



CAMIN D'OLT 3 CASTLES LOOP

Randonnée familiale de 5 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). Situated in a green area, with the Brousse stream and its green pastures in the lower part and the small village with three typical Aveyron houses made of shale stone and roofs of lause in the upper part. 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 to 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

his 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. Various researches, explanations and interpretations have been provided based on studies of words of Celtic or Latin origin as well as Occitan, whereby, 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 waterways".

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, found 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** → **Espeyrac**: 15 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.

Espeyrac

Jour 4 : **Espeyrac** → Conques: 14 km

Sitting on a rocky promontory facing the valley, Espeyrac was built in an amphitheater with steep streets and stairways. The three Dazes, three streams born on the surrounding plateaus, meet at its feet offering a green nature seducing the hikers. The book of miracles of Sainte-Foy tells the story of an inhabitant of Spariacus, "Guibert l'illuminé", miraculously cured in 960.



While returning from a pilgrimage to Conques, the unfortunate Guibert was attacked by the henchmen of his master who suspected his steward of wanting to steal a female conquest. Despite his proclamations of innocence, the barbarians tore out his eyes. Once they had left, two birds came secretly to collect Guibert's eyes, before flying off in the direction of Conques. A year after this misfortune, Saint Foy appeared to Guibert and explained that she had prayed for his recovery. She invited him to go to Conques the next day, the day before the feast of his martyrdom. When he arrived at Conques, Guibert spent the night in prayer. That night Guibert recovered his sight.

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. 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 go back, 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 UNESCO World Heritage Site;

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Retour aux Bréfinies

Jour 5 : **Conques** → **Refined**: 10,5 km

You will return to Les Bréfinies by taking the Chemin de St Jacques (GR65) passing by the Chapelle Ste Foy de Conques from where you can ring the bell hoping for the response of the bells of the Abbey. You will then join the plateau by passing by the farms of Aujols and Lissoulière. You will then follow a welcoming forest trail that winds through the woods and offers welcome shade on hot summer days. The end of your walk will take you to the lovely flowery hamlet of Clémenties from where you will reach Les Bréfinies.

This five-day hike does not involve any major difficulty.

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- Rando 5 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 (dinner 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

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 a restaurant and a 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 in Espeyrac

Gîte communal d'Espeyrac

Formula 1 - Lodging only (you will find a 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 Conques

Ste Foy de Conques Abbey

Formula 1 - Half board (dinner and breakfast)
Grocery store in the village to organize your picnic basket
or

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Formula 2 - Full board (evening meal, breakfast and picnic basket)

*If you wish another type of accommodation in Conques (gîte, hotel or bed and breakfast),
please let us know

Please specify, so that we can provide you with an estimate.

Please note that it is possible to include in our proposal a last night at the end of your journey in a yurt, family tent or small village hotel with half board (dinner and breakfast).

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Rates

5 days and 5 nights per person
 "All-inclusive packages
 (Except drinks out of menu)

Circuit Nature <i>Location d'un âne - 5 jours</i> <i>Cartes et topoguide</i>	Circuit Confort <i>Location d'un âne - 5 jours</i> <i>Cartes et topoguide</i>
339 €	339 €
Formule 1 Draps et serviettes inclus 4 nuitées en Demi pension 1 nuitée en Pension complète	Formule 3 Draps et serviettes Inclus 4 nuitées en Demi pension 1 nuitée en Pension complète
Adulte : de 389 à 419 € Enfant (-10 ans) : de 299 à 329 €	Adulte : de 414 à 446 € Enfant (-10 ans) : de 326 à 358 €
Formule 2 Draps et serviettes inclus 5 nuitées en Pension complète	Formule 4 Draps et serviettes inclus 5 nuitées en Pension complète
Adulte : de 436 à 466€ Enfant (-10 ans) : de 343 à 373 €	Adulte : de 461 à 493 € Enfant (-10 ans) : de 368 à 399 €

*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 website under the heading "Online form for quotation".