



SELF-GUIDED HIKING ON THE CAMINO DE SANTIAGO: FROM CONQUES TO CAHORS VIA THE CÉLÉ VALLEY

Walking tour via the Céle Valley variant (GR651)

Walk from Conques to Cahors along the GR651 alternative route through the Céle Valley.

After the first stages to Figeac, the route enters a quieter valley bordered by limestone cliffs and dotted with characteristic villages. In the heart of the Causses du Quercy Regional Natural Park, you follow the Céle through Espagnac-Sainte-Eulalie, Marcihac-sur-Célé and Cabrerets. The route then reaches the Lot Valley and Saint-Cirq-Lapopie, a medieval village perched high above the river. Your journey ends in Cahors after a week of walking through the heritage, valleys and limestone landscapes of the Quercy.

ITINERARY

DAY 1: THE CAMINO DE SANTIAGO: ARRIVAL IN CONQUES

First night in your accommodation in Conques

Arrival in Conques during the day and check-in at your accommodation in the late afternoon.

This first day gives you the opportunity to discover Conques, an iconic stop along the Camino de Santiago. Take the time to explore its medieval streets lined with traditional houses with slate roofs and visit the Abbey Church of Sainte-Foy. From the heights above the village, several viewpoints overlook Conques, the Dourdou Valley and the surrounding hills, before you begin your journey along the Camino de Santiago.

Dinner at your own expense and overnight in Conques.

DAY 2: THE CAMINO DE SANTIAGO: FROM CONQUES TO LIVINHAC-LE-HAUT

24 km / +715 m / -800 m / Approx. 9 hours of walking

For your first day of walking, you leave Conques and follow the GR65 towards the Lot Valley. After an uphill section offering beautiful views over the village and the Dourdou Valley, the route continues through a succession of woodland, hamlets and rolling landscapes typical of this section of the Camino.

As the day progresses, the terrain gradually changes as you approach the Lot Valley. You eventually reach Livinhac-le-Haut, where your first day of walking comes to an end.

Dinner and overnight in Livinhac-le-Haut.

DAY 3: THE CAMINO DE SANTIAGO: FROM LIVINHAC-LE-HAUT TO FIGEAC

24 km / +460 m / -440 m / Approx. 8 hours of walking

This new stage takes you from Livinhac-le-Haut to Figeac through rolling countryside, alternating between wooded hills, farmland and small hamlets. Along the way, you will pass through Montredon before gradually continuing towards Figeac.

On arrival, take the time to explore the historic centre, its medieval streets and old houses. Birthplace of Jean-François Champollion, Figeac boasts a remarkable heritage and is an important stop along the Camino de Santiago.

Dinner and overnight in Figeac.

You have the option of shortening this stage and walking 15 km instead of the planned 24 km. You will walk to Saint-Félix in the morning, where a shuttle will then take you to Figeac. Two shuttle times are available: 2:25 pm or 4:05 pm.

This shuttle must be booked in advance of your trip.

The corresponding price can be found under the "Options" tab.

Please note: if you choose this option, make sure to adjust your departure time and walking pace so that you arrive in Saint-Félix early enough to catch the shuttle at your booked time.

DAY 4: THE CAMINO DE SANTIAGO: FROM FIGEAC TO ESPAGNAC/SAINTE-EULALIE

26.5 km / +430 m / -460 m / Approx. 8 hours 30 minutes of walking

Leaving Figeac, you gradually leave the town behind and head towards the Célé Valley and this alternative route of the Camino de Santiago. The route crosses rolling countryside before reaching the limestone landscapes characteristic of the valley.

As you walk, the Célé River gradually accompanies your route, between cliffs, wooded hillsides and more open landscapes. You reach Espagnac-Sainte-Eulalie, a small village nestled in the heart of the valley, surrounded by the preserved heritage and landscapes of the Quercy.

At this stage, depending on availability, we may not be able to book accommodation with our partners in Espagnac and may instead arrange accommodation in the commune of Sainte-Eulalie.

Dinner and overnight at your accommodation.

