Nature Occitane
VOYAGES SPORTS & NATURE
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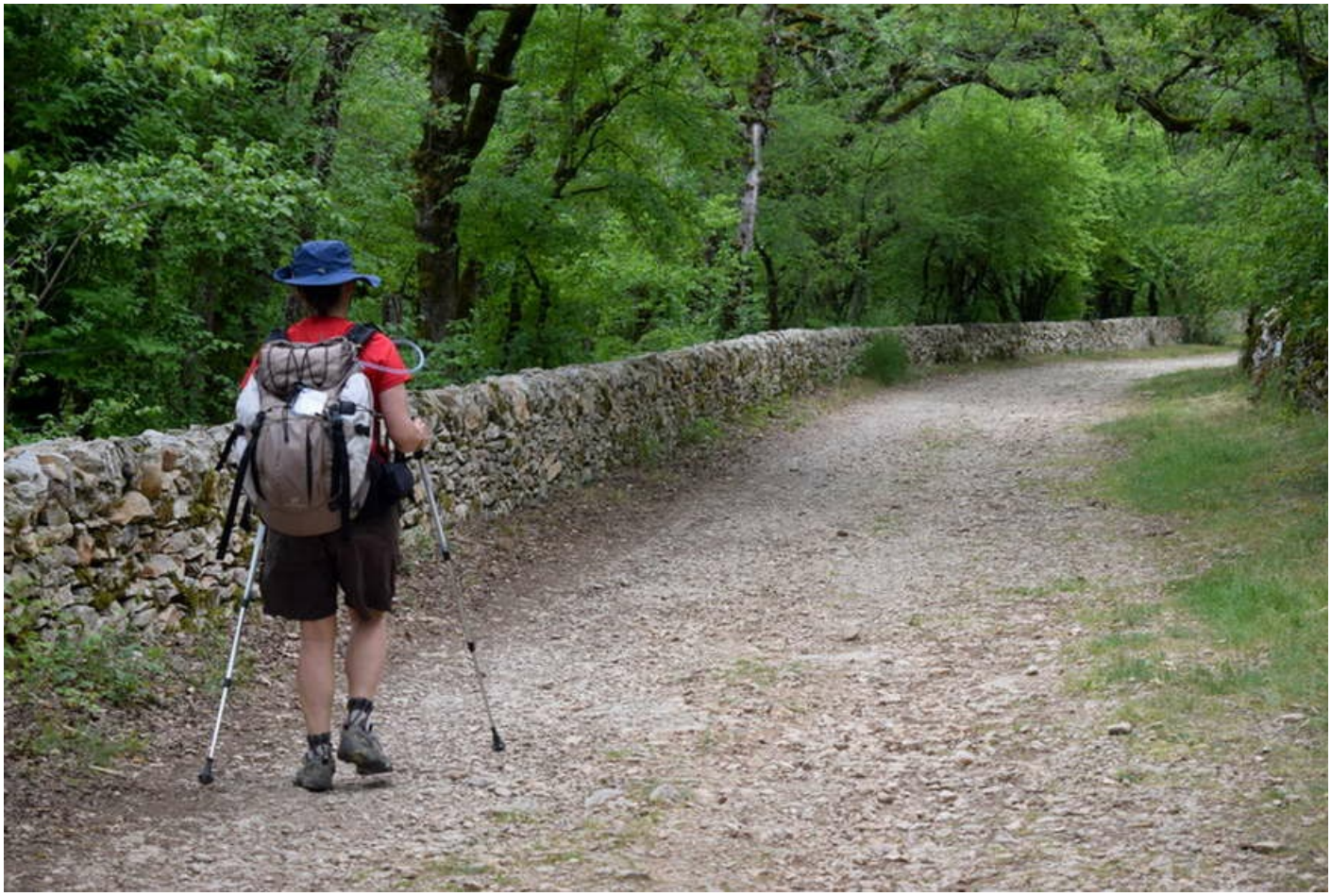

SELF-GUIDED HIKING ON THE CAMINO DE SANTIAGO: FROM CONQUES TO CAHORS

Walking tour along the Via Podiensis (GR65)

Set off on the Camino de Santiago from Conques to Cahors and continue your journey along the Via Podiensis (GR65), through the landscapes of the Aveyron and Lot regions.

