

Botanic Ramble in the steps of Saint Jacques at Saint Guilhem le Désert

At a gentle pace set by the 'pack' donkeys... 7 days of rambling guided by Florence, pilgrim, botanist, geobiologist... 7 days to live with nature, at the leisurely pace of our animals and to discover the countryside - its history, its botany, its hidden secrets... from St. Guilhem le Désert to Angles, a delightful escorted wandering, with our bags carried by our 'pack' donkeys, between the 6 and 13 of June 2020



You are invited to join the route to Arles in its wildest part, through breath-taking scenery, which one can only see on foot...

From the mediterranean heath baked by the sun to the cool shade of the beech forests on the Plateau of the Lakes, from the Asphodel with white slender foliage (whose flowers should be fading as we pass) to the delicate orchids and drosera of the bogs (sundews), you are invited to discover the botanic marvels on display to please the eye, to get to know them and, to drink herbal teas in the gîtes.

Let's discover the forgotten sites which our forebears frequented on foot long before us: from here you will absorb a landscape - both full of inspiration and geobiology - a highlight of our expedition.

Accommodation awaits in group gîtes and bed and breakfast as 3/4 beds per room, **all full board**. The evening meals for some, will be provided by the gîtes, for the rest cooked by our courier, while we will bring a picnic lunch carried by our donkeys.

The stages have been set very reasonably at about 20 km per day, achievable by everyone in reasonable heath, even without any great preparation. The presence of a courier able to join us via the route several times a day, will be reassuring to some: and in the event of unforeseen tiredness, it will be possible to complete the day's stage by car. The group will be made up of 10 to 12 persons..

OUTLINES OF OUR ROUTE



The Arles Way, the most meridional part of the antique route, united provençals and Italians to travel to Galicia passing through St. Guilhem, following the Larzac, then the Espinouse and the lakes to get to Castres and Toulouse. Then they crossed the Gers and marched to the Pyrenees via the valley of Aspe, by the pass of Somport, to descend again in to Spain towards Puente la Reina to rejoin the other the other routes of the "Camino Francès".

Following this route, our steps are as follows:

Saturday 06/06: Meeting point in Saint Guilhem late afternoon for those making their own way, or bus from Montpellier train station for those coming by train.

Sunday 07/06: From Saint Guilhem to st Jean de la Blaquiere: 20km. After a steep climb to get us going we will meander along the stony plateau of saint Baudille, through the village of Arboras and its castle before descending to Saint Jean de la Blaquiere. B&B overnight.

Monday 08/06: from St Jean de la Blaquiere to Lodeve: 15km. An easy walk. After a walk through the heather we reach the woods with a varying arboretum depending on the soil. We detour through the monastery of Grandmont, a geobiological curiosity, which was the old main seat of the austere order of the "grandmontains", before descending to Lodeve. Overnight stay in a small gite.

Tuesday 09/06: from Lodeve to Joncels: 20 km. leaving the mediteranean vegetation we are off to the Mont d'Orb, full of its own history. The magnificent 360o view from the top of the Baraque pass, will make our efforts all the more worthwhile. That night, we will be hosted in an inn in Joncels, which is a fortified village and home to one of the most ancient abbeys in the area.

Wednesday 10/06: from Joncels to Servies: 22km. first we cross Lunas and its castle then le Bousquet d'Orb. We then move onto a beautiful forest on the slopes of the mont d'Orb. Our walk will take us through the forest tracks along the summit of totally wild countryside before arriving at the gite at the Hameau de Servies.

Thursday 11/06: from Servies to Fagairolles: 21 km. a gentle start through the bottom of the valley before the tracks through the beech forest towards st Gervais sur mare. We then go up through the mar valley with the beautiful and abrupt hills of the l'Espinouse on our left. Passing little hamlets far from everything, a Visigoth sight and then a last climb to Fagairolles to get to our gite.

Friday 12/06: from Faigerolles to la Moustouse: 21km. This stage takes us up to 1080m (easy enough as our gite was at 978m) before a relaxing walk down to Murat sur Vebre with a mehir museum. In the distance you can see the glistening water of the lac of Laouzoas det in the mountain grass lands. We will then walk along its edge to reach the hamlet of Moutouse where we will have a well deserved rest in our last gite.

Saturday 13/06: from Moutouse to Angles: 21 km. Today we follow the river Agout and the atlantic estuary including beech forests and fields of spring flowers ready for picking. In the damp fields we get to spot ????? and a few menhirs. Our last steps take us to our end point of Angle sat about 4 pm, where we will meet our courier ready to take anyone who so wishes to Castres.