DAY 5: THE CAMINO DE SANTIAGO: FROM ESPAGNAC/SAINTE-EULALIE TO MARCILHAC-SUR-CÉLÉ

15.8 km / +460 m / -460 m / Approx. 6 hours of walking

From Espagnac-Sainte-Eulalie, you continue your walk through the heart of the Célé Valley, where the river, limestone cliffs and wooded hillsides shape the landscape. The trail alternates between higher paths and sections closer to the valley, offering different viewpoints over the landscapes of the Quercy.

Along the way, hamlets and rural heritage punctuate your journey towards Marcilhac-sur-Célé. Located on the banks of the river, the village is a characteristic stop along this alternative route of the Camino de Santiago and is particularly known for the remains of its former abbey.

Dinner and overnight in Marcilhac-sur-Célé.

DAY 6: THE CAMINO DE SANTIAGO: FROM MARCILHAC-SUR-CÉLÉ TO CABRERETS

18.6 km / +490 m / -520 m / Approx. 6 hours 30 minutes of walking

Leaving Marcilhac-sur-Célé, you continue your walk along the GR through an increasingly narrow valley. The trail winds between limestone cliffs, wooded hillsides and sections overlooking the Célé River, offering a succession of landscapes characteristic of the Quercy.

As the stage progresses, the limestone landscape becomes more prominent and accompanies you all the way to Cabrerets. Located at the confluence of the Célé and Sagne rivers, the village is dominated by the surrounding cliffs and is an iconic stop along this route through the Célé Valley.

Dinner and overnight in Cabrerets.

DAY 7: THE CAMINO DE SANTIAGO: FROM CABRERETS TO SAINT-CIRQ-LAPOPIE

10.3 km / +360 m / -300 m / Approx. 4 hours of walking

From Cabrerets, you continue your walk through the limestone landscapes of the Quercy. The trail gradually climbs above the valley, alternating between woodland, limestone plateaus and viewpoints over the surrounding cliffs, before reaching the Lot Valley.

Your arrival in Saint-Cirq-Lapopie is one of the highlights of this itinerary. Perched on a rocky outcrop overlooking the Lot River, the village reveals its medieval streets and old houses in a particularly remarkable setting.

A stage where landscapes and heritage come together before you continue towards Cahors.

Dinner and overnight in Saint-Cirq-Lapopie.

DAY 8: THE CAMINO DE SANTIAGO: FROM SAINT-CIRQ-LAPOPIE TO VERS

22 km / +570 m / -600 m / Approx. 8 hours of walking

From Saint-Cirq-Lapopie, you continue your journey along the Lot Valley. The route crosses a landscape shaped by limestone cliffs, wooded hillsides and the meanders of the river, with several sections offering beautiful views over the valley.

As the stage progresses, the trail returns to quieter, more rural surroundings before reaching Vers, located at the confluence of the Lot and Vers rivers. This stage reveals another side of the Quercy landscapes, combining the valley, limestone plateaus and characterful villages.

Dinner and overnight in Vers.

DAY 9: THE CAMINO DE SANTIAGO: FROM VERS TO CAHORS

22 km / +420 m / -425 m / Approx. 7 hours 30 minutes of walking

For this final stage, you leave Vers and continue your walk towards Cahors. The trail alternates between wooded areas, plateaus and viewpoints over the Lot Valley, which accompanies you throughout this final part of your journey.

As you approach Cahors, the landscape gradually becomes more urban before revealing the town, set within a wide meander of the Lot River. Your arrival marks the end of your journey from Conques through the Célé Valley. Take the time to explore the historic centre of Cahors and its iconic Pont Valentré, a major example of medieval heritage and an important landmark on the Camino de Santiago.

End of our services upon arrival in Cahors.

We can also arrange an additional night in Cahors and a return shuttle to Conques.

--

Disclaimer

The stages and accommodations presented on our website correspond to our preferred selection and reflect the experience we aim to offer.

Depending on your booking date and availability at the time, we may need to book alternative accommodation of the same category or in a different category.

A change of category may result in an increase or decrease in price, as well as a change in the length of the stage.