From the Lot Valley to the limestone plateaus of the Quercy, this walking tour takes you through a wide variety of landscapes, including valleys, wooded hills, limestone plateaus and paths bordered by dry-stone walls.

Over the course of the stages, you will pass through Figeac, Cajarc and Limogne-en-Quercy before reaching Cahors, while discovering villages, rural heritage and iconic sites along the Camino de Santiago. An ideal itinerary to continue your journey beyond Conques and discover a new section of the GR65 at your own pace, with accommodation carefully selected by our team.

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 BÉDUER

12 km / +240 m / -150 m / Approx. 3 hours 30 minutes of walking

Leaving Figeac, you gradually leave the urban surroundings behind and enter more open countryside. The route climbs to higher ground and crosses rolling landscapes of meadows, woodland and farmland, with several viewpoints over the surrounding hills.

You continue walking through the Quercy to Béduer, a village located above the Célé Valley. This relatively short stage offers a gradual introduction to the more limestone-dominated landscapes that will characterise the rest of your journey towards Cahors.

Dinner and overnight in Béduer.

DAY 5: THE CAMINO DE SANTIAGO: FROM BÉDUER TO CAJARC

19 km / +300 m / -460 m / Approx. 5 hours 30 minutes of walking

Leaving Béduer, you continue your walk along the GR65 through the landscapes of the Quercy. The route alternates between wooded areas, limestone plateaus and open countryside, dotted with hamlets and dry-stone walls that reflect the rural character of the region.

During the stage, you pass through the Gréalou area before continuing towards the Lot Valley. The terrain gradually changes until you reach Cajarc, located on the banks of the river and surrounded by cliffs and limestone plateaus.

Dinner and overnight in Cajarc.

DAY 6: THE CAMINO DE SANTIAGO: FROM CAJARC TO LIMOGNE-EN-QUERCY

19 km / +380 m / -230 m / Approx. 5 hours 30 minutes of walking

Leaving Cajarc, you gradually leave the Lot Valley behind and return to the characteristic landscapes of the Quercy limestone plateaus. The walking trail crosses a more mineral landscape, alternating between limestone plateaus, oak woodland and open areas bordered by dry-stone walls.

Along the way, the route passes through hamlets and the Quercy countryside before reaching Limogne-en-Quercy. This stage offers the opportunity to fully discover the landscapes of the limestone plateau, which will accompany you as you continue along the Camino de Santiago towards Cahors.

Dinner and overnight in Limogne-en-Quercy.

DAY 7: THE CAMINO DE SANTIAGO: FROM LIMOGNE-EN-QUERCY TO MAS DE VERS

21 km / +190 m / -220 m / Approx. 6 hours of walking

Today's walk takes you through the characteristic landscapes of the Quercy limestone plateau. The trail winds through oak woodland, open countryside and paths bordered by dry-stone walls, in a rural environment shaped by the limestone landscape.

The route passes through several hamlets and small villages before gradually reaching the Mas de Vers area. This stage offers another opportunity to experience the peaceful landscapes of the Quercy, combining rural heritage and unspoilt nature.

Dinner and overnight in Mas de Vers.

DAY 8: THE CAMINO DE SANTIAGO: FROM MAS DE VERS TO CAHORS

18 km / +250 m / -390 m / Approx. 5 hours of walking

You have now reached the final stage of your journey. For this last day of walking along the Camino de Santiago, the trail alternates between woodland, open countryside and paths bordered by dry-stone walls, before gradually approaching the Lot Valley.

Your arrival in Cahors marks the end of your journey from Conques. Discover this historic town nestled in a loop of the Lot River and, in particular, the famous Pont Valentré, an iconic landmark of Cahors and the Camino de Santiago.

Our services end upon your arrival in Cahors.

We can also arrange an additional night in Cahors, as well as a return shuttle to Conques.

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Disclaimer
The stages and accommodation 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 in 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 be able to accept or decline this change compared with the initial services offered.

