



THE HERMITAGE OF FRAYSSE

Randonnée familiale de 4 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-LesJunies that you will cross at the beginning of your walk and from where 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 hermitage of Fraysse, from there you will venture into the valley of the stream of Monédiès where you will pass by the Pre-Romanesque Chapel, one thousand two hundred years old, located in the heart of nowhere and which was magnificently restored in 2003 by "Les Monuments Historiques" thus giving to the hikers the feeling of having returned to the middle ages

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

At the end of this day, you will reach the town of Grand Vabre where you will stop. 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.



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 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, 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.

Grand Vabre

Jour 2 : **Grand Vabre** → **Conques**: 12 km

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 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.



Conques

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Jour 3 : Conques → Le Fraysse: 12,5 km

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...!



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Retour aux Bréfinies

Jour 4 : **Le Fraysse** → **Les Bréfinies**: 10,5 km

You will leave Le Fraysse by the Chemin des Bagnards to Embrousse. You will then follow 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) from where you will be able to appreciate an exceptional panorama on the chain of the Massif Central. A few kilometers further on you will reach the lovely flowery hamlet of Clémenties where many hikers and pilgrims enjoy stopping for a picnic. You will then go down a tree-lined path to Les Bréfinies.



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- Rando 4 jours -

(niveau facile)

Two options of organization and accommodation "NATURE or COMFORT

- 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

Formula 1

- Half board (evening meal and breakfast)

or

Formula 2

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

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

3rd night in Conques

Ste Foy de Conques Abbey

Formula 1

- Half board (evening meal and breakfast)

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.

4th night at Le Fraysse

Tipi

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Formula 1 and 2 - Full board

(Evening meal, breakfast and picnic basket)

*No hotel service at the Tipi: We provide you with all your meals. For dinner, for example: local cold cuts, tomato salad, 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.

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Rates

4 days and 4 nights per person

"All-inclusive packages

(Except drinks out of menu)

Circuit Nature <u>Draps et serviettes inclus</u> Location d'un âne - 4 jours Cartes et topoguide	Circuit Confort <u>Draps et serviettes inclus</u> Location d'un âne - 4 jours Cartes et topoguide
282 €	282 €
Formule 1 Draps et serviettes inclus 2 nuitées en Demi pension 2 nuitées en Pension complète	Formule 3 Draps et serviettes Inclus 2 nuitées en Demi pension 2 nuitées en Pension complète
Adulte : de 303 à 333 € Enfant (-10 ans) : de 250 à 280 €	Adulte : de 326 à 356 € Enfant (-10 ans) : de 273 à 303 €
Formule 2 Draps et serviettes inclus 4 nuitées en Pension complète	Formule 4 Draps et serviettes inclus 4 nuitées Pension complète
Adulte : de 324 à 356 € Enfant (-10 ans) : de 279 à 311 €	Adulte : de 342 à 375 € Enfant (-10 ans) : de 294 à 326 €

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

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