You will then have the option to accept or decline this change from the initial package.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Dormitory	Double room	Twin room	Triple room	Single room
		2 pers.	2 pers.	3 pers.	1 pers.
Essential range					
From Conques to Cahors – Via the Célé Valley – 9 days / 8 nights 9 days / 8 nights	€850	€915	€925	€890	€1,320
From Figeac to Cahors – Via the Célé Valley – 7 days / 6 nights 7 days / 6 nights	€715	€690	€690	€610	€1,250

Comfort range					
From Conques to Cahors – Via the Célé Valley – 9 days / 8 nights <i>9 days / 8 nights</i>	-	€990	€990	€930	€1,390
From Figeac to Cahors – Via the Célé Valley – 7 days / 6 nights <i>7 days / 6 nights</i>	-	€750	€760	€680	€1,290
Premium range					
From Conques to Cahors – Via the Célé Valley – 9 days / 8 nights <i>9 days / 8 nights</i>	-	€1,090	€1,090	€1,015	€1,690
From Figeac to Cahors – Via the Célé Valley – 7 days / 6 nights <i>7 days / 6 nights</i>	-	€870	€880	€850	€1,390

NB: prices shown are per person.

NB: Price for the Conques–Cahors trip: 9 days / 8 nights.

A shorter Figeac–Cahors package is also available: 7 days / 6 nights.

For any other request, we can provide you with a tailor-made quote.

OUR PRICE INCLUDES :

Dormitory package :

- 8 or 6 nights in a dormitory in a gîte/hotel* or **

Double room package :

- Essential: 8 or 6 nights in a double room in a gîte/hotel* or **
- Comfort: 8 or 6 nights in a double room in a hotel**/guesthouse
- Premium: 8 or 6 nights in a double room in a hotel***/charming guesthouse

Single room package :

- Essential: 8 or 6 nights in a single room in a gîte/hotel* or **
- Comfort: 8 or 6 nights in a single room in a hotel**/guesthouse
- Premium: 8 or 6 nights in a double room in a hotel***/charming guesthouse

Triple room package :

- Essential: 8 or 6 nights in a triple room in a gîte/hotel* or **
- Comfort: 8 or 6 nights in a triple room in a hotel**/guesthouse
- Premium: 8 or 6 nights in a double room in a hotel***/charming guesthouse

Quadruple room package :

- Essential: 8 or 6 nights in a quadruple room in a gîte/hotel* or **
- Comfort: 8 or 6 nights in a quadruple room in a hotel**/guesthouse
- Premium: 8 or 6 nights in a double room in a hotel***/charming guesthouse

For all packages :

- Half board from breakfast on Day 2 to breakfast on the final day
- Luggage transfer (1 bag of maximum 13 kg per person)
- Digital roadbook
- Tourist tax

OUR PRICE DOES NOT INCLUDE :

- Transfers from your home to the meeting point and from the end point of the trip
- Dinner on Day 1 and on the final day
- Sheets and towels for nights in dormitories
- €20 booking fee per booking
- Personal expenses, drinks and lunches
- Any parking fees for your vehicle in Conques or Figeac
- Cancellation / assistance / repatriation insurance (7.5% of the total price of your trip, to be purchased when booking)
- In general, anything not specified under “Our price includes”

Important: Depending on availability at the time of booking, we may need to apply a supplement if an upgrade to a higher accommodation category is required or if we need to book several rooms for the same group.

For last-minute departures (less than 15 days before the departure date), additional charges may apply.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Without luggage transfer	-€75
MEALS	
Picnic supplements included	€110
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Cahors, half board – Single room	€90
Additional night in Cahors, half board – Double room	€65
Additional night in Cahors, half board – Triple room	€55
Additional night in Cahors, half board – Dormitory	€55
Additional night in Cahors, half board – Dormitory	€55
TRANSFERS	
Optional shuttle Day 3 – Saint-Félix to Figeac	€15
Return shuttle Cahors – Conques (Departure at 10:30 am or 12:30 pm; arrival at 1:30 pm or 3:30 pm)	€52
COMFORT RANGE	
REDUCTIONS	
Without luggage transfer	-€75
MEALS	
Picnic supplements included	€110
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Cahors, half board – Single room	€105
Additional night in Cahors, half board – Double room	€75
Additional night in Cahors, half board – Triple room	€78
Additional night in Cahors, half board – Dormitory	€0
Additional night in Cahors, half board – Dormitory	€0
TRANSFERS	
Optional shuttle Day 3 – Saint-Félix to Figeac	€15
Return shuttle Cahors – Conques (Departure at 10:30 am or 12:30 pm; arrival at 1:30 pm or 3:30 pm)	€52
PREMIUM RANGE	
REDUCTIONS	
Without luggage transfer	-€75
MEALS	
Picnic supplements included	€110
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Cahors, half board – Single room	€215
Additional night in Cahors, half board – Double room	€115
Additional night in Cahors, half board – Triple room	€0
Additional night in Cahors, half board – Dormitory	€0
Additional night in Cahors, half board – Dormitory	€0