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					
From Conques to Cahors – 8 days / 7 nights *8 days / 7 nights*	€720	€770	€780	€720	€995
From Figeac to Cahors – 6 days / 5 nights *6 days / 5 nights*	€590	€560	€570	€470	€920
Comfort range					
From Conques to Cahors – 8 days / 7 nights *8 days / 7 nights*	-	€820	€830	€790	€1,190
From Figeac to Cahors – 6 days / 5 nights *6 days / 5 nights*	-	€670	€680	€530	€990
Premium range					
From Conques to Cahors – 8 days / 7 nights *8 days / 7 nights*	-	€990	€990	€820	€1,590
From Figeac to Cahors – 6 days / 5 nights *6 days / 5 nights*	-	€760	€770	€690	€1,290

NB: prices shown are per person.

NB: Price for the Conques to Cahors trip: 8 days / 7 nights.
A shorter Figeac to Cahors trip is also available: 6 days / 5 nights.

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

OUR PRICE INCLUDES :

DORMITORY PACKAGE:
- 7 or 5 nights in a dormitory in a gîte / hotel* or**

DOUBLE ROOM PACKAGE:
- Essential: 7 or 5 nights in a double room in a gîte / hotel* or**
- Comfort: 7 or 5 nights in a double room in a hotel** / guesthouse
- Premium: 7 or 5 nights in a double room in a hotel*** / charming guesthouse

SINGLE ROOM PACKAGE:
- Essential: 7 or 5 nights in a single room in a gîte / hotel* or**
- Comfort: 7 or 5 nights in a single room in a hotel** / guesthouse
- Premium: 7 or 5 nights in a single room in a hotel*** / charming guesthouse

TRIPLE ROOM PACKAGE:
- Essential: 7 or 5 nights in a triple room in a gîte / hotel* or**
- Comfort: 7 or 5 nights in a triple room in a hotel** / guesthouse
- Premium: 7 or 5 nights in a triple room in a hotel*** / charming guesthouse

QUADRUPLE ROOM PACKAGE:
- Essential: 7 or 5 nights in a quadruple room in a gîte / hotel* or**
- Comfort: 7 or 5 nights in a quadruple room in a hotel** / guesthouse
- Premium: 7 or 5 nights in a quadruple room in a hotel*** / charming guesthouse

For all packages:
- Half board from breakfast on Day 2 to breakfast on the last day
- Luggage transfer (1 bag of max. 13 kg per person)
- Digital roadbook
- Tourist tax

OUR PRICE DOES NOT INCLUDE :

- Transfers from your home to the starting point and from the end point of the trip
- Dinner on Day 1 and dinner on the last day
- Evening meals for nights in dormitories
- Registration fees of €20 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 price of your trip, to be taken out when booking)
- In general, anything not listed under “Our price includes”

Important: Depending on availability at the time of booking, we may have to apply supplements if an upgrade to a higher accommodation category is necessary 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 fees may apply.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Without luggage transfer	-€65
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	

Additional night in Cahors in a single room, half board	€90
Additional night in Cahors in a double room, half board	€65
Additional night in Cahors in a triple room, half board	€55
Additional night in Cahors in a dormitory, half board	€55
TRANSFERS	
Optional shuttle on 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	-€65
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Cahors in a single room, half board	€105
Additional night in Cahors in a double room, half board	€75
Additional night in Cahors in a triple room, half board	€78
Additional night in Cahors in a dormitory, half board	€0
TRANSFERS	
Optional shuttle on 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	-€65
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Cahors in a single room, half board	€215
Additional night in Cahors in a double room, half board	€115
Additional night in Cahors in a triple room, half board	€0
Additional night in Cahors in a dormitory, half board	€0
TRANSFERS	
Optional shuttle on 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.

