

ASSOCIATION OF PILGRIMS OF SAINT-JAMES OF COMPOSTELLA
SAINT-FARGEAU PONTIERRY

THE PATH TO SANTIAGO DE COMPOSTELA
PARIS – SENS – VÉZELAY

12 STAGES - VIA SENONENSIS- 252 km

ENGLISH VERSION



TRADUCTION

GÉRALD BÉHURET & CHARLES LE BARON



THE PATH TO ST JAMES OF COMPOSTELLE

PARIS
SENS
VÉZELAY

THE PATH BY WAY OF SENS
VIA SENONENSIS

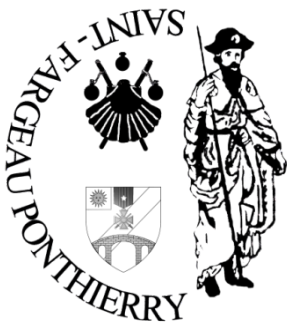
IN LESS THAN 90 MINUTES
FIND THE CALM OF
ELEVATED GREENWAY
BANKS OF THE RIVER SEINE
FORESTS AND COUNTRYSIDE

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Association ADPDSJDC :

**Pèlerins de Saint-Jacques-de-Compostelle
Paris-Sens-Vézelay**

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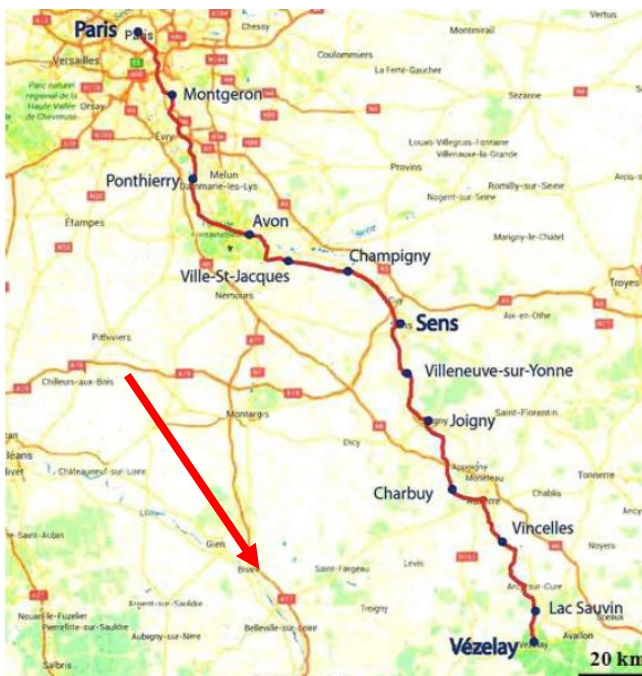
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VIA SENONENSIS

PARIS – SENS – VÉZELAY

252 km in 12 STAGES



ELEVATION CHANGE PROFILE

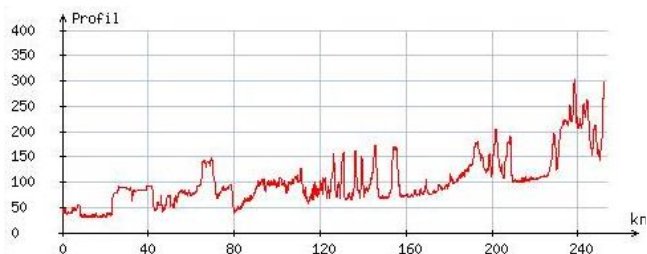


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SUGGESTED STAGES

PAGE	Communities through which you will pass	TOWN HALL TELEPHONE	KM DETAIL	KM CUM.
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39	Stage 1, PARIS – MONTGERON – 23,5 km			
39	Paris, Cathédrale Notre-Dame de Paris	01 44 54 75 04	0	0
40	Paris, Tour Saint-Jacques	01 44 54 75 04	0,8	0.8
44	Paris, Porte de Charenton	01 44 68 12 12	5,2	6.0
45	Charenton, Rue de Paris/Victor Hugo	01 46 76 46 76	1,6	7.6
46	Alfortville, passerelle	01 58 73 29 00	0,9	8.5
48	Choisy-le-Roi, Pont D 86	01 48 92 44 44	6,4	14.9
49	Villeneuve -Saint -Georges, Gare	01 43 86 38 00	5,0	19.9
51	Crosne, Mairie	01 69 49 64 00	2,1	22.0
52	Montgeron, église Saint-Jacques	01 69 83 69 00	1,5	23,5
Positive difference in altitude 130 m – Negative difference in altitude 99 m				