Contact : Florence HERVE En Gout 81 110 DOURGNE

Tel : 05.63.50.13.23. ferme.engout@orange.fr



USEFUL INFORMATION

Walking tour with donkeys to carry our bags. A car and courier will join us twice a day.
Medium walking pace.

All inclusive with a courier. Groups are limited to 10 in order to run more smoothly.

For ecological and practical reasons, the walk is from “station to Station”. We provide transport:

- from Montpellier or Carcassonne to Saint Guilhem on Saturday 06/06 in the afternoon.
- From Angles to Castres or Carcassonne on Saturday 13/06

Cost : 750 euros. Payment in stages is possible and a reduction of 5% for couples.

Signing up deadline: 30/04/2020

Included

- a botanical, geological trip touching on local history, the history of the Saint Jacques way as well as géo biology and telluride energy.
- Overnight shared accommodation (3/4 beds per room)
- All inclusive: breakfast, pic-nic lunch, hot evening meal and snacks.
- Donkeys carrying all the bags
- A courier to help.
- Transport at the end and beginning, to and from the stations

Not included

- travel to Montpellier and from Castres.
- Alcoholic & Non alcoholic beverages
- Single bedroom

This is suitable for anyone with a medium level of fitness and basic sports gear: walking shoes, sticks and a small ruck sac.

Assurance Responsabilité Civile Professionnelle : AN 818 103, Generali Assurance

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BULLETIN D'INSCRIPTION

Name Surname.....
 Adress.....
 Post Code..... Town.....
 Email..... Age
 Mobile..... Home phone.....
 Profession.....



I the undersignedwish to take part in the botanical walk along the Saint Jacques route from the 06th - 13th June 2020.

I agree to pay a deposit of 250 euros

I agree to stick to the set times, plan and security measures.

Signature.....date.....

I have included a medical certificate, certifying I am fit to take part in this walking tour.

Please, tick	What is your botanical level ??	Cochez	How used to walking are you ?
<input type="checkbox"/>	Total beginner (except daisy)	<input type="checkbox"/>	I walk now and then
<input type="checkbox"/>	I love but i don't know much	<input type="checkbox"/>	I do moderate exercise
<input type="checkbox"/>	I m Passionate about it	<input type="checkbox"/>	I m constantly out walking

Please state any medical problems or allergies:

.....

Thank you! Once we have exited your payment, you will receive a clothing and equipment list and a more detailed description of the walk.

General disclaimer:

Singing up and payment:

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Before signing up for the trip please check availability by calling us on 00 33 6 18 70 44 49.

Your place will be guaranteed once you have paid a non refundable 30% deposit. Places will be allocated on a first come first served basis. The remaining 70% must be paid 30 days before departure.

Cancellation:

If you cancel less than 30 days before departure, you will still have to pay the entire balance. If you cancel more than 30 days before departure, your deposit will not be returned to you. If the trip is cancelled by the farm (for undersubscription - less than 5 people) all your money will be returned. We will pay you damages of 150 euros if we cancel the trip in the month before departure.

If for any reason the trip is cut short (eg adverse weather, illness or accident), there will be no reimbursement - even partial.

Insurance:

The En Gout farm has an insurance policy with GENERALIASSURANCE.

This insurance covers any accidental damage caused by the donkey to anyone named on the walk and any one taking the donkey to pasture.

Contact info:

Florence HERVE

En Gout 81110 DOURGNE.

TEL:00 33 6 18 70 44 49 (mobile) or 00 33 5 63 5013.23.

Email: ferme.engout@orange.fr

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EN BREF

WHEN; du Saturday 06/06 evening to Saturday 13/06 Evening

WHERE : From Saint Guilhem de Désert (34), to Anglès (81)
Navette depuis Montpellier et de Anglès à Castres

HOW: Walking, with a donkey to carry luggage and a courier to help end of step
From gîte to gîte, all inclusive

HOWMUCH 750 euros all included
Little group , 12 persons maxi

WHO YOU! Signing up deadline: 30/04/2020

Subscribe By phone To: Florence HERVE au 05.63.50.13.23. ou 06 18 70 44 49

By Mail: ferme.engout@orange.fr

By Internet: www.roulottes-engout.com



SEE YOU SOON!

La carte d'époque



La carte actuelle :



Contact : Florence HERVE ferme.engout@orange.fr

Tel: 05.63.50.13.23. ferme.engout@orange.fr