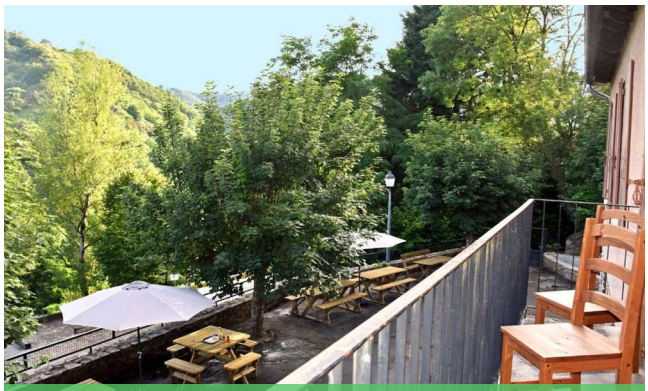
HOSTS

Essential range

YOUR ACCOMMODATION IN CONQUES

In the heart of Conques, this charming accommodation welcomes you in a traditional building with a warm and authentic atmosphere. The comfortable rooms and character of the property blend perfectly with the village's medieval setting.

A welcoming place, ideal for enjoying the atmosphere of Conques and relaxing before setting off on your walk along the Camino de Santiago.



Votre hébergement à Conques - Gamme Essentiel © Nature Occitane

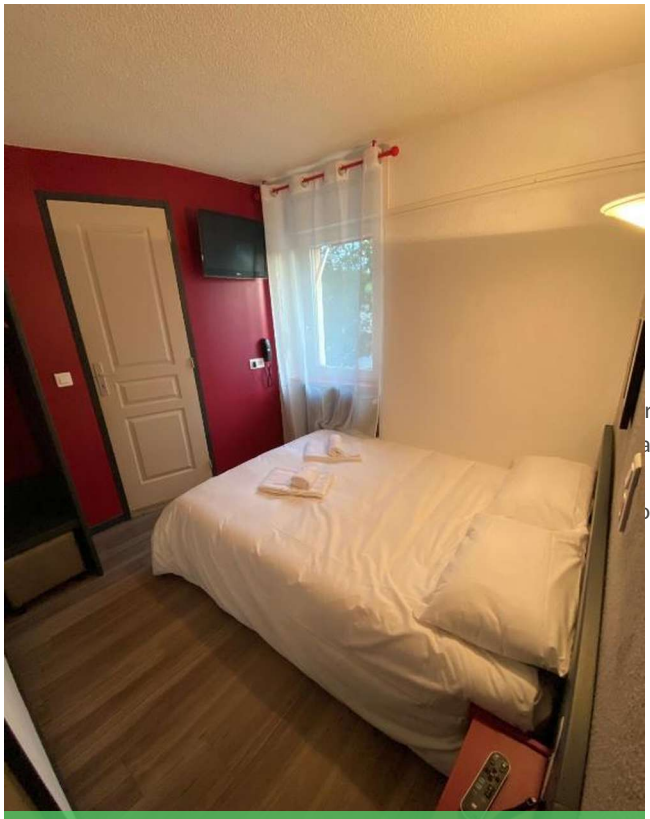
ers a welcoming and relaxing stop directly on the Camino de Santiago. The rooms and facilities are simple and comfortable, with a friendly atmosphere particularly suited to hikers.

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

mfortable stop along your journey. The functional rooms provide a well-akes it easy to explore the historic centre and its medieval streets.

A convenient place to enjoy your evening before continuing along the Camino the following day.



Votre hébergement à Figeac - Gamme Essentiel © Nature Occitane

rs a pleasant place to stay in the heart of the Quercy. Its intimate atmosphere, a peaceful break after a day of walking.

our journey towards Cajarc.

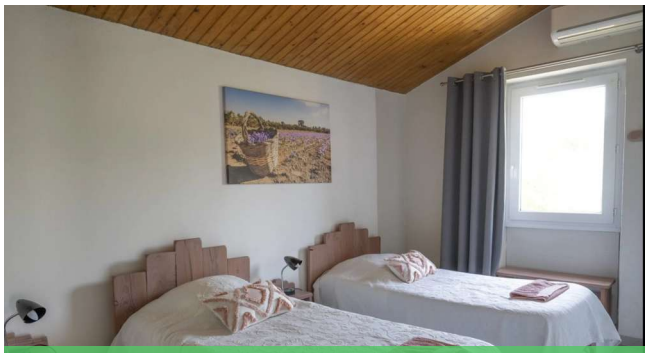
g close to the banks of the Lot River. Its comfortable spaces and relaxed

l its surroundings before returning to the landscapes of the Quercy limestone

Votre hébergement à Carjac - Gamme Confort © Nature Occitane

ed setting in the heart of Limogne-en-Quercy. Its comfortable spaces and peaceful atmosphere offer a pleasant break after a day of walking through the Quercy limestone plateaus.