53	Stage 2, MONTGERON – SAINT-FARGEAU-PONTHIERRY – 24 km			
55	Montgeron, église Saint-Jacques	01 69 83 69 00	0	23.5
57	ONF Sénart – Croix de Montgeron	01 60 75 54 17	2,8	26.3
59	ONF Sénart - Faisanderie	01 60 75 54 17	4,1	30.4
60	Tigery, Mairie	01 60 75 17 97	2,6	33.0
61	Lieusaint, N 104 - francilienne	01 64 13 55 55	1,9	34.9
61	St-Pierre du Perray, Golf de Villeray	01 69 89 75 00	3,3	38.2
63	Nandy, Pavillon Royal	01 64 19 29 29	3,3	41.5
64	Seine-Port, église Saint-Sulpice	01 60 63 51 50	2,3	43.8
67	St-Fargeau-Ponthierry, église de Jonville	01 60 65 20 20	3,7	47,5
Positive difference in altitude 107 m - Negative difference in altitude 130 m				

68	Stage 3, SAINT-FARGEAU-PONTHIERRY – AVON – 25,4 km			
70	St-Fargeau-Ponthierry, église de Jonville	01 60 65 20 20	0	47.5
71	Pringy, château de Montgermont	01 60 65 83 00	2,4	49.9
72	Saint-Sauveur-sur-École, église	01 64 01 18 26	2,4	52.3
74	Perthes-en-Gâtinais, église	01 64 14 24 34	3,1	55.4
76	Fleury-en-Bière, Rue Porte du Rouet	01 64 38 02 20	2,5	57.9
78	Barbizon, D 64/av. Charles de Gaule	01 60 66 41 92	4,0	61.9
80	ONF Fontainebleau – D 301 Rte ronde	01 60 74 93 60	5,0	66.9
82	Fontainebleau, Rue Grande	01 60 74 64 64	4,2	71.1
82	Avon, Couvent des Carmes, église	01 60 71 20 00	1,8	73.0
Positive difference in altitude 201 m - Negative difference in altitude 176 m				

83	Stage 4, AVON – VILLE-SAINT-JACQUES – 18,5 km			
85	Avon, Couvent des Carmes, église	01 60 71 20 00	0	73
86	Thomery, Gare	01 64 70 51 65	3,9	76.9
89	Veneux-les-Sablons, viaduc de Loing	01 60 70 52 38	4,4	81.3
91	Moret-sur-Loing, Porte de Bourgogne	01 60 73 51 51	1,2	82.5
93	Écuellles, pont sous la D 606	01 60 70 55 04	1,3	83.8
95	Montarlot, église	01 60 70 82 97	3,6	87.4
96	Ville-Saint-Jacques, église	01 60 96 66 01	4,1	91.0
Positive difference in altitude 119 m - Negative difference in altitude 96 m				

SUGGESTED STAGES

PAGE	Communities through which you will pass	TOWN HALL TELEPHONE	KM DETAIL	KM CUM..
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97	Stage 5, VILLE-SAINT-JACQUES – CHAMPIGNY – 20,2 km			
99	Ville-Saint-Jacques, église	01 60 96 66 01	0	91..0
101	Noisy-Rudignon, église	01 60 96 67 09	2,9	93.9
102	Esmans, ferme de la Fontenotte	01 64 32 15 53	2,9	96.8
102	Esmans, hameau de Fresnes	01 64 32 15 53	2,9	99.7
103	Aigremont (commune St-Agnan/ D 103	03 86 96 13 62	4,8	104.5
104	Villeblevin, hameau de Gergus	03 86 96 68 00	2,7	107.2
105	Champigny, église	03 86 66 77 90	4,0	112.0
Positive difference in altitude 165 m - Negative difference in altitude 180 m				

106	Stage 6, CHAMPIGNY – SENS – 21,4 km			
108	Champigny, église	03 86 66 77 90	0	112.0
110	Villemanoché, D 196/église	03 86 67 01 24	4,5	116.5
110	Pont-sur-Yonne, Gare	03 86 67 16 79	2,5	119.0
111	Villeperrot, église	03 86 67 23 30	4,1	123.1
112	Villenavotte, Grande Rue	03 86 97 06 96	1,6	124.7
114	Courtois-s/Yonne, D 358/route de Nailly	03 86 97 01 65	3,2	127.9
116	Saint-Martin-du-Tertre, église	03 86 65 08 79	2,0	129.9
116	Sens, rond-point D 26/D 81/D 660	03 86 95 67 00	2,1	132.0
117	Sens, Cathédrale Saint-Étienne	03 86 95 67 00	1,4	133.0
Positive difference in altitude 377 m - Negative difference in altitude 383 m				

