



CAMIN D'OLT BY THE TIPI DE L'ERMITAGE DU FRAYSSE

Randonnée familiale de 6 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

This 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.



Dadon Chapel

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

This charming village in the valley where renowned pig and horse fairs were once 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.



Chateau de Vieillevie

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

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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 World Heritage Site by UNESCO.



Conques

Jour 5 : Conques → Le Fraysse: 12,5 km

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At the end of this stage, you arrive at the place called Le Fraysse, whose Occitan name means "the ash tree". Away from any civilization, your camp in the middle of nature awaits you for a night in a tepee set up in a green and wild meadow crossed by the Monédiès stream where your children will enjoy splashing around. Before nightfall you will have the opportunity to walk in the forest around you to collect wood so that once the night falls you can light a campfire around which you will meet for an unforgettable evening.



At the Tipi you will find calm, serenity, intimacy, and complicity in family. This little corner of paradise will be entirely dedicated to you during your visit.

Games for the children and everything you need to prepare your evening meals (barbecue, salad...) your breakfast and your picnic basket for the next day will be waiting for you on your arrival.

Le Fraysse is also known for its peppermint, which has always grown here, and which is harvested in May, June, July and August, and which - like all our pastures and meadows - is certified Organic Agriculture by EcoCert. Leave with a small bunch which, once dried, will turn into an herbal tea that will remind you of your vacations...!



(Beware, some wild plants may be naturally poisonous; eat only if you are sure you recognize them)



Retour aux Bréfinies

Jour 6 : Le Fraysse → Refined: 10,5 km

You will leave the Ermitage du Fraysse by the Chemin des Bagnards to the typical small farm of

Embrousse. From there, you will head towards a welcoming forest trail that winds through the woods and offers welcome shade on hot summer days. Your steps will then lead you on the Way of St Jacques - GR65 (mythical Way leading walkers and pilgrims since centuries towards the city of St Jacques de Compostelle in Spain) from where you will be able to appreciate an exceptional panorama on the Massif Central chain. A few kilometers further on you will reach the lovely flowery hamlet of Clémenties where many hikers enjoy stopping for a picnic. You will then go down a tree-lined path to Les Bréfinies.

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



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- Rando 6 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 in Espeyrac
Gîte communal d'Espeyrac

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 Conques
Ste Foy de Conques Abbey

Formula 1

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

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 so that we can give you an estimate.



6th night at Le Fraysse

Tipi

Formula 1 and 2

- Full board

(Evening meal, breakfast and picnic basket)

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*No hotel service at the Tipi: We provide you with all your meals. For dinner, for example: local cold cuts, tomato salad, grilled meat to be made by yourself on the barbecue, vegetables, 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, biscuit.... Outside shower and dry toilet. This stage is systematically proposed in full board because there is no possibility of provisioning near the Tipi.



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



Rates

6 days and 6 nights per person
"All-inclusive packages
(Except drinks out of menu)

Circuit Nature <i>Location d'un âne - 6 jours</i> <i>Cartes et topoguide</i>	Circuit Confort <i>Location d'un âne - 6 jours</i> <i>Cartes et topoguide</i>
396 €	396 €
Formule 1 <i>Draps et serviettes inclus</i> 4 nuitées en Demi pension 2 nuitées en Pension complète	Formule 3 <i>Draps et serviettes Inclus</i> 4 nuitées en Demi pension 2 nuitées en Pension complète
Adulte : de 453 à 485 € Enfant (-10 ans) : de 353 à 385 €	Adulte : de 487 à 519 € Enfant (-10 ans) : de 387 à 419 €
Formule 2 <i>Draps et serviettes inclus</i> 6 nuitées en Pension complète	Formule 4 <i>Draps et serviettes inclus</i> 6 nuitées en Pension complète
Adulte : de 498 à 531€ Enfant (-10 ans) : de 395 à 427 €	Adulte : de 533 à 565 € Enfant (-10 ans) : de 429 à 461 €

*Rates are given for the high season

and for information only

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".