A welcoming place to take the time to relax before continuing your journey.



Votre hébergement à Limogne-en-Quercy - Gamme Essentiel © Nature Occitane

eful surroundings in Lalbenque. The focus is on the essentials: an unpretentious setting, functional spaces and a relaxed atmosphere where you can rest after a day of walking.

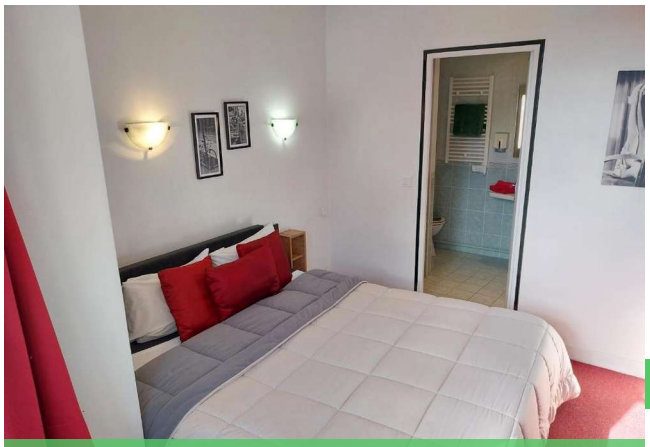
An authentic and straightforward place, perfectly suited to the spirit of a journey along the Camino de Santiago.

Votre hébergement à Mas-de-Vers / Lalbenque © Nature Occitane

YOUR ACCOMMODATION IN CAHORS

Set in a characterful building, this hotel offers a pleasant setting for your final stop in Cahors. The rooms, with their simple and comfortable décor, provide a welcome place to rest after several days of walking.

Its location also makes it easy to explore the historic centre and the city's heritage, allowing you to end your journey while enjoying the atmosphere 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 and carefully decorated rooms offer a relaxing atmosphere after exploring the village.

Its location close to the trail makes it easy to join the Camino as soon as you set off on your walk.

Votre hébergement à Conques - Gamme Confort © Nature Occitane

YOUR ACCOMMODATION IN LIVINHAC-LE-HAUT

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

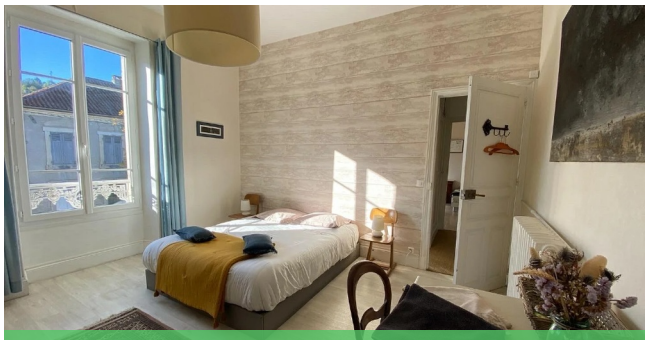
A pleasant place to rest after the day's walk and enjoy the peaceful surroundings of this village in the Lot Valley.

Votre hébergement à Livinhac-le-Haut © Nature Occitane

xing stop after a day of walking along the Camino de Santiago. You can enjoy

efore continuing your journey.

Its location also gives you the opportunity to explore Figeac's historic centre and discover the city's rich heritage.