118	Stage 7, SENS – VILLENEUVE-sur-YONNE – 18,8 km			
120	Sens, Cathédrale Saint-Étienne	03 86 95 67 00	0	133.0
120	Sens, rond-point D 26/D 81/D 660	03 86 95 67 00	1,4	134.4
122	Paron, église Sainte-Florence	03 86 83 93 93	3,0	137.4
124	Gron, église	03 86 65 48 43	3,4	140.8
126	Étigny, hameau Les Fours	03 86 97 10 97	4,2	150.0
127	Marsangy, pont SNCF	03 86 96 93 25	2,3	152.3
127	Villeneuve-sur-Yonne, église	03 86 87 62 00	4,5	152.0
Positive difference in altitude 311 m - Negative difference in altitude 315 m				

128	Stage 8, VILLENEUVE-sur-YONNE – JOIGNY – 17,6 km			
130	Villeneuve-sur-Yonne, église	03 86 87 62 00	0	152.0
132	Armeau, D 606 / Rue de l'Île-de-France	03 86 87 00 68	5,1	157.1
33	Villevallier, pont de l'Yonne/D 107	03 86 91 12 14	2,7	159.8
134	Villechien, pont sous la D 606	03 86 91 12 14	3,4	163.2
134	St-Aubin-s/-Yonne, pont de Yonne/D134	03 86 63 11 77	1,9	165.1
136	JOIGNY, église Saint-Jean	03 86 92 48 00	4,5	169.0
Positive difference in altitude 154 m - Negative difference in altitude 135 m				

SUGGESTED STAGES

PAGE	Communities through which you will pass	TOWN HALL TELEPHONE	KM DETAIL	KM CUM.
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137	Stage 9, JOIGNY – CHARBUY - 24,6 km			
139	JOIGNY, église Saint-Jean	03 86 92 48 00	0	169.0
141	Champlay, église	03 86 62 19 97	6,1	175.1
143	Neuilly, église	03 86 73 72 86	4,8	179.9
145	Guerchy, D19/av. tilleuls/rue St Jacques	03 86 73 73 28	3,0	182.9
145	Fleury-la-Vallée, D 176/cimetière	03 86 73 72 20	3,7	186.6
146	Charbuy, église Saint-Médard	03 86 47 13 10	7,0	194.0
Positive difference in altitude 162 m - Negative difference in altitude 103 m				

147	Stage 10, CHARBUY –VINCELLES – 23,1 km			
149	Charbuy, église Saint-Médard	03 86 47 13 10	0	194.0
151	St-Georges-s/Baulche, Feu tricolor D 158	03 86 94 20 70	6,7	200.7
151	Auxerre, Cathédrale Saint-Étienne	03 86 72 43 00	3,3	204.0
155	Vaux, église	03 86 53 80 90	5,3	209.3
156	Champs-sur-Yonne, église	03 86 53 30 75	2,7	212.0
157	Vincelles, pont de Vincelottes	03 86 42 22 49	5,1	217.0
Positive difference in altitude 270 m - Negative difference in altitude 320 m				












158	Stage 11, VINCELLES – LAC SAUVIN 23,1 km			
160	Vincelles, pont de Vincelottes	03 86 42 22 49	0	217.0
161	Cravant, Pont Canal/D606	03 86 42 23 34	4,8	221.8
165	Sainte-Pallaye, Mairie	03 86 81 40 44	4,3	226.1
165	Sery, Grande Rue/Rue de Bessy	03 86 81 44 10	3,7	229.8
167	Arcy-s/-Cure, signal des monts Meluches	03 86 81 91 69	8,4	238.2
168	Lac Sauvín, chapelle Sainte-Reine	03 86 81 40 46	1,9	240.0
Positive difference in altitude 337 m - Negative difference in altitude 228 m				

169	Stage 12, LAC SAUVIN –VEZELAY - 12 km			
171	Lac Sauvín, chapelle Sainte-Reine	03 86 81 40 46	0	240.0
172	Blannay, croix au hameau Les Hérodats	03 86 33 44 73	4,2	244.2
173	Montillot, Vaudonjon les bas/ maraîchers	03 86 33 48 52	1,9	246.1
174	Asquins, église	03 86 33 20 14	3,5	249.6
177	Vézelay, Basilique de la Madeleine	03 86 33 24 62	2,4	252.0
Positive difference in altitude 335 m - Negative difference in altitude 252 m				


Total distance :	252 km	Positive difference :	2668 m
Total altitude change :	5086 m	Negative difference :	2418 m

ACCOMMODATIONS

“PVF” in the € column, means that you must give at least the minimum cost price of 15 € + an extra for the food received.

