



ALONG THE VALLEYS TOWARDS CONQUES

Randonnée familiale de 7 jours -niveau facile-

(Tarifs en fin de document)

Point de départ : Les Bréfinies

Jour 1 : Les Bréfinies → Grand Vabre: 12 km

The farm of the Ânes de Monédiès (breeding of donkeys of the Pyrenees) from where you will begin your hike is located in the hamlet of Bréfinies crossed by the Way of St Jacques (GR65). Located in a green area, having in part below the Brousse stream and its green pastures and above the small village with three typical Aveyron houses made of shale stone and stone roofs.



On the heights of Les Bréfinies is the plateau of Almont-Les-Junies that you will cross at the beginning of your walk and from which you will be able to admire an exceptional panorama on the Monts du Cantal and the Plateau de L'Aubrac. You will then plunge through pretty chestnut groves to reach the Chapel of Monédiès. This pre-Romanesque chapel, one thousand two hundred years old, located in the heart of nowhere, was magnificently restored in 2003 by "Les Monuments Historiques", giving hikers the feeling of being back in the middle ages. This site lends itself

particularly well for a picnic break with its spring, its river below and the bell of the chapel that you will have the leisure to ring.

Your donkey will also appreciate this stop for its beautiful green and fat grass to graze. At the end of this day, you will reach the town of Grand Vabre where you will stop.

Grand Vabre

Les Ânes de Monédiès

Les Bréfinies, 12300 Almont les Junies

Tél. +33 (0)5 65 43 19 51 Portable +33(0)6 33 30 44 78

lesanes@monedies.fr

www.monedies.fr

Jour 2 : **Grand Vabre** → **Vieillevie**: 12,5 km

The picturesque village is located at the confluence of the rivers Dourdou and Lot and at the border of three departments, Aveyron, Lot and Cantal. On the heights of the village are charming hamlets, from which you can admire an exceptional panorama. The altitude varies from 199 to 609 meters on the whole commune.



The origin of the name Grand Vabre is not clearly defined. The research, explanations and various interpretations have been provided starting from studies based on words of Celtic or Latin origin as well as Occitan, through which, without giving any certainty, it is admitted that the name "Grand Vabre" could be the equivalent of "big village" or "big valley covered with trees" or "big valley of underground streams". Why in these places? Nothing precise on this point, except that the legend and the chronicles concerning Dadon, the hermit at the origin of the monastery of Conques, mention a retreat in this place of calm and solitude where he founded Grand Vabre. This event in the history of the village dates back to the 8th century, when Dadon withdrew from community life for a life of meditation.

Vieillevie

Jour 3 : **Vieillevie** → **Le Fel**: 10,5 Km

The charming village of the valley, where in the past renowned pig and horse fairs were held, lies at the foot of its remarkable 15th and 16th century castle with wooden hoardings. The small Romanesque church is decorated with historiated capitals and double-arched windows. Near Vieillevie, on the left bank of the Lot, Montarnal is built at the foot of its ancient fortress (XIII century) of which a decapitated round tower remains.



In this hamlet once resided the gabelous who hunted smugglers. The current church of Notre-Dame-d'Aynes, in neo-Gothic style, houses the relics of Saint Brandan, an Irish saint, which were brought back by Gauzfred de Montarnal, lord of the place, who left in 1066 to take part in the battle of Hastings at the side of William the Conqueror. Its relics are reputed to cure skin diseases. Our bivouac area is located a few meters from the river Lot which crosses Vieillevie.

Le Fel

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Jour 4 : **Le Fel** → **Entraygues**: 15 Km

Le Fel, this small picturesque village is located on a narrow ridge (about 500 meters above sea level) overlooking the Lot valley, a situation that makes it a real "street village" that stretches for nearly 300 meters. The impressive, breathtaking view is offered to visitors who cross the village.

The name of Fel remains attached to the old vineyard fixed, until the end of the 19th century, on the right bank of the Lot. Today, the vineyard "Entraygues le Fel" is located in the heart of the Lot valley, between Rouergue and Auvergne. It was in the 1st century A.D. that vineyard pioneers began extensive clearing work and soon the steep, rocky slopes of the gorges were transformed into vineyard terraces. The vineyard quickly spread throughout the valley, solidly anchored between the dry stone walls.



Historically, Le Fel was famous for its red wines, Entraygues for its whites. Today, the tradition continues with Fel producing only reds and rosés, and Entraygues producing all three colors, with a good proportion of white. The Camin d'Olt dominates the white grape varieties which are excellent with the cabécou of Fel, this goat cheese with which they have been marrying so well for a long time.

Surprisingly, one of the most important European centers of contemporary ceramics is located in Fel. In an atmosphere reminiscent of both the pure poetry of Richard Serra's sculptures and the singular audacity of the Guggenheim in Bilbao, each exhibition in the Don du Fel gallery benefits from a truly exceptional set-up. The Auberge du Fel is known for its excellent cuisine and warm welcome.

Entraygues

Jour 5 : **Entraygues** → **Golinhac**: 10 Km

Entraygues, "between the waters" as its name indicates in Occitan, is located at the confluence of the Lot and the Truyère. Entraygues would have been founded in the middle of the 10th century. The village has preserved its medieval alleys and houses from the XVth and XVIIth centuries, some of them with half-timbering and corbelling.



Entraygues is a strategic point at the crossroads of communication routes, at the intersection of the roads of the Auvergne and the Lot valley. For a good part of the year, the Lot river, swollen by the Truyère, allowed trade with other regions open to the Lot valley. This is how wine, rye and cheese were brought down to Cahors and the cod was brought up by gabare (a boat with a

flat bottom) from Bordeaux, giving birth to estofinado, a dish from Aveyron made of cod and potatoes. After a few days of walking in the middle of nature, Entraygues will seem like a big town (1000 inhabitants)...