TRANSFERS	
Optional shuttle Day 3 – Saint-Félix to Figeac	€15
Return shuttle Cahors – Conques (Departure at 10:30 am or 12:30 pm; arrival at 1:30 pm or 3:30 pm)	€52

NB: prices are per person.

HOSTS

Essential range

YOUR ACCOMMODATION IN CONQUES

In the heart of Conques, this characterful accommodation welcomes you in a traditional building with a warm and authentic atmosphere. The comfortable rooms and charm of the property blend perfectly with the village’s medieval setting. A welcoming place, ideal for enjoying the atmosphere of Conques and resting before beginning your hike along the Camino de Santiago.



Votre hébergement à Conques - Gamme Essentiel © Nature Occitane offers a welcoming and restful stop directly on the Camino de Santiago. The facilities are simple and comfortable, with a friendly atmosphere particularly well suited to hikers.

A pleasant place to rest after the day’s walk and enjoy the peaceful surroundings of this village in the Lot Valley.



Votre hébergement à Livinhac-le-Haut © Nature Occitane is a comfortable stop along your journey. The functional rooms provide a well-equipped space that makes it easy to explore the historic centre and its medieval streets. A perfect base to start your walk the following day.



peaceful and unspoilt setting. Its warm atmosphere and charming
 . A relaxing setting to enjoy your stop in Espagnac-Sainte-Eulalie before



Votre hébergement à Espagnac/Saint Eulalie- Gamme Confort
 © Nature Occitane

Authentic place to stay during your hiking journey. The tranquil surroundings
 and warm welcome provide the perfect setting for a relaxing evening in the heart of the Quercy countryside.



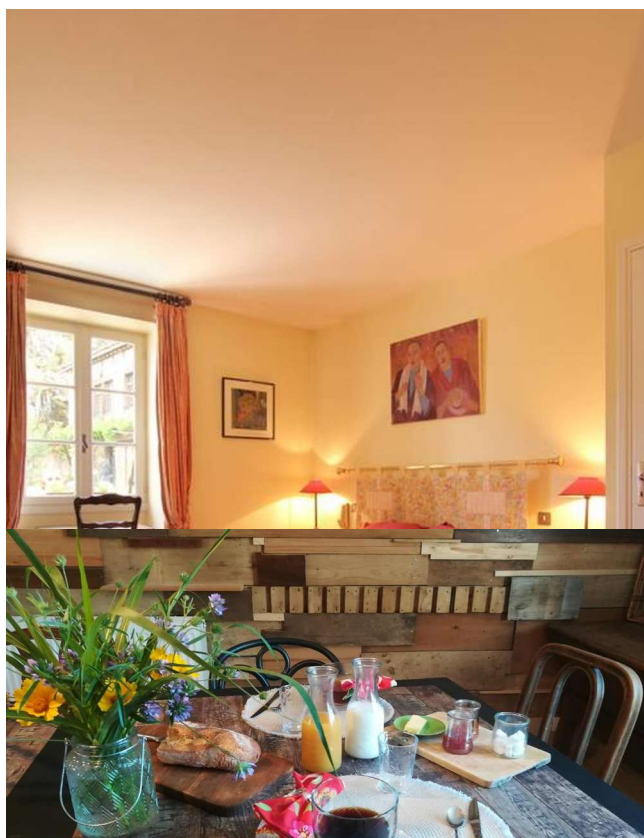
Votre hébergement à Marcihac-Sur-Célé - Gamme Essentiel © Nature
 Occitane

, surrounded by the typical landscapes of the Célé Valley. The character of
 the property and the peaceful surroundings provide a pleasant setting to relax after a day of hiking and enjoy this stop along your journey.