KM		PARIS, 4 ^{ème} arrondissement		€
0	AJ	YMCA YWCA 6 Rue de Fourcy Dinner 10,5 € & breakfast 4 €.	01 42 74 23 45	49
0	AJ	YMCA YWCA 11 R.Fauconnier	01 42 74 23 45	49
0	AJ	YMCA YWCA 12 R. des Barres	01 42 74 23 45	49
KM		PARIS, 6 ^{ème} arrondissement		€
0	AC	Congrégation Lazariste 95 R de Sèvres Dinner & breakfast	01 45 49 79 06	50
KM		PARIS, 8 ^{ème} arrondissement		€
0	AJ	YMCA YWCA 10 R.François 1 ^{er} kitchen & Breakfast	01 77 45 89 10	20
KM		PARIS, 9 ^{ème} arrondissement		€
0	AJ	Régent 37 Bd Rochechouart	01 48 78 24 00	20
KM		PARIS, 10 ^{ème} arrondissement		€
0	AJ	Gare du Nord 5 r. Dunkerque	01 70 08 52 22	26
0	AJ	Generator 11 pl.Col. Fabien	01 70 98 84 00	43
KM		PARIS, 11 ^{ème} arrondissement		€
0	AJ	YMCA YWCA 8 Bd Jules Ferry breakfast possible	01 43 57 55 60	20
0	AJ	Les Piaules 59 Bd de Belleville	01 43 55 09 97	25
KM		PARIS, 12 ^{ème} arrondissement		€
0	H	Marseille 21 Rue d'Austerlitz	01 43 43 54 22	40
0	H	Modern's 11 Rue d'Austerlitz	01 43 43 61 17	60
0	H	L' Aveyron 5 Rue d'Austerlitz	01 43 07 86 86	63
0	AP	Mme Gladys Bonder 32 Rue du Javelot	01 45 83 31 75 06 33 25 14 61	PVF
KM		PARIS, 17 ^{ème} arrondissement		€
0	AP	AP S.A.  2 days before	01 60 65 54 02	PVF
KM		PARIS, 18 ^{ème} arrondissement		€
0	AJ	YMCA YWCA 20 espl. Sarraute Dinner possible breakfast incl.	01 40 38 87 90	20
KM		PARIS, 19 ^{ème} arrondissement		€
0	H	Beautiful City 12 Rue de l'Atlas	01 44 52 80 65	26
0	H	St Christopher Inn Canal 159 rue de Crimée	01 40 34 34 40	25
0	AJ	YMCA YWCA 70 rue J. Lacroix	01 42 02 42 02	20

KM		CHARENTON-LE-PONT	☎	€
8	AP	Emmaüs 2 Av. de Liberté	01 48 93 25 33	PVF
8	AP	Viala 5 Rue Estienne d'Orves Double bed Dinner & Breakfast	06 77 18 01 54	25
8	H	Gravel's 43 av .M ^{al} De Lattre	01 41 79 41 10	38
8	H	Étap Hôtel 2 place de l'Europe	08 92 68 06 71	55
KM		ALFORTVILLE	☎	€
11	H	Hirondelles 59 Rue Louis Blanc	01 43 96 92 05	30
11	H	De la Poste 152 R.Paul Vaillant-Couturier	06 67 01 41 25 01 43 75 59 64	50
11	H	Nag-Won 65 Rue Véron	01 43 75 30 87	49
KM		CHOISY-LE-ROI	☎	€
17	AP	F & CLL ☎ 2 days before 1 room 2 beds Dinner & breakfast	01 60 65 54 02	PVF
17	H	De la Gare 2 Rue de la Liberté	01 48 92 89 00	50
17	H	Hôtel de Choisy 74 Av. de la République	01 48 84 72 00 06 20 06 41 60	50
17	H	Le Parc 4 bis rue A. Brault (10 pers./ 3 ch) breakfast 8 €	01 48 84 75 89	65
KM		VILLENEUVE-SAINT-GEORGES	☎	€
20	AP	Pierre Crochet (2 Pers. 2 beds) 61 rue du Chemin de Fer Dinner & breakfast	06 32 94 12 52	PVF
20	H	Hôtel du Rêve 288 R. de Paris	01 43 89 14 55	46
20	H	Villeneuve-Saint-Georges 17 Rue Armand ZA des Prés	01 57 32 34 61	49
20	H	Hôtel de la gare 24 Pl. Sépard	01 43 86 88 59	65
KM		CROSNE	☎	€
22	H	Formule 1, 3 Rue Investisseurs	08 91 70 54 31	42
KM		MONTGERON	☎	€
24	OT	É.C.L.A.T. 64 Av. la République	01 69 83 13 41	INFO
24	AP	Congrégation Pères de Picpus Dinner & breakfast	01 69 73 20 30	PVF
24	AP	Metzger 25 chemin de Dessus-du-Luet 2pers . Dinner & breakfast	01 69 03 94 15 06 30 81 76 83 09 64 25 62 09	PVF
24	AP	Serge Gau 56 av Sénart 1 pers.	06 74 91 35 51	PVF
24	AP	J.Lasso 22 bis av.Sénart 2x2	06 71 60 31 97	PVF
24	AP	Delacelle 144 ter République 2	06 30 13 48 00	PVF
24	AP	Bonnaudet 31 rue de Yerres 1	06 99 23 57 27	PVF