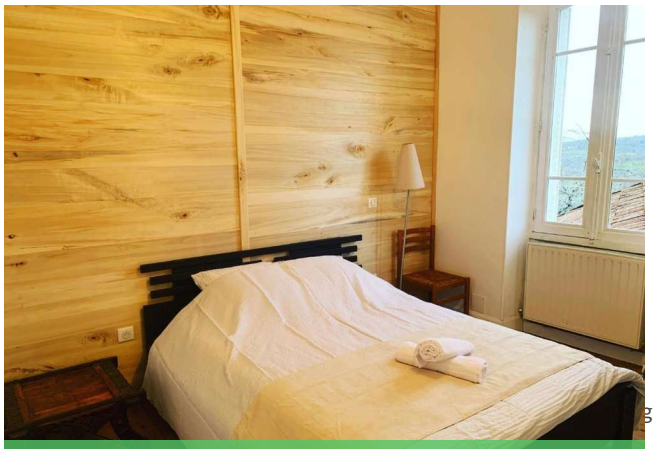


Votre hébergement à Figeac- Gamme Confort © Nature Occitane

YOUR ACCOMMODATION IN BÉDUER

This former forge, now converted into accommodation, welcomes you in the village of Béduer, surrounded by the typical landscapes of the Quercy. The character of the building and the simplicity of the setting create an authentic atmosphere, ideal after a day on the trails.

A peaceful stop where you can enjoy the village before continuing your walk towards Cajarc.



Votre hébergement à Beduer - Gamme Confort © Nature Occitane

g close to the banks of the Lot River. Its comfortable spaces and relaxed

After your walk, you can also take the time to explore Cajarc and its surroundings before returning to the landscapes of the Quercy limestone plateaus the following day.

Votre hébergement à Carjac - Gamme Confort © Nature Occitane

rcy, this guesthouse offers a pleasant break in the heart of the Quercy limestone landscapes. Its welcoming atmosphere and green surroundings invite you to slow down and fully enjoy the end of the day.

Votre hébergement à Limogne en Quercy - Gamme Confort © Nature Occitane

YOUR ACCOMMODATION IN MAS-DE-VERS/LALBENQUE

This charming guesthouse welcomes you in peaceful, green surroundings in the heart of the Quercy countryside. The house has a warm and intimate atmosphere, with comfortable spaces where you can unwind after a day of walking.

A relaxing stop away from the hustle and bustle, where you can fully enjoy the peaceful surroundings before continuing your journey towards Cahors.

Votre hébergement à Mas de Vers/Lalbenque - Gamme Confort © Nature Occitane

g, designed as a comfortable place to rest for travellers passing through. Its ceful setting after the final kilometres of your walk.

A pleasant place to end your journey and enjoy a relaxing arrival in Cahors.

Votre hébergement à Cahors - Gamme Confort © Nature Occitane

privileged setting on the banks of the Dourdou River. The comfortable and carefully decorated rooms invite you to relax in peaceful, green surroundings.

A lovely place to fully enjoy Conques before setting off on your journey along the Camino de Santiago.

Votre hébergement à Conques - Gamme Privilège © Nature Occitane

accommodation from 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 rooms and 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

ose to the historic centre of Figeac. The property offers a warm atmosphere, A comfortable place to enjoy a peaceful break after a day of walking, while remaining close to Figeac's rich heritage.

Votre hébergement à Figeac - Gamme Privilège © Nature Occitane

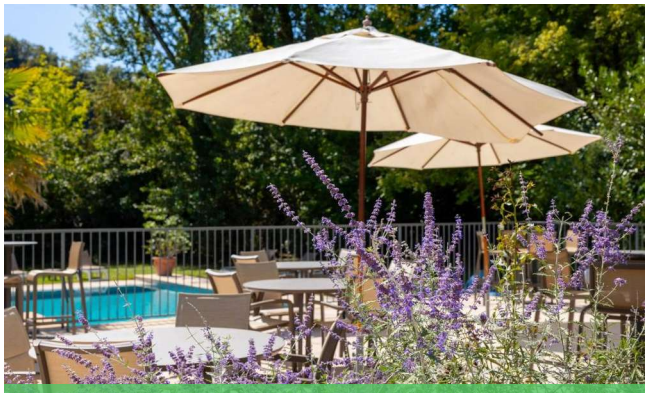
in Béduer, in the heart of the Quercy countryside. Its peaceful atmosphere offers a welcome break after a day of walking.

