

THE WAY OF URBAIN V ®
FROM AUBRAC TO THE CITY OF THE POPES

Between Ispagnac and Anduze

On this long-distance footpath from Lozère to Vaucluse passing also through the department of Gard, you will be following in the footsteps of – and seeing some of the great works accomplished by - Urbain V, who gives his name to this Way. Born at Grizac, in Lozère, Urbain V became the 12th French Pope of Avignon, and played a major role in the introduction of Gothic art and architecture into the Gévaudan region. He was the founder of the splendid cathedral at Mende, and also of many other notable churches which you will be able to see along the Way.

The Way of Urbain V takes you past several UNESCO World Heritage sites. Besides following part of the Way of Saint James (of Compostela), you also go through a section of the Causses (high limestone plateaus) and part of the Cévennes. Next you will see the pont du Gard and eventually end your journey at Avignon with a visit to the Palace of the Popes, the famous Pont d'Avignon bridge, the city walls and the Rocher des Doms.

In summary, this long walk takes you from Nasbinals and the Way of Saint James to the citadel of the Popes at Avignon.

A journey rich in culture, history and natural beauty awaits you!

PROGRAMME

FL237

8 days - 7 nights - 6 days' walking.

DAY 1: ISPAGNAC

Arrive at the hotel at the end of the afternoon; have dinner and pass the night.

DAY 2 : ISPAGNAC – COCURES

17 km

A few metres after you have left Ispagnac, you cross the river Tarn using the pont de Quézac, an old bridge that was built at the instigation of Urbain V. During this day's walk, you overlook the Tarn valley and pass through several villages. Among these is Florac where there is a château which is the headquarters of the Cévennes National Park and Bédouès, whose chapelle Saint Saturnin features some very interesting neo-Gothic decorations. 100 metres further on is the church built by Urbain V on the site of his parents' tomb. Then you reach Cocurès.

DAY 3 : COCURES – GRIZAC – PONT DE MONTVERT (off the GR for 3km)

23 km

On this day's walk, you pass through very few villages. You walk to Grizac which contains the château where Urbain V was born. In summer you can visit an exhibition here, which is devoted to him. Several hundred metres



after leaving Grizac, you leave the GR 670 in order to follow the GR 70 (Chemin de Stevenson) for 3 km. You pass the night at Pont de Montvert.

DAY 4 : PONT DE MONTVERT – ST PRIVAT DE VALLONGUE

17.4 km

You retrace your steps for 3 km in order to get back to the junction of the GR 670 and 70. You then come to the Signal de Ventalon which reaches a height of about 1350m. From here there is a splendid view over the Cévennes and Mont Lozère. After coming down from this hill top you arrive at the ruins of the château de Bellegarde. From here, the rest of your day's walk brings you to Saint Privat de Vallongue where you should make sure you visit the église Notre Dame de la Salette (church).

DAY 5 : ST PRIVAT DE VALLONGUE – ST GERMAIN DE CALBERTE

18.3 km

During this day's walk you will catch a view of the Rhône valley and Mont Ventoux from the col de la Jalcreste. You will also see large numbers of old cultivation terraces, still retained by their dry stone walls. You end today's walk at Saint Germain de Calberte where you spend the night.

DAY 6 : ST GERMAIN DE CALBERTE – ST JEAN DU GARD

22 km

Today's walk takes you through the little old town of St Etienne Vallée Française, and then over the col of St Pierre (695 m), before you arrive at St Jean du Gard, a little town of the south of France, in the land of vines and mulberry trees!

DAY 7 : ST JEAN DU GARD – ANDUZE

15.5 km

This is where you begin your descent into the flat land of the Gard. You approach le Gardon through the valley of Mialet. This section of your walk is particularly interesting from the point of view of its natural history. In addition you can see the Cévennes bamboo forest which covers 15 hectares, before you reach Anduze, the gateway to the Cévennes.

DAY 8: ANDUZE

Your holiday ends here, after breakfast.



*The crossing of the Causses and the Cévennes, the descent into the Gorges of the Tarn
The visit to the birthplace of Urbain V
The Pont du Gard*

DATES

From the beginning of May to mid-October, on dates of your choice, though depending too on the availability of hotels.

It is advisable not to book this holiday in July, as the weather tends to be very hot.

Please indicate on the booking form any alternative dates which might suit you as well as your first choice holiday dates (e.g. if you could bring your holiday forward, or delay it, for a few days). This will enable us to arrange alternative bookings if hotels etc are fully booked for your first choice dates.