Votre hébergement à Cabrerets - Gamme Confort © Nature Occitane

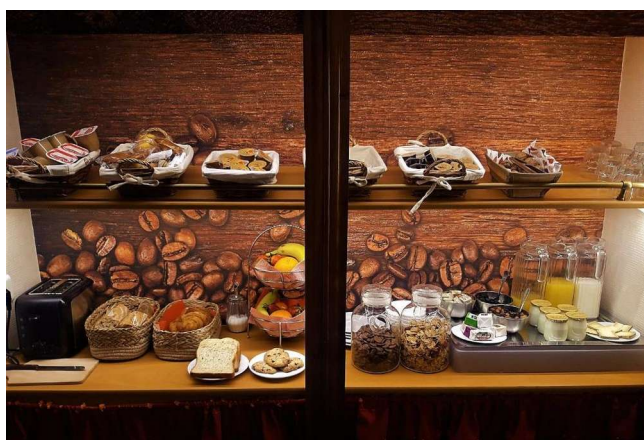
modation allows you to fully enjoy the atmosphere of this iconic Quercy
 a day of hiking, ideal for taking the time to explore the village streets and
 surrounding heritage.



Votre hébergement à Vers - Gamme Essentiel © Nature Occitane

Votre hébergement à Saint-Cirq-Lapopie - Gamme Essentiel © Nature Occitane

relaxing break along your journey. The warm welcome and peaceful atmosphere make it a perfect stop for your final stop in Cahors. The rooms, with their simple and comfortable decor, provide a welcome place to rest after several days of hiking. Its location also makes it easy to explore the historic centre and the city's heritage, bringing your journey to a close in the heart of Cahors.



Votre hébergement à Cahors - Gamme Essentiel © Nature Occitane

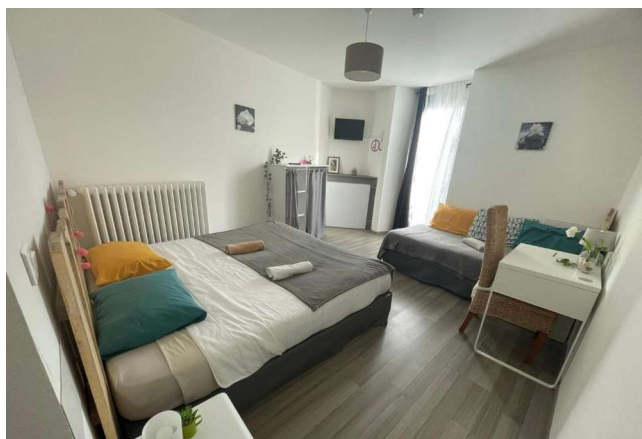
Just a few steps from the historic heart of Conques, this accommodation welcomes you in a peaceful and warm setting, ideal for starting your journey along the Camino de Santiago. The comfortable, carefully decorated rooms offer a relaxing atmosphere after exploring the village. Its location close to the trail makes it easy to join the route at the start of your hike.



Votre hébergement à Conques - Gamme Confort © Nature Occitane

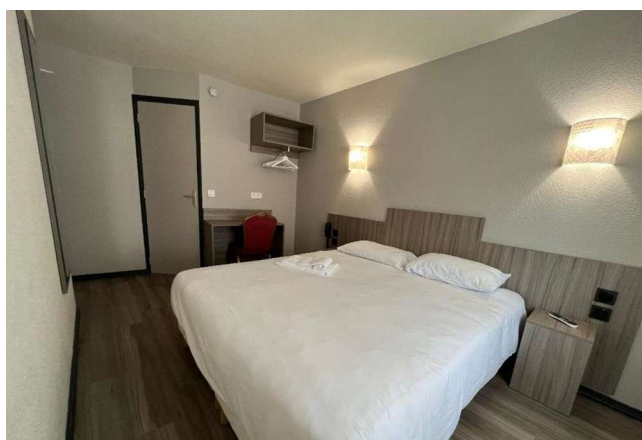
This accommodation offers a welcoming and relaxing stop directly on the Camino de Santiago. The facilities are simple and comfortable, with a friendly atmosphere particularly suited to hikers.