A relaxing stop before continuing your journey along the Camino de Santiago.

Votre hébergement à Béduer - Gamme Privilège © Nature Occitane

fers a pleasant setting for a stop along your journey. Its atmosphere invites e Quercy countryside.

A relaxing stop before continuing your journey through the landscapes of the Causses du Quercy.



Votre hébergement à Carjac en Gamme Privilège © Nature Occitane

in surroundings ideal for relaxation. The warm welcome and pleasant

atmosphere allow you to fully enjoy the end of the day after your walk.

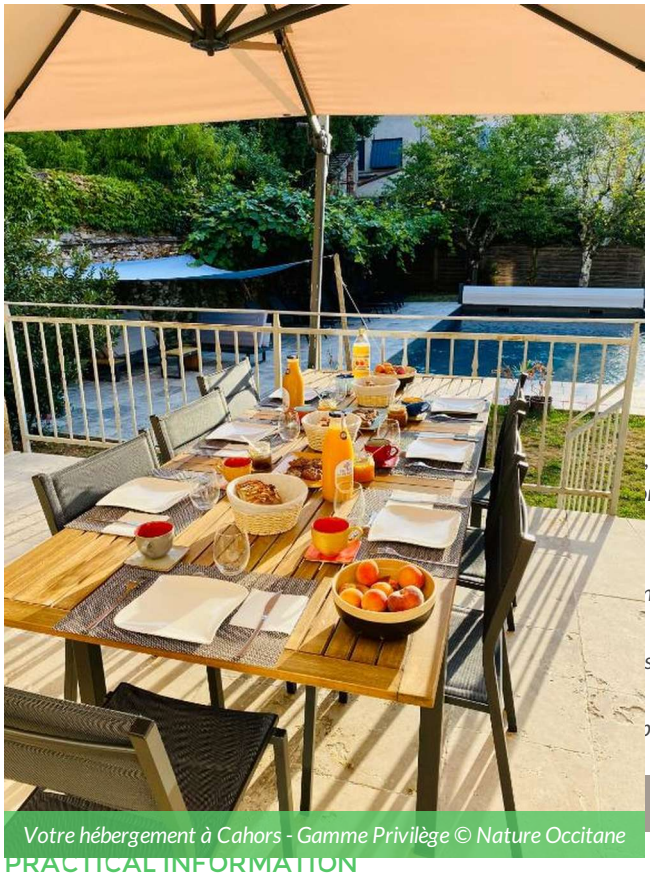
A simple and relaxing stop before returning to the landscapes of the limestone plateau and continuing your journey towards Cahors.

Votre hébergement à Mas-de-Vers/Lalbenque - Gamme Privilège © Nature Occitane

the heart of the Quercy countryside. Its warm atmosphere and pleasant
A comfortable stop where you can enjoy the tranquillity before continuing

YOUR ACCOMMODATION IN CAHORS

This guesthouse offers a warm and welcoming atmosphere, perfect for a well-deserved break during your journey. The pleasant setting and peaceful surroundings provide an ideal place to relax at the end of the day. A charming stopover to rest before returning to the trails of the Quercy region.



Votre hébergement à Cahors - Gamme Privilège © Nature Occitane

, clean and welcoming, with access to a daily shower. We have selected these
me you will receive. For nights in dormitories, you will need to bring a sleeping bag or

ng date, we may need to book alternative accommodation of the same category.

s is not available at certain stages, we will recommend nearby restaurants and refund

rovide a picnic, we will refund you €10 per person.

PRACTICAL INFORMATION

We recommend travelling by train to Conques and taking the shuttle from Cahors to Conques for your return journey.
GETTING TO THE STARTING POINT OF THE CAMINO DE SANTIAGO:
To help reduce your CO_2 emissions, we encourage you to use public transport.

MEETING POINT IN CONQUES:
Day 1, in the late afternoon in Conques.

END OF THE WALK IN CAHORS:
Day 8, upon your arrival in Cahors.