We also urge you to **book as early as possible**. We do not keep places reserved in hotels and some of them may be fully booked several months in advance.

THE PRICE INCLUDES

- half board accommodation

LA PELERINE Randonnées et Voyages à pied
32 Place Limozin 43170 SAUGUES
Tél : +33 (0)4 71 74 47 40 \ contact@lapelerine.com \ www.lapelerine.com



- Transportation of bags
- your guidebook (1 guidebook for 1- 2 people.)
- holiday tax

THE PRICE DOES NOT INCLUDE

- packed lunches/midday meals
- insurance
- drinks and personal expenses
- travel between your home and the holiday area. Buses or taxis to get back to your car or to shorten certain days' walks
- car park fees
- cost of booking the holiday and of posting documentation etc to countries outside France
- transport between stations, airports and your hotel on arrival and departure.

ARRIVAL / DEPARTURE

Reception at the beginning of the holiday is at your first hotel, the evening before your first day's walking. You can leave your car in front of the hotel or in the little square near to the hotel.

Your holiday ends the morning after your last day's walking, after breakfast.

LEVEL OF DIFFICULTY 🧑🏃🧑🏃🧑🏃

Medium.

The days' walks range from 18 km to 28 km; there are no real difficulties.

ACCOMMODATION

Hotels ** and ***, inns and bed and breakfast. Showers and WCs may be on landings or on the next floor above or below in certain establishments.

ATTENTION: Bedrooms will not be available until after 16 H.

If two hotels are full, we may have to arrange for you to spend 2 nights at the same place of accommodation and organise transportation. This will not change your walking route. If this happens, details will be given to you at the time of booking. **There may be an extra charge for this.**

FOOD

Breakfasts will be traditional (often in the form of a buffet) and are served around 8 H. If you need an earlier breakfast tell the hotel the night before if possible.

Dinners are usually served from 19 H 30; they mainly consist of the 'menu du jour' (the meal for that day). In most places there will be no choice of menu unless you pay a supplement.

TRANSPORTATION OF BAGS

Your bags will be carried by TRANSBAGAGES (Tel: 04 66 65 27 75) between each of the places you stay at, either at the end of the morning or during the afternoon.

Baggage will be delivered by 18 h.

There may be an extra charge for the transporting of bags after the beginning of October.

ATTENTION:



We ask you to place your bags in the entrance hall of each place of accommodation every morning at 8 H. YOU MUST HAVE ONLY ONE BAG PER PERSON, MAXIMUM WEIGHT 13KG. If you have more than 1 bag, or if you exceed this weight limit (13 kg), the transporter may charge you extra at the end of your holiday, or even refuse to carry your bag at all if it is too big or cumbersome.

We advise you to have a small rucksack in which to carry, on your back, the things you need for each day's walk.

If you are part of a group, please show on your luggage labels the NAME of the person in charge of your group (i.e. the person who booked your holiday).

WALKERS' INFORMATION PACK

So that you can follow this walk successfully, we will send you, when we get payment for the holiday, **the guidebook Le Chemin Urbain V, GR 670 (The Way of Urbain V) (1 guidebook for 1 to 4 people)**.

LIST OF THINGS TO TAKE WITH YOU

- a small rucksack for your packed lunch and other things you need for your day's walk
- a personal medical/first aid kit (plasters, new skin, eosine, alcohol) (In French : sparadrap, double peau, éosine, alcool....)
- a good pair of hill-walking boots/shoes (do not set off in completely new boots ; test them first!)
- sun-glasses, sun-cream and a sun-hat
- waterproof outer garments
- light footwear for the evenings
- a water bottle: it is important to drink at least 1.5 to 2L of water per day
- a small knife
- a torch (not indispensable)
- pair of binoculars (if desired)
- paper handkerchiefs
- needle, thread, and one or two safety pins.

EXAMPLES OF EQUIPMENT FROM OUR PARTNER: VERTICAL



CARRYING:

- **Rucksack aventure 40L**, the volume of this rucksack is ideally suited to long-distance walking. 40 litres is sufficient for those who know how to walk in comfort, carrying the necessary minimum of belongings, using equipment and clothes which are light and compact.

OR

- **Rucksack 5L Polyvalent**: This multi-use bag is a useful lightweight, small-volume rucksack for a day's walk.
- **Front pack (Compartment avant) Trail**: This is a walker's bag worn on the front of the chest. This distributes the weight carried by the walker in front and behind, reducing strain and improving comfort.

