

THE WAY OF SAINT JAMES OF COMPOSTELA
Figeac – Rocamadour - Cahors
The Via Arverna between Rocamadour and Cahors

At Figeac, the pilgrim has a choice, according to the guidebooks, between two routes:

- the GR65, which goes through Cajarc and the Causse de Limogne
- the GR651, which follows the valley of the Célé

Both these routes are very beautiful, of equal length, and are well provided with accommodation. They join up again just before Cahors, where the river Célé joins the river Lot.

However, in ancient times many pilgrims chose to make a detour through **Rocamadour**, seen as a holy town since the earliest days of Christianity, and nowadays the second most visited tourist destination in France. Some present-day pilgrims who wish to visit this magical place have nevertheless been put off doing so for want of a proper guidebook explaining how to walk there and where to stay when they get there. Now this guidebook exists and we are able to offer you the information you need.

Extract from the book Miam Miam Dodo

PROGRAMME

JL062

8 days, 7 nights and 6 days' walking.

DAY 1: FIGEAC

Arrival at the hotel at the end of the afternoon; have dinner and spend the night here.

DAY 2: FIGEAC - LACAPELLE-MARIVAL

23 Km

Leave the town where Champollion (the first translator of Egyptian hieroglyphics) was born, and which is also situated on the Way of Saint James. You take the direction towards Cardaillac. First the Way goes to the Church ('église') of St Thomas, then it follows the road that goes to the camp site of the Carmes (Carmelites) and through the tiny village of la Curie. Once you reach Cardaillac, 10km from Figeac, you follow signs leading to St Bressou which you pass through on the way to Lacapelle Marival.

DAY 3: LACAPELLE-MARIVAL - GRAMAT

23 Km

Here there is a 13th century château which is well worth looking at. Then, after leaving the village by the N. 140, you head for Rudelle which you pass through (note the 13th century church); next you pass through Ruyres and Themines. After this you go to the Hôpital de Beaulieu in order to finally reach Gramat.

DAY 4: GRAMAT - ROCAMADOUR

14 Km

This is quite a short day, giving you time to have a proper look round Rocamadour. First you pass by the Moulin du Saut (Mill of the Waterfall). You should be aware that in very wet weather the section between the



Pont du Moulin de Saut and Rocamadour can be impassable. If this is the case, you will have to walk along the road, taking the alternative route towards Blanat le Souci.

DAY 5: ROCAMADOUR – LABASTIDE MURAT

26 Km

Setting off on this day's walk, you leave the GR 6 and then follow the GR 46 until you reach Vers. Passing through meadows, woods and villages, and going through the valley of the Alzou, you approach the region of Quercy....

DAY 6: LABASTIDE MURAT - VERS

27 Km

This is the penultimate day's walk before entering the 'Natural Park', the Parc Régional Naturel du Quercy. You walk through flat land, sometimes wooded, along the side of the river Vers. There are many pastures where lambs graze, and you can also see some vineyards.

DAY 7: VERS - CAHORS

21 Km

You leave the GR 46, in order to follow the GR 36 and the Lot until you reach Cahors. You walk through open country, or along the riverside, following old towpaths.

DAY 8: CAHORS

Your holiday ends after breakfast.



This is a variant of the Way of Saint James, passing through Périgord. It enables you to explore Rocamadour, its architecture and its history.

DATES

From the 1st May to the 1st November, this holiday is available at dates which suit you, provided that the hotels are not booked up.

Please indicate on your booking form any other dates which might suit you equally well (for example if you would be willing to move your holiday a few days forward or backwards). This would be helpful if one or more hotels are not available on the dates you first chose.

We also ask you to **book as early as possible**. We don't keep places reserved in the hotels and some of them can be fully booked up months in advance.

THE PRICE INCLUDES

- Half-board accommodation
- The carrying of your luggage by vehicle during each day's walk (depending on the option chosen)
- Providing you with our own guidebook for the holiday (there is one of these for every four people)
- Tourist tax.

THE PRICE DOES NOT INCLUDE

- The midday meal or picnic
- Insurance
- Drinks or personal expenses
- Transport between your home and the starting and finishing points of the holiday, or any buses or taxis you take to get back to your car or to shorten the day's walk.