A pleasant place to rest after the day's walk and enjoy the peaceful surroundings of this village in the Lot Valley.



Votre hébergement à Livinhac-le-Haut © Nature Occitane

a comfortable stop along your journey. The functional rooms are ideal for a
c makes it easy to explore the historic centre and its medieval streets. A
ke the next day.



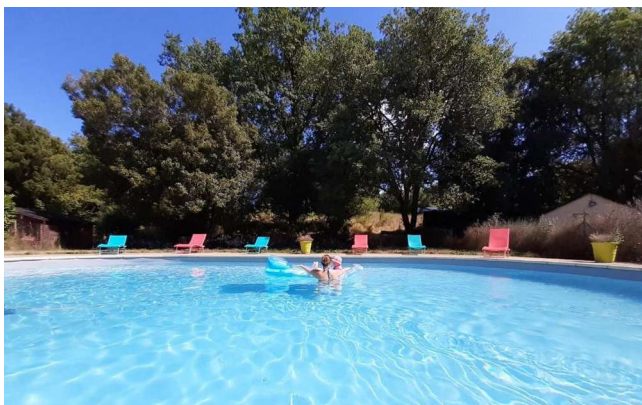
Votre hébergement à Figeac - Gamme Essentiel © Nature Occitane

peaceful and unspoilt setting. Its warm atmosphere and charm make it a
lly enjoy your stop in Espagnac-Sainte-Eulalie before continuing your



Votre hébergement à Espagnac/Saint Eulalie- Gamme Confort
© Nature Occitane

g in the heart of the Célé Valley. The natural surroundings and friendly
atmosphere make it an ideal place to unwind after a day of hiking. A pleasant stop to recharge before continuing your journey through the
Quercy region.



Votre hébergement à Marcihac-Sur-Célé - Gamme Confort © Nature Occitane

, surrounded by the typical landscapes of the Célé Valley. The character of letting to relax after a day of hiking and enjoy this stop along your journey.



Votre hébergement à Cabreret - Gamme Confort © Nature Occitane

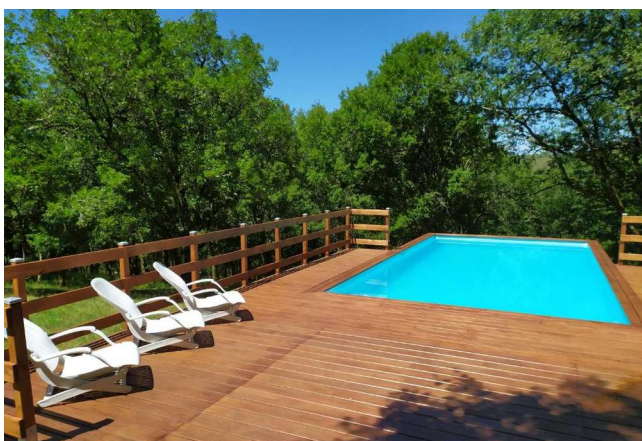
stay in Saint-Cirq-Lapopie. Its atmosphere invites you to slow down and the remarkable landscapes of the Lot Valley and the Quercy region.



Votre hébergement à Saint-Cirq-Lapopie - Gamme Confort © Nature Occitane

YOUR ACCOMMODATION IN VERS

Set in the heart of unspoilt countryside, this charming accommodation offers a peaceful setting for a stop along your journey. The character of the property and the tranquillity of the surroundings provide a relaxing end to the day, in an authentic atmosphere typical of the Quercy region.