EXAMPLES OF HIKING CLOTHES MADE BY VERTICAL TREKLIGHT:

Think of comfort and breathability...



-Chemise (shirt) AUBRAC, slightly tapering, long sleeves in recycled polyester which combines comfort and technical sophistication and weighs only 300g.

-2ème couche (second layer) ANTARA: Only 295 grams! Warm, stretchy and very light. The inside is textured and the outside is smooth, giving extra wind-proofing.

-Rain cape (Cape de pluie): Minimum weight and bulk for a true rain cape. Vertical's MP+ membrane makes it waterproof and breathable. This practical garment comes with a full-length zip which can be opened in hot weather.

The + Vertical: The roomy shaped extension in the back allows the cape to be used in conjunction with a rucksack of large capacity, which it can cover completely to protect from rain. The cape comes with a stuff bag for storage.

-Pantalon (hiking trousers) CoolTrek: These are very comfortable thanks to their elasticity and the fact that they are reinforced where necessary. They are one of Vertical's classics. With four pockets these trousers are very practical and come at a feather-weight of 380g.

-Casquette + Rabat (hat with rear sun-shield): Head-covering is essential in hot sun.

The + Vertical: The removable sun-protection flap at the back allows you to adapt the hat to suit the conditions.

-Bâtons Alu (walking poles) Trek Light: 280 grams for one. Indispensable for long walks. The screwing system means that they can always be kept at your ideal length.

INSURANCES

Our insurances, **Contrat Assistance Plus** (Wide-ranging Assistance) and **Contrat Sérénité** (Premium) are **individual** and **optional**. They must be bought **AT THE VERY LATEST 8 WORKING DAYS** after your holiday is booked. **They cannot take effect unless the full price of your holiday has been paid.**

Subscription to our insurances is open to all, irrespective of what country you come from.

The total price of the insurance Contrat Assistance Plus (Assistance/Rapatiation) is from 1.70% of the price of the holiday. The only thing it takes into account is the price of the holiday.

The total price of the Contrat Sérénité (insurance for Assistance/Rapatiation, insurance against cancellation and the interruption of your holiday) is from 3.6 % of the price of the holiday. It takes into account the price of the holiday and the extra charges (supplement for individual bedroom, supplement for single holidaymaker, extra nights, possible extra transport costs ...etc....).

If you cancel the holiday and you haven't subscribed to our insurance against cancellation, we will hold back the cancellation fees.

The amount of these fees depends upon the date of cancellation:

- 1) more than 30 days before departure: 50 € of administration fees per person
- 2) between 30 days and 22 days before departure: 25% of the total cost of the holiday.
- 3) between 21 days and 15 days before departure: 50% of the total cost of the holiday.
- 4) between 14 days and 8 days before departure: 75% of the total cost of the holiday.
- 5) between 7 days and 2 days before departure: 90% of the total cost of the holiday.
- 6) less than 2 days before departure: 100% of the total cost of the holiday.

In all cases (including those of more than 30 days), a sum of 50 € per person will be retained for administration fees.

➤➤ If the person with whom you intend to share a bedroom cancels, you will be asked to pay the extra charge for a single bedroom.

For cancellation **before your departure**, contact La Pèlerine on +33 (0)4 71 74 47 40, who will deal with the various procedures.



During your holiday, before you do anything else, contact **ASSISTANCE MUTUAIDE** on +33 (0)1 45 16 43 47 (if you have subscribed to the contrat assistance plus) or **SERVICE SINISTRE ASSURANCE** on +33 (0)5 32 09 21 81 (if you have subscribed to the contrat sérénité).

If you have any questions about your insurance contract, call the Hot Line on **05 32 09 21 81**.

If you do not turn up on your departure day, or if you abandon your holiday during the course of it without any justified explanation, you will not be entitled to any reimbursement.

An example of the contract, detailing the guarantees you have subscribed to and the procedures to follow, will be sent to you at the same time as your booking is confirmed, or on demand.

CHANGING YOUR BOOKING:

ATTENTION!

Administration fees (50 €) will be kept back for **all changes to a booking that has already been made** (type of bedroom, departure date, number of people etc).

Any booking of **extra nights** at the beginning or the end of your holiday **must be done at the time of booking** and must be specified on the booking form. Once bookings have been confirmed, any booking of extra nights must be arranged directly with the establishments concerned, and payment must be made at the time.

LA PELERINE WISHES YOU A VERY ENJOYABLE HOLIDAY

