

# Conques to Cahors



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the  
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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



Follow The Camino



Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY

  
Stage 3 of 6

  
134.9km

  
8 days

  
Comfort

  
Moderate

Starting from  
**€1051**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

**17.4** min | **22.5km** average | **30.3** max

Ascent:

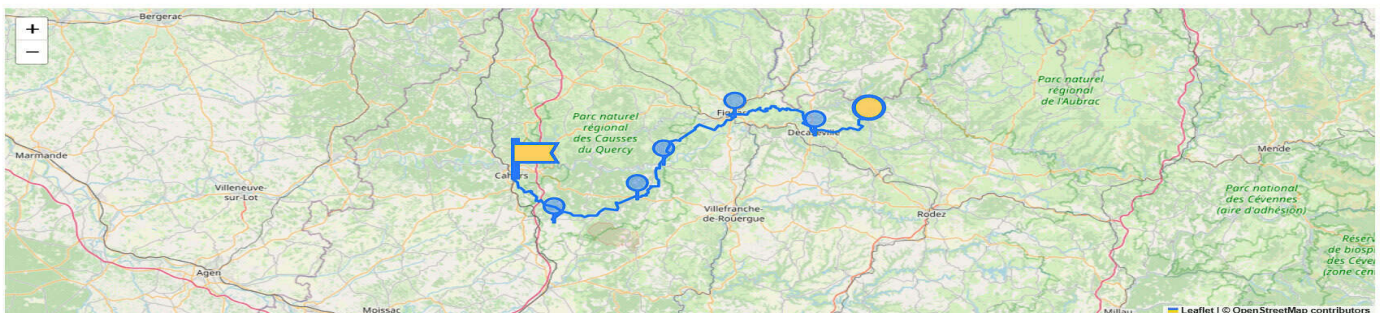
**237** min | **538.8m** average | **823** max

Cardio:

**2 3.2 4**

From Conques to Cahors, this third section links two of the prettiest cities of the whole Le Puy route. Leaving the cobbled streets of Conques, the Camino runs through the gentle hills of the Aveyron region before continuing into Le Lot on the far side of the river. This gentle section of the Via Podiensis allows for ample exploration away from the daily hike. Walking along wall-lined tracks on the high plateaux, drinking coffee on shaded terraces in peaceful villages, sightseeing at UNESCO World Heritage sites, these are part of the daily experiences pilgrims can enjoy during this section.

## Map



## Services

### Included in this package

- ✓ Bed & Breakfast
- ✓ Specially Hand-Picked Accommodation
- ✓ Our Holiday or Pilgrim Pack
- ✓ 24/7 On-Call Support
- ✓ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day  
1  
km

### **CONQUES**

If there is any place that has always been linked to the Le Puy Camino, Conques is surely one of them. Its UNESCO World Heritage Romanesque abbey has drawn pilgrims since the 9th Century as the church is home to the relics of Sainte-Foy. Nowadays, this mediaeval village set on the banks of the river Dourdou is still a popular place along the Camino and the scenery surrounding the town adds even more interest.

Day  
2  
18.9 km

### **CONQUES -> DECAZEVILLE**

Once across the UNESCO World Heritage bridge over the river Dourdou, the day starts with a steady climb up to the chapel of Sainte-Foy. We then continue through woodlands and green hills, through the village of Noailhac and Saint-Roch chapel before reaching Decazeville. Here, we will stop to stay the night.

Day  
3  
29.5 km

### **DECAZEVILLE -> FIGEAC**

As we leave the Aveyron region to enter Le Lot, we a change in the landscape and feel the influence of the Les Causses high plateaux as we approach Figeac. Between Montredon and Figeac, we also walk on a whole stretch listed as a UNESCO World Heritage site. Our destination for the night is Figeac, which has been recognised as one of the 18 Great Sites of Occitania, a historic region spanning the South of France and parts of Spain and Italy.

Day  
4  
30.3 km

### **FIGEAC -> CAJARC**

There are many ups and downs during this long walking day but it also means lots of beautiful views. Leaving the pretty town of Figeac, we quickly go up to the high plateaux. The rocky ground preserves the wilderness of the landscape, and dolmens, shepherds' stone shelters, and stone crosses are the only regular sights encountered. The leg of the Camino between Faycelles and Cajarc is listed by UNESCO as a World Heritage site. We eventually arrive in Carjac, a pretty village on the banks of Le Lot River.

Day  
5  
17.4 km

### **CAJARC -> LIMOGNE EN QUERCY**

Today is a peaceful walk as the Camino runs through the quiet woodland and farmland of La Causse. It is a relatively easy walk where we can take our time to admire the surrounding wildlife and to wander through scattered isolated hamlets. The small town of Limogne En Quercy is our stop for the night.

Day  
6

20.9 km

### LIMOGNE EN QUERCY -> LALBENQUE

We continue our way through the natural park of Les Causses, mainly along flat forest tracks. More dolmens and old shepherds' shelters can be seen today and after a very pleasant and enjoyable walk, we arrive in Lalbenque. When you are looking for a meal in the town, why not try the local delicacy: the highly esteemed black truffle!

Day  
7

17.9 km

### LALBENQUE -> CAHORS

Today again, the area covered by the Camino is part of the UNESCO World Heritage list. We will come across a good few 'caselles', the typical shepherds' stone shelters and we also pass through a scattered hamlets. As we approach Cahors, we can enjoy great views over the mediaeval town, before reaching the final destination of this section. Cahors is known for its fine gastronomy, including regional specialties of foie gras and truffles.

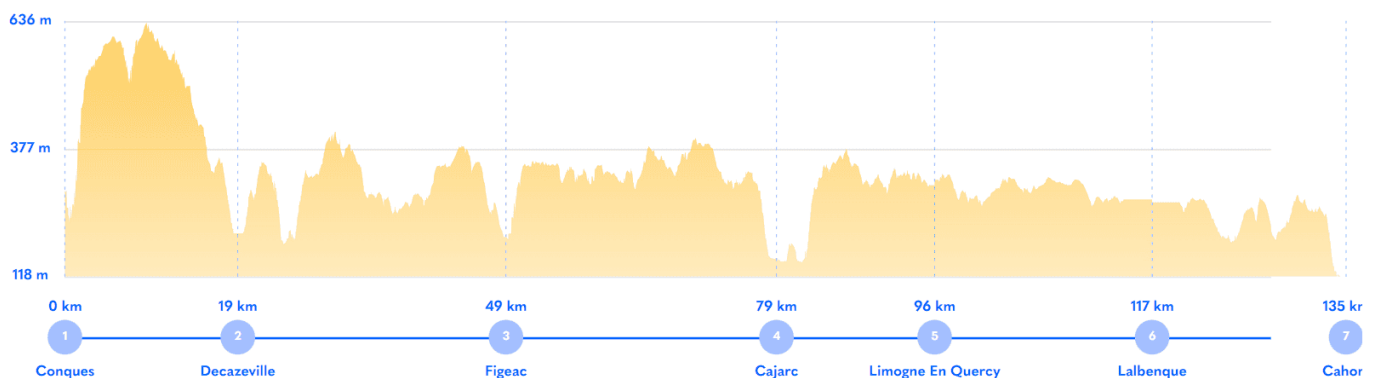
Day  
8

km

### CAHORS

After breakfast, we bid you farewell. If you wish to stay longer, you can wander the mediaeval streets with their red bricks, grey limestone, and ochre sandstone creating a wonderful backdrop for photos. A visit to the cathedral in the centre of town is also a must.

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007**. As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience**. Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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