KM		MONTGERON (continued)		KM
24	AP	Coligny 10 bis r. Blaignerie 2	06 85 89 15 42	PVF
24	AP	Huguette Michel 10 rue de l'Hermitage	06 95 12 33 45 06 95 12 39 45	PVF
24	AP	Simone Rocchetti 31 bis Rue Paumier 2 rooms 2 beds Washing machine & dryer Dinner & breakfast possible	01 69 03 77 58	PVF
24	H	Le Réveil Matin 22 av J.Jaurès	06 18 32 98 45	58
24	H	Val d'Orly Commercial Center RN6	01 69 40 73 72	60

INTRODUCTION

Our association «Pilgrims of Santiago de Compostela Paris-Sens-Vézelay » based in Saint-Fargeau-Ponthierry has set itself the goal of helping the candidates to prepare for their great walk on all the routes of France.

We want to pass on some of what we've learned and let you discover by yourself what needs to be done, in few. In a few minutes of discussion we will address :

- Bibliographic research beyond documentation allows to start dreaming. The available books and their reliability. The internet and some other associations.
- The preparation of the bag which should not exceed a weight of 8 kilos with water and food (clothes, shoes, etc.).
- The waist bag contains the most precious things (papers and money, camera, etc.) and is carried in the bag pack or on the belly.
- Money and its different aspects (credit cards, spending plans, average budget, etc.).
- Schedules, good times, reservations, with detailed lists of routes and accommodations, elevation changes, distances, etc.
- Food, health and safety tips to avoid problems.
- Orientation, signposting, compass, maps provided for certain routes and advice on buying guides.
- Training tips if necessary.

The letter of credential of the association ("credencial" in the language of the pilgrims) is only given to members who have demonstrated their acceptance of the rules of the way. It includes your photo and your contact information to help you in case of concern in France or Spain.

ADPDSJDC Association of Pilgrims of Santiago de Compostela Paris-Sens-Vézelay

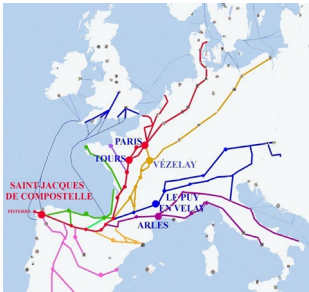
Mail: 1 rue des Charmes 77310 Saint-Fargeau-Ponthierry (France)

☎ 01 60 65 54 02 - 06 86 58 81 88

The maps in this guide have been drawn up to give only the important information. Everyone will be able to acquire the IGN maps, which are complete.

Paris-Sens-Vézelay can be done in less than 10 days by a very good walker.

PILGRIMAGE



Paris is a stopover on the pilgrimage route to Santiago de Compostela for those who come from all over the world. They will pass through Chartres or Orleans to reach Tours, or Vézelay to head to Limoges or Le Puy-en-Velay to cross the Pyrenees at the Roncesvalles pass before the Spanish paths

of the "Camino Francès" or the "Via del Norte". The Vézelay Way is the most direct route to Santiago de Compostela, the field of the stars.

Pilgrims enter the Cathedral of Notre-Dame de Paris to have their credencial stamped, and during the pilgrims' mass, receive the blessing of the bag pack and the walking stick. Their last moments of rest before the effort.

No one knows what drives them, and often they themselves do not understand it, but since Enoch, Tradition tells us that Noble Travelers leave secret elements in certain places around the world that will be discovered when the time comes to create "strong" places.