Golinhac

Jour 6 : **Golinhac** → **Sénergues**: 11 Km

From Golinhac, you will walk on the mythical Way of Saint James, more precisely on the way of Puy en Velay (Via Podiensis). In the village, a cross was worked by pilgrims from Santiago de Compostela in the 15th century. This cross represents three shells and a pilgrim holding his drone (stick). The church of Saint Martin preserves the Romanesque foundations of an 11th century priory which depended on the abbey of Conques.



Near the village, at 684 m of altitude, the Puech de Regault offers a magnificent panorama on the valley of Entraygues, the Viadène, the mounts of Aubrac and Auvergne. Also called "the hill of the glance", we can see the Plomb du Cantal (Auvergne) by good weather.

Retour aux Bréfinies

Jour 7 : **Sénergues** → **Conques**: 11Km

Sénergues has been crossed since the 11th century by the pilgrims of Saint Jacques de Compostelle, who left from Le Puy en Velay to reach Conques. Sénergues also has a church dedicated to Saint Martin, as well as a castle built at the end of the 16th century. It is a vast seigneurial residence with trefoil windows.



Conques, the medieval town

The view of Conques is striking for those coming from the west. Nestled on the side of the wooded hill that appears before the walker on the opposite bank of the Dourdou, this magnificent medieval village exposes its tiers of slate roofs where the three towers of the Sainte Foy basilica dominate.

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There is too much to see for everything to be described: the basilica of course and what we have been able to reconstitute of the cloister, but also the half-timbered facades in "X" filled with schist, the corbelled houses, the chapel of St. Roch (XVIth) on the rocky mound, the castle of Humières with its high tower and its mullioned windows, the Romanesque door of Vinzelle by which the pilgrims used to leave, a tower of the old enclosure, etc.

Recognized as one of the "Most Beautiful Villages of France", Conques collects titles of nobility. The abbey of this "Grand Site de Midi-Pyrénées" is classified as a World Heritage Site by UNESCO.

At the end of your trip, we will pick you up in Conques (10 min drive back to Les Bréfinies).

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- Rando 7 jours -

(niveau facile)

Three options of organization and accommodation " NATURE, COMFORT or MIXED " with different formulas possible

- Rando Organisée : **CIRCUIT NATURE** -

1st night at Les Bréfinies (Night before the departure of your hike)

Yurt

Formula 1

- Half board (evening meal and breakfast)
or

Formula 2

- Full board (evening meal, breakfast and picnic basket)

*No hotel service at the Yurt: We provide you with all your meals. For dinner, for example: salad, melon, barbecue, aligot, dessert, wine....
For your breakfast in self-service: Coffee, tea, milk chocolate, cereal, fruit juice, bread, jam...
For your picnic basket : Bread, butter, cheese, ham, tomato, fruit, cookie... Kitchen and sanitary facilities at your disposal.



2nd night near the village of Grand Vabre

Family tent in bivouac

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Formula 1 and 2



- Lodging only (you will find restaurant and grocery store in the village to organize your meals)

*Our family tents: Two bedrooms with mattresses and a large living room. Sheets, blankets and towels included.

3rd night in Vieillevie
Family tent in bivouac

Formula 1 and 2

- Lodging only (you will find restaurant and grocery store in the village to organize your meals)

*Our family tents: Two bedrooms with mattresses and a large living room. Sheets, blankets and towels included.

4th night at Fel

Family tent at the campsite

Formula 1

-Lodging only (you will find restaurant and grocery store in the village to organize your meals)
or

Formula 2

-Half board (evening meal and breakfast)
Grocery store in the village to organize your picnic basket

5th night in Entraygues sur Truyère

Bed and Breakfast

Formula 1

- Lodging only (you will find restaurant and grocery store in the village to organize your meals)
or

Formula 2

- Half board (evening meal and breakfast)
Grocery store in the village to organize your picnic basket

6th night in Golinhac

Gîte

Formula 1 and 2

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- Half board (evening meal and breakfast)
Grocery store in the village to organize your picnic basket

7th night in Espeyrac
Communal lodge

Formula 1

- Lodging only (you will find restaurant and grocery store in the village to organize your meals)
or

Formula 2

- Half board (evening meal and breakfast)
Grocery store in the village to organize your picnic basket

Please note that it is possible to include a last night in Conques at the end of your trip.

Rates

7 days and 7 nights per person
 "All-inclusive packages
 (Except drinks out of menu)

Circuit Nature <i>Location d'un âne - 7 jours</i> <i>Cartes et topoguide</i> <i>Récupération à Conques au terme de votre séjour</i>	Circuit Confort <i>Location d'un âne - 7 jours</i> <i>Cartes et topoguide</i> <i>Récupération à Conques au terme de votre séjour</i>
492 €	492 €
Formule 1 <i>Draps et serviettes inclus</i> 5 nuitées en Demi-pension 2 nuitées en Pension complète	Formule 3 <i>Draps et serviettes Inclus</i> 5 nuitées en Demi pension 2 nuitées en Pension complète
Adulte : de 530 à 562 € Enfant (-10 ans) : de 434 à 466 €	Adulte : de 581 à 613 € Enfant (-10 ans) : de 485 à 517 €
Formule 2 <i>Draps et serviettes inclus</i> 7 nuitées en Pension complète	Formule 4 <i>Draps et serviettes inclus</i> 7 nuitées en Pension complète
Adulte : de 591 à 623 € Enfant (-10 ans) : de 484 à 516 €	Adulte : de 642 à 674 € Enfant (-10 ans) : de 535 à 567 €

*The rates are given for the high season and as an indication in all cases we will establish you a personalized estimate. To do so, please fill out the information form on our site under the heading "Online form for quotation".