Votre hébergement à Vers - Gamme Confort © Nature Occitane

g, designed as a relaxing place for travellers. The thoughtfully arranged wind after the final kilometres of your hike. A pleasant stop to bring your



Votre hébergement à Cahors - Gamme Confort © Nature Occitane

Located just outside Conques, this charming hotel enjoys a privileged setting on the banks of the Dourdou River. The comfortable, carefully decorated rooms provide a peaceful place to relax in green surroundings. A lovely place to enjoy Conques before starting your journey along the Camino de Santiago.



Votre hébergement à Conques - Gamme Privilège © Nature Occitane

ommodation in our Comfort range.

Located in the heart of Livinhac-le-Haut, this accommodation offers a welcoming and relaxing stop directly on the Camino de Santiago. The facilities are simple and comfortable, with a friendly atmosphere particularly suited to hikers.

A pleasant place to rest after the day's hike and enjoy the peaceful surroundings of this village in the Lot Valley.



Votre hébergement à Livinhac -le-Haut - Gamme Confort © Nature Occitane

to the historic centre of Figeac. The property offers a warm atmosphere, a place to enjoy some peace and quiet after a day of hiking, while remaining close



Votre hébergement à Figeac - Gamme Privilège © Nature Occitane

house offers a peaceful break along your journey. Its welcoming atmosphere and relaxing setting provide an ideal place to unwind after a day of hiking. A pleasant place to enjoy the tranquillity of the valley before continuing your journey.



Votre hébergement à Marcilhac-Sur-Célé - Gamme Confort © Nature Occitane

ge, we exceptionally offer one of our partners from the Comfort range.

ag in the heart of the Célé Valley. The natural surroundings and friendly pleasant stop before continuing your journey through the Quercy region.

ation offers a pleasant stop in the heart of the Célé Valley. Its peaceful provides an ideal place to relax after a day of hiking. A welcoming place to cy region.



a relaxing stay in the heart of the Quercy region. The charm of the building
ch to unwind after a day of walking. A comfortable stop before continuing



on offers a comfortable and welcoming stop along your journey. Its peaceful
to relax after a day of walking. A pleasant stay before setting off on the final



Votre hébergement à Vers - Gamme Privilège © Nature Occitane
peaceful setting provide a relaxing place to unwind at the end of the day. A charming stop to rest before returning to the trails of the Quercy
region.

for a well-deserved break along your journey. The pleasant surroundings and



Votre hébergement à Cahors - Gamme Privilège © Nature Occitane

...ple, clean and welcoming. Daily shower facilities are available. We have selected
...and the warm welcome you will receive. For nights in dormitories, you will need to bring

...on your booking date, we may reserve another accommodation of the same category

...s is not the case at certain stages, we will recommend nearby restaurants and refund

...nable to provide them, we will refund you €10 per person.

PRACTICAL INFORMATION

We recommend travelling by train to Conques and taking the shuttle from Cahors back to Conques for your return journey.

GETTING TO THE STARTING POINT OF THE CAMINO DE SANTIAGO:

To help reduce your CO2 emissions, we encourage you to use public transport.

MEETING POINT IN CONQUES:

Day 1 in the late afternoon in Conques

END OF THE HIKE IN CAHORS:

Day 8 upon your arrival in Cahors

IF YOU ARE TRAVELLING BY TRAIN:

If you start your hike in **CONQUES**:

The nearest and best-connected train station is RODEZ. If you choose this option, we can arrange a private transfer to take you to Conques for the start of your hike.

Alternatively, there is a LiO Occitanie bus service running several times a day => [Lio-Occitanie](#)

If you start your hike in **FIGEAC**:

Figeac has a train station with numerous connections.

You can find further information on the [SNCF](#) website, depending on your departure city.

IF YOU ARE TRAVELLING BY CAR:

If you start your hike in **CONQUES**:

Free parking is available for hikers 2 km from Conques / **Parking de la Rivière**

A shuttle service operates from 6 July to 23 August 2026 – dates to be confirmed for 2027 – (€1 return per person) from 9:10 am to 12:10 pm and from 1:30 pm to 6:30 pm, with a shuttle every 20 minutes.

Outside this period, the only way to reach the village is on foot – 2 km with an uphill section to reach the village, partly along the road.

Outside this period, we can of course arrange a private transfer if you would like assistance reaching your accommodation.