The Pilgrim's Way to Compostela is one such place. The legend of the Magi also applies to them and to the Pilgrims who follow the guiding Star towards a new life, a rebirth.

They set out from their doorstep, leaving behind their material worries, determined to make a new start, full of hope and faith, not knowing that their charity will grow over the miles as they meet those who, like them, will suffer in their flesh and sometimes in their soul. Vézelay will only take 12 days, the time to take stock and to get acquainted, but it will take them between 2 and 3 months to arrive in Santiago de Compostela, and then in Fisterra, at the end of the earth, where they will be reborn to a new life.

MAPS AND ROUTES

- We made our maps from OSM, an open source software. They are only marked indications that pilgrims must follow.
- The maps are oriented normally, i.e. with North at the top. The scales are indicated at the bottom right or left.
- We have chosen only what is fundamental for the journey. Our maps are detailed whenever necessary, otherwise the IGN maps: Top 25 at 1/25 000: (2314 OT - 2415 OT - 2417 OT - 2517 W - 2517 E - 2617 W - 2618 W - 2619 W - 2619 E - 2620 E - 2720 W - 2721 W - 2722 ET).
- The color of the route on the maps is red to highlight the route.
- The paths are used with the authorization of the competent authorities and the owners of the land covered, like government under one of its agencies, Office National des Forêts (ONF), Voies Navigables de France, Eau de Paris, Agence des Espaces Verts-Région Île de France, Communes, Fédération Française des Associations des Chemins de Saint-Jacques-de-Compostelle (FFACC), ADPDSJDC, etc. They bear no responsibility.
- Because of the mud, we advise you to walk on tared or paved road if it has being raining for several days. **Be careful.**
- In Paris and the Fontainebleau Forest, only stylized shells for directional markings are used not to pollute visually
- The markings are those of the FFACC to which we belong. The markings are yellow (top), blue (bottom). A small shell is present on the stickers on the right on the yellow. The blue is underneath..



Routes
Jacquaires



Correct
direction



Wrong
direction



Turn
right



Turn
left

ABBREVIATIONS

CA	Christian Welcome
AP	Welcome Pilgrims
AJ	Youth Hostel are open to all pilgrims of the French Federation of the Ways of Saint-Jacques-de-Compostelle without having to pay a registration, in France at least, since they are in agreement.
C	Camping and caravanning (Caravans, Mobile Homes)
CH	Bed and Breakfast often more expensive than hotel.
CM	Municipal Campground
CV	Holiday center accepting individuals.
PVF	Voluntary Participation in Expenses (donativo)
GE	Gîte d'Étape managed by the town halls
GM	Gîte Municipal managed by the town halls
RM	Gîte Rural managed by farmers
H	Hotel
HR	Hotel Restaurant
MH	Mobile home - Caravan
P	Presbytery sometimes offers rudimentary bedding

The indicative prices in euros (€) are mentioned when known.

The notion of humble pilgrim seems to us inadequate above 50 €. We have indicated the accommodations when the announced price was lower than 71 euros.

We draw your attention to the fact that nothing is free on the way and that if nothing is asked of you, you must propose a "voluntary participation in expenses" (Participation Volontaire aux Frais (PVF). Indeed, this lodging can only function if everyone participates to an extent to his or her ability to the expenses (lodging and meals) theoretically not less than 15 euros.

When the hosts have served you refreshments, shower, bedding, meal and breakfast, we suggest a minimum PVF of 20 euros per person.

Accept the meal that is offered to you, to enjoy the conviviality and sharing of the host(s).

Beware of indications such as "At 3 km". It can be difficult to add this supplementary walk at the end of the day.

ETHICS OF THE PILGRIM

The text below is the one that appears on the «credentials» issued by the Cathedral of Santiago de Compostela.

- Making the pilgrimage to Santiago is a personal ordeal for the pilgrim who provides himself with adequate means (food, lodging) to complete his undertaking.
- The hospitality of the villages has always been active in facilitating this pilgrimage by building refuges, inns and hospitals for the neediest.
- The pilgrim cannot demand anything as special treatment. He must be satisfied with what is offered to him.
- When you arrive at the refuge, show your credential without waiting to be asked for it.
- Observe the rules of the shelter and follow the instructions of the hospitable staff.
- To maintain clean the refuges in which you sleep and to be careful with the installations.
- Respect the rest of the others.
- If you are traveling in an organized group or by bicycle, it is advisable to look for lodgings that are different from the pilgrims' refuges.