- Parking charges
- Booking fees
- Extra charge for postage outside France.

ARRANGEMENTS FOR THE BEGINNING AND END OF THE HOLIDAY

You should arrive at your first hotel on the afternoon or evening of the day before your first walking day. If you come by car, there is free parking 200 m from the hotel.

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

LEVEL OF DIFFICULTY

Medium.

ACCOMMODATION

Hotel 2** and bed and breakfast. Showers or toilets might be on a landing or on the floor above or below in some establishments.

ATTENTION: You will not be able to go into the bedrooms before 16 H.

If two places of accommodation are full up, we may have to accommodate you for two nights in the same establishment and organise transport. This will not affect the planned route of your walk. If this is the case you will be given full information on your booking confirmation. A supplement may be payable.

MEALS

Breakfasts are traditional, often in the form of a buffet, and are served around 8am.

If you would like to have your breakfast earlier than this, talk to the hotel staff the night before, if this is possible.

Dinner (the evening meal) is normally served from 19h30 onwards. It usually consists of the menu of the day (there is no choice of menu in most of the establishments).

REPAS DE MIDI

Packed or picnic lunches are not included in our prices.

You can either order them directly from the hotel the night before (by paying between 6 and 10€ per person, depending on where you are staying) or you can buy them in the villages you go through, if there are shops etc.

TRANSPORT OF LUGGAGE

Your luggage will be transported by a **baggage transport company** between each of your places of accommodation at the end of the morning or during the afternoon.

ATTENTION:

We ask you to leave your luggage in the entrance of each of your places of accommodation at 8 H and to make sure that you have **NO MORE THAN 1 BAG PER PERSON, WEIGHING NO MORE THAN 14KG**; if you have more than one bag, or if your bag weighs more than 14kg, the transporter may charge you extra at the end of your holiday, or simply refuse to carry your luggage altogether if it is too cumbersome.

We strongly suggest you carry a small rucksack to hold the things you will need for each day's walk.



If you belong to a group, please show on your luggage labels the NAME of your group leader (i.e. the person who booked the holiday).

ACCESS

Train:

*GETTING THERE: Gare SNCF (Railway station) de Figeac (05 65 80 28 55)

* GOING HOME: Gare SNCF (railway station) at Cahors: line Toulouse / Paris via Brive.

Try to make sure that you do not end your holiday at the weekend or on a public holiday. It is much harder to travel on French railways on those days.

For information about French railway services (SNCF): Tel: 36 35 (within France) or www.sncf.fr (has an English version)

Car:

*Getting there: Figeac is in the Department of Lot. Carte (Map) Michelin n° 75.

You can leave your car next to the hotel in Figeac.

*Return: You need to arrange transport from Cahors to Figeac:

You can travel back with TRANSBAGAGES (04 66 65 27 75). This should be booked when you book your holiday, but it can also be arranged directly with the Transbagages company.

BOOK THIS TRANSPORT AS EARLY AS POSSIBLE; We can arrange this booking for you, but it is not included in the price of the holiday.

YOUR TRAVEL PACK

To enable you to carry out your walking holiday successfully we will send you when we receive payment, a guidebook which we have put together (1 guidebook for 1 to 4 people).

LIST OF THINGS TO TAKE WITH YOU

- a small rucksack for picnic lunches and other things you need on each day's walk
- walking poles
- first aid kit (sparadrap [elastoplast], double peau ['New skin' or equivalent], alcohol etc.)
- a pair of walking shoes suitable for hill-walking. Use them before coming on holiday, to check that they are comfortable enough for a week's walking.
- sunglasses, suncream and sunhat
- waterproofs
- light footwear for the evenings
- a water bottle. You need to drink 1.5 to 2L water per day
- a small knife
- a small torch (if desired)
- binoculars (if desired)
- paper handkerchiefs/tissues
- needle, thread and one or two safety pins.
- a compass



EXAMPLES OF SUITABLE EQUIPMENT PRODUCED BY OUR PARTNERS:

VERTICAL

RUCKSACK:

Aventure 40L, a very suitable volume for a walking holiday. It contains all you need, is made of light material and does not take up too much space.

OR

- **5L Polyvalent**: This small, all-purpose rucksack is very useful for one-day walks.