FOR YOUR RETURN JOURNEY:

We can arrange **your shuttle** back to your starting point, **Conques** or **Figeac**.

Alternatively, if you wish to continue your journey by train, numerous connections are also available from Cahors.

LEVEL:

HIKING LEVEL: Moderate (M) – Depending on the stages arranged with Nature Occitane. Self-guided point-to-point hike, with no transfers included (except luggage transfer) during your self-guided trip. NB: You always have the option of taking the luggage transfer taxi if you feel tired on certain stages.

LUGGAGE DURING THE HIKE: You do not need to carry your main luggage. Your luggage (maximum 12 kg) will be waiting for you at your accommodation each evening. You only carry your daypack during the hike.

WHO IS THIS TRIP FOR: We recommend practising an endurance activity (walking or cycling) once a week for two months before departure. You should be comfortable with several consecutive days of walking and an occasional sustained climb.

TERRAIN: The hike follows easy to moderately difficult paths and trails. The entire route is waymarked and suitable for anyone in good physical condition.

WALKING TIMES: Walking times are given as a guide only. They are average times based solely on actual walking time and do not include breaks. They are calculated on the basis of 300 m of ascent per hour and 450 m of descent per hour.

WATER: In general, there are numerous water points (fountains, taps and toilets) along the route. However, a water bottle with a minimum capacity of 1.5 litres is essential. Remember to refill it regularly, as some sections of almost 10 km have no water points.

CLIMATE: The climate along this route is varied. Average temperatures range from around 12°C in spring to 25°C in summer, with cooler temperatures in autumn. In summer, some places along the route offer opportunities for swimming and cooling off, while the sun can be particularly strong at higher elevations.

EQUIPMENT

THE BACKPACK

It should be large enough to carry your personal belongings for the day, with a capacity of around 30 litres. Choose a backpack with a hip belt (allowing the weight to rest on your hips), padded shoulder straps and a chest strap. You should always carry a warm layer, waterproof clothing, a water bottle, a first-aid kit and your personal belongings, as well as part of your picnic. In addition to a rain cover, a bin bag and two freezer bags are essential to protect your belongings effectively in case of rain.

YOUR LUGGAGE

With the luggage transfer service, your luggage will be waiting for you each evening. It should be a duffel bag or sports bag. Your luggage must be a soft-sided bag (no hard-shell suitcases). It must be in one piece and of a reasonable size (maximum 120 cm H x L x W) (PLEASE NOTE: it must not weigh more than 13 kg). Please limit your equipment and bring only what you need. If your luggage exceeds the weight limit, you will need to divide the excess into an additional bag, which will be charged separately. Bags must be ready by 8 am.

HIKING BOOTS

Choose hiking boots with good ankle support and flexible, grippy soles. They are an important factor in ensuring your hike goes smoothly. Above all, they should be comfortable, lightweight, waterproof and breathable. Good ankle support is essential. Do not set off with new hiking boots. Wear them on at least two or three hikes beforehand. Likewise, make sure your old hiking boots will not give way on the first climb.

CLOTHING

- A waterproof windproof jacket such as GORE-TEX (poncho-style rainwear is not recommended)
- A fleece jacket
- Trousers, shorts and T-shirts (avoid cotton and choose breathable fabrics)
- A change of clothes and personal clothing
- A swimsuit and towel (microfibre towels are recommended as they are lighter and dry more quickly)

SLEEPING EQUIPMENT

A lightweight sleeping bag (comfort rating 10°C) or sleeping bag liner (blankets are available in the gîtes along the Camino de Santiago).

PICNIC EQUIPMENT

1 individual airtight container (Tupperware-type), approximately 0.6 litres, cutlery, a plate and a cup.

SMALL ITEMS

Water bottle (minimum 2 litres per person).

A pair of telescopic hiking poles (depending on your usual practice)

Sunglasses and sunscreen

Hat or cap

A small toiletry bag with a towel

A torch or headlamp (for the night)

A pair of trainers or sandals (for the evening)

Toilet paper

Earplugs

A camera

Small personal first-aid kit (aspirin, plasters, Elastoplast, Compeed, etc.)