**Nanou and a Belgian pilgrim with their «credentials»
«Round trip»**

PREPARATION TIPS

- **Foot care:** Apply generously shea butter cream night and morning. Massage it in and let it penetrate.
- **Location:** Choose flat terrain the first few days to "warm up" the legs and adjust the backpack, before tackling the big slopes. Then look for hills to climb and descend. Always tell someone about the planned route. Have a cell phone.
- **When:** As soon as possible because it will take a year before you are ready, if you start from scratch. Each day, start in the morning after a reasonable breakfast.
- **Train gradually.** At first, start with 4 km, then move to 10, then 15 and finally 20 km. First without the pack, then with it as soon as it is ready. You'll be ready when you can walk with your clothes on, a full pack, a beder of water and lunch. **The goal of the training: to be able to do 20 km three days in a row with the bagpack.**
- **Take breaks** of 5 minutes maximum so as not to get cold, every hour and out of the wind. Always cover yourself with dry clothes.
- **Food:** eat carbohydrates that are slow to digest the day before and plan a meal of the same type for lunch with pasta, bread in a plastic food bag (not to be eaten), a tomato, a fruit. No cold cuts except a sausage in case of hunger.
- **Drink:** only water. Carry a water bladder in the bag pack with the mouthpiece on the chest (3 sips, every 20 minutes, even in the rain). Keep each sip in your mouth, rinse, swallow. Good hydration is a way to avoid tendonitis. Not going to the bathroom is a sign that you are not drinking enough and is a sign that you are at risk of tendonitis. In the event of tendonitis, you should go to the nearest resting place, walking with your feet flat without rolling your foot out, a bit like a robot.

TIPS TO PREPARE YOUR BAGPACK

Bag of 40 liters maximum. The heaviest objects at the bottom (walking sandals) and balance the weight right and left. Buy your equipment from professionals.

Wide-brimmed hat (ear protection) with ventilation and a strap so you don't lose it in a gust of wind.

Shoes: Choose 2 sizes larger than normal because feet get hot and expand from morning to night. The "Renegade" from the brand "Lowa": are real slippers. Attention, this is not valid for all feet. 2500 km without problem.

Rest shoes: adjustable walking sandals in case of injuries. They contain the bandages and ventilate the feet in the evening. They are a bit heavy, but indispensable, or use thonged sandals.

Soles: for those who are overweight, heel pads and a cushioning sole. (If 2 sizes more).

Double skin socks avoid blisters (3 pairs).

Convertible pants, 2 pairs of light color, detachable lower part. Allows you to wash only the bottom. Lightweight, with 2 deep side pockets (20 cm) to hold the information cards for the day. Avoid Bermudas (sunburn and nettles).

Seamless boxers (3) to avoid rubbing (otherwise in case of redness, apply the same cream based on shea butter).

Canvas belt, normal buckle. Leather will rub off with sweat.

Self-ventilated long-sleeved T-shirts (3) to avoid bramble scratches and sunburn. Change them when you stop to get wet. Dry them on the back of the bag with safety pins (clothespins come off).

Very light fleece for early mornings and evenings at rest.

Poncho: with special pocket across the backpack. Must cover the calves. Zipper in front (to catch cards inside) and long sleeves. Available on the Internet and in some large sports stores.

Make a list so you don't forget anything.

DOCUMENTATION TIPS

Credencial: Have your credential stamped at the sacristy of the Cathedral of Notre-Dame de Paris and at the guard of the park of the Saint-Jacques Tower. Please note that they are only present in the afternoon. Otherwise at the Café-Livre they will give it to you.

Guides: They all have advantages and disadvantages. Check the date of update, never more than 2 years old. Compare. It is the same for IGN maps. What was a path may have become a paved road with housing developments, commercial areas, etc., not shown on an old map. When the sentences lack precision: do not buy. Buy several and take only one with you, which you strip every day using only your needs for the day. Send home, from time to time, what has been used. Remember: travel light.

Luxurious stops: beware, the pilgrim lives in another world.

Internet is a good preparation. Here are some addresses:

<https://compostelle-paris-sens-vezelay.com> from our association is permanently updated.

<http://www.compostelle-france.fr/>

www.guides-cheminsdecompostelle.com/ from Gérard du Camino, mainly in Spain. Very complete guides.

www.verscompostelle.be/coheprim.htm of Pierre Swalus

www.mundicamino.com/ not to be missed for Spain.

In Spain, on the "Camino Francès", no need for a guidebook as it is well signposted but beware of unexpected turns when you are daydreaming. The same goes for the "alternativo" or "variants" with modified markings and not listed in the guidebooks (especially on the Camino del Norte) = Soliciting customers.

