Aumont-Aubrac in single room (breakfast included)	€120
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€0
Additional night at Aumont-Aubrac in double room, 1/2 board	€110
Additional night at Aumont-Aubrac in triple room, 1/2 board	€90
Additional night at Aumont-Aubrac in single room, 1/2 board	€170
Additional night at Conques in dormitory (breakfast included)	€0
Additional night at Conques in double room (breakfast included)	€55
Additional night at Conques in triple room (breakfast included)	€55
Additional night at Conques in single room (breakfast included)	€100
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	€75
Additional night at Conques in single room, 1/2 board	€135
<b>TRANSFERS</b>	
Navette retour Conques/Puy-en-Velay (départ à 8h10 ou 13h30 , arrivée à 12h ou 17h)	€50
<b>PREMIUM RANGE</b>	
<b>SUPPLEMENTS</b>	
July/August	€0
<b>MEALS</b>	
Picnic supplements included	€0
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Additional night at Aumont-Aubrac in dormitory (breakfast included)	€0
Additional night at Aumont-Aubrac in double room (breakfast included)	€120
Additional night at Aumont-Aubrac in triple room (breakfast included)	€125
Additional night at Aumont-Aubrac in single room (breakfast included)	€140
Additional night at Aumont-Aubrac in dormitory, 1/2 board	€0
Additional night at Aumont-Aubrac in double room, 1/2 board	€135
Additional night at Aumont-Aubrac in triple room, 1/2 board	€180
Additional night at Aumont-Aubrac in single room, 1/2 board	€195
Additional night at Conques in dormitory (breakfast included)	€0
Additional night at Conques in double room (breakfast included)	€75
Additional night at Conques in triple room (breakfast included)	€70
Additional night at Conques in single room (breakfast included)	€120
Additional night at Conques in dormitory, 1/2 board	€0
Additional night at Conques in double room, 1/2 board	€120
Additional night at Conques in triple room, 1/2 board	€90
Additional night at Conques in single room, 1/2 board	€155
<b>TRANSFERS</b>	
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

#### ESSENTIAL FORMULA

For this package, we offer a selection of simple, comfortable hotels, hostels and guest houses.



## Comfort range

### COMFORT FORMULA

For this package, we offer guest houses and 2\* hotels.



*Our accommodation partner in Conques*

## Premium range

### PREMIUM FORMULA

For this package, we offer guest houses and 3\* hotels.



*Our partner in Saint Come d'Olt*

*Your nights in a hostel :*

*Shared rooms in dormitories with 4 to 8 beds. Accommodation is simple, 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...)