- **Compartiment avant Trail (a chest-bag for wearing on your front)**: This fixes easily on to your chest at the level of your braces. It balances the weight carried in front and behind and gives you more comfort on a long walk.



CLOTHING MADE BY VERTICAL TREKLIGHT:

For walking, think of comfort but also breathability...

- **Shirt AUBRAC**, slightly shaped, with long sleeves in recycled Polyester which combine comfort and effectiveness for a weight of only 300g.

- **2nd layer ANTARA**: 295 grams ! Warm, stretchy and very light. The inside has a 'brushed' surface; the outside is smooth. This gives good protection against the wind.

- **Rain cape**: Minimum weight and inconvenience for an excellent rain cape. It uses the membrane MP+ of Vertical, making it waterproof yet breathable. It has a practical design with a built-in zip which can be opened all the way in hot weather.

The + Vertical: This design feature, a section in the back which will open out, enables you to adapt your cape to the size of your rucksack up to 60-70L, thus keeping the rucksack dry as well as yourself. The cape comes with a stuff bag.

- **CoolTrek leggings**: These are very comfortable, stretchy and reinforced in the right places. This is one of the classics of the Vertical range. With its four pockets it is very practical to wear and use, yet it has a feather-weight of only 380g.

Cap with flap: An indispensable item for protecting your head. The + Vertical: The removable sun-flap allows you to adapt the cap to the weather conditions.

- **Alu Trek Light walking poles**: 280 grams (weight of one pole). A necessity for walkers. They have a screw-lock adjustment system which makes them highly effective.

INSURANCE

Our insurances, Contrat Assistance Plus (Assistance étendue) and Contrat Sérénité (Premium) are individual and optional. If you sign up for them it must be AT THE LATEST, 14 WORKING DAYS after booking the holiday, and the insurance cannot take effect until after you have paid the full cost of the holiday. Anybody can take out one of our insurances, whatever their country of residence.

The total cost of the Contrat Assistance Plus (insurance for Assistance/Rapatiation) is set at 1.70% of the cost of the holiday. It takes into account only the cost of the holiday.

The total cost of the Contrat Sérénité (insurance for Assistance/Repatriation, cancellation and interruption of the holiday) is set at 3.6 % of the price of the holiday. It takes into account the cost of the holiday and the extra charges (for individual bedrooms, for a single holidaymaker, extra nights and possible extra transportation etc).

If you cancel the holiday yourself, if you haven't taken out our insurance for cancellation, the cancellation fees will be retained by us.



The size of the cancellation fee depends on the date of cancellation:

- 1) more than 30 days before the planned 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 two days before the departure date: 100% of the total cost of the holiday.

In all cases of cancellation, even if it is more than 30 days before the planned starting date of the holiday, a fee of 50 € per person will be retained by us to cover administration costs.

➤➤ If the person with whom you planned to share a bedroom cancels their holiday, you will be billed for the individual supplement for that bedroom.

If you have to cancel your holiday **before you set off**, contact La Pèlerine on +33 (0)4 71 74 47 40, and we will do whatever is necessary.

During your holiday, your first action in such a situation should be either to contact **ASSISTANCE MUTUAIDE** on +33 (0)1 45 16 43 47 (if you have taken out the insurance contrat assistance plus) or **SERVICE SINISTRE ASSURANCE** on +33 (0)5 32 09 21 81 (if you have taken out the insurance contrat sérénité).

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

Not turning up at the beginning of the holiday, or abandoning the holiday after you have begun it with no explanation, will disqualify you from reimbursement.

An example of an insurance contract, detailing the guarantees it gives you and the procedures you have to follow to make a claim, will be sent to you either at the time you make your booking – or at any other time if you ask for it.

**CHANGING YOUR BOOKING:
ATTENTION!**

Administration fees (50 €) will be kept by us for **any change you make in a booking already made** (e.g. for type of bedroom, departure dates, number of people etc).

If you want to book **extra nights** at the beginning or the end of your holiday this **must** be done **at the time of booking** and be specified on the booking confirmation sheet. Once bookings have been confirmed, if you want to arrange extra nights this must be done directly with the establishments concerned, and paid for at the time.