IF YOU ARE TRAVELLING BY TRAIN:

If you start your walk in **CONQUES:**
The nearest well-connected railway station is RODEZ. If you choose this option, we can arrange a private transfer to take you to Conques for the start of your walk.

Alternatively, the LiO Occitanie bus service runs between Rodez and Conques several times a day: LiO Occitanie

If you start your walk in **FIGEAC:**
Figeac has a railway station with numerous connections.
You can find further information on the SNCF Connect website, depending on your departure city.

IF YOU ARE TRAVELLING BY CAR:

If you start your walk in **CONQUES**:
A free car park for hikers is available approximately 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 approximately every 20 minutes.
Outside this period, the only way to reach the village from the car park is on foot: approximately 2 km, including 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 prefer assistance in reaching your accommodation.

FOR YOUR RETURN JOURNEY:
We can arrange **a shuttle** to take you back to your starting point, either **Conques** or **Figeac.**
Alternatively, if you wish to continue your journey by train, numerous connections are also available from Cahors.

LEVEL

DIFFICULTY LEVEL: Moderate (M) – Depending on the stages arranged with Nature Occitane. This is a self-guided, point-to-point walking holiday, with no transfers included during your walk (except luggage transfers). NB: If you feel tired on certain stages, you may have the possibility of travelling with the luggage transfer taxi.

LUGGAGE DURING THE WALK: You do not need to carry your main luggage. Your luggage (maximum 13 kg) will be transferred to your accommodation each evening. You only carry your daypack while walking.

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

TERRAIN: The route follows easy to moderately difficult paths and trails through the Aveyron and Lot regions. The entire itinerary is waymarked and is 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 approximately 300 m of ascent per hour and 450 m of descent per hour.

WATER: Generally, there are numerous water points (fountains, taps and toilets) along the route. However, carrying a water bottle with a capacity of at least 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 varies throughout the season. Average temperatures are around 12°C in spring and can reach approximately 25°C in summer, before becoming cooler again in autumn. In summer, some places along the route offer opportunities for a refreshing swim. The sun can also be particularly strong, especially at higher elevations.

EQUIPMENT

DAYPACK

Your daypack should be large enough to carry your personal belongings for the day, with a capacity of approximately 30 litres. Choose one with a hip belt to distribute the weight over your pelvis, padded shoulder straps and a chest strap. You should always carry a warm layer, waterproof clothing, a water bottle, a first-aid kit, your personal belongings and part of your picnic. In addition to a backpack 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 delivered to your accommodation each evening. It should be a duffel bag or sports bag. Your luggage must be a soft bag (no hard-shell suitcases). It must consist of a single piece of luggage of a reasonable size (maximum total dimensions: 120 cm – height + length + width) and must not exceed 13 kg. Please limit your belongings and only bring what you need. If your luggage exceeds the weight limit, you will need to place the excess items in an additional bag, which will incur an extra charge. Bags must be ready for collection by 8:00 am.

HIKING BOOTS

Choose hiking boots with good ankle support and flexible, grippy soles. Good footwear is essential for an enjoyable walking holiday. Your boots should above all be comfortable, lightweight, waterproof and breathable. Good ankle support is essential. Do not set off with brand-new boots. Wear them on at least two or three walks before your trip. Likewise, make sure that your older hiking boots are still in sufficiently good condition and will not give way during your first climb.

CLOTHING

- A waterproof and windproof jacket, such as a GORE-TEX jacket (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 underwear
- A swimsuit and towel (microfibre towels are recommended as they are lighter and dry more quickly)

SLEEPING EQUIPMENT

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

PICNIC EQUIPMENT

An individual airtight container (Tupperware-style), approximately 0.6 litres, as well as cutlery, a plate and a cup.

SMALL ITEMS

Water bottle (minimum 2 litres per person).
A pair of telescopic hiking poles, according to your usual walking habits.
Sunglasses and sunscreen.
Hat or cap.
Small toiletry bag and towel.
Torch or headlamp (for the night).
Trainers or sandals (for the evening).
Toilet paper.
Earplugs.
Camera.
Small personal first-aid kit (painkillers, plasters, elastic adhesive bandage, Compeed, etc.).