HEALTH TIPS

Glasses: have a second pair, preferably black for the sun.

Teeth: half a brush and small tubes of toothpaste.

Beard: do not cut it because it protects you from the cold and the heat. In addition, you avoid carrying an extra 250 grams (razor and lotion).

Delicate throats: a light silk scarf blocks sweat and keeps you warm (and dry in your back).

Sweat: always change clothes at stops longer than 5 minutes to avoid pneumonia.

Hands: a pair of socks protects like gloves (300 g saved).

Feet: carry nail clippers. The nail protects the foot, cut it but not too short! Round off the corners to avoid injury. Two pairs of socks on top of each other can increase friction and create more sweat, thus creating maceration, which can cause blisters. To prepare your feet, walk barefoot at home, because the fatty protection of the soles of your feet is strengthened by pressure. Shoes that are too comfortable interfere with this natural protection. Some callus is beneficial to the protection of the foot.

Comfortable, "broken-in" walking shoes (high uppers avoid twisting the ankles). Flat feet are not a problem! Just choose shoes that are a little wider, that's all. For higharched feet, do not tighten your shoes (itching and cramps). Remember: if the surface area on the ground decreases, the force applied is concentrated on smaller surfaces, thus more trauma. Remember to lighten up to reduce the pressure. Finally, once the blister is made, there are very effective hydrocolloid dressings, from Epitact or Mercurochrome.

Diabetics: Your blood sugar level drops by half after 1 hour walk. Take this into account.

Shower: undress by putting your dirty clothes in the bottom of the shower to avoid foot contact with the more or less clean tubs (staphylococcus aureus). Never enter a shower with shoes on.

Medication: protect them from the sun and the temperature by putting them in the center of the bag (disinfectant, aspirin, apis melifica (insect bites), compresses, antiseptic Betadine, Biofreeze for the legs, but be careful with allergies.

Toilet paper: always have a packet for emergencies. Bury the waste before leaving, in respect of the other pilgrims.

Soap bar: from Marseille, it is used for everything (hair, body, beard, laundry) because it is bactericidal and, moreover, less heavy than many soaps.



SAFETY TIPS

PAPERS : Bring proof of healthinsurance that will allow you to be treated in France, including in a hospital. Take your legible prescriptions with you (if possible). **Carry two different credit cards, stored in two different places.**

Don't forget your **identity card** and **driver's license** (in case of an emergency return) also **stored in two different places.**

Take your insurance codes with you for or "med evac" insurance.

MONEY : The presence of ATMs in each city is indicated on the summary tables at the beginning of each stage by "ATM/Cash within 200 m".

Carry 200 euros in cash, in two parts **in two different places.**

Do not take it out in front of everyone. Separate it from the small change.

Always carry 10, 20, 50 cent coins and 1 € and 2 € coins for small purchases and washing machines (in Spain).

The daily expenses are between 30 and 50 euros per day.

ACCOMMODATION : Choose your bed away from the showers and toilets, in a corner with outlets for charging your phone. The upper bed is more difficult for thieves to access. Change your mattress if the one below is better. Tie your fanny pack in the corner, in or under the bolster.

Tie your shoelaces together to avoid exchanges by mistake.

Always take your money belt into the shower and toilet and hide it under your change of clothes (there are often no doors in showers in Spain).

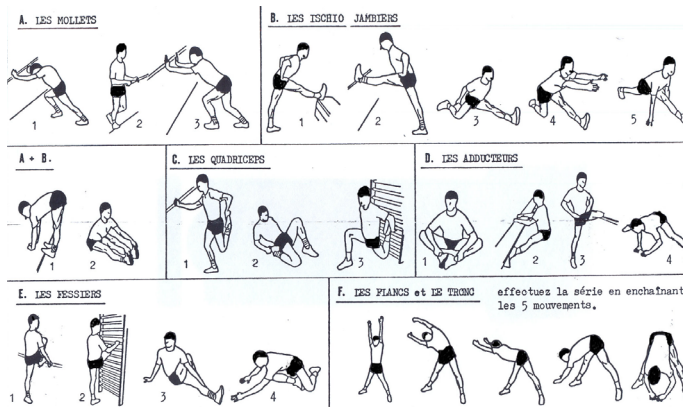
Tie dry clothes together with safety pins

Never leave the money belt and charger unattended, especially when approaching large cities.

WARM-UPS

Do this before walking to avoid painful starts.

As with a mechanical engine, it is a good idea to "warm up" your joints and muscles before asking them to make a prolonged effort.



Each of us knows our weaknesses and we should focus on the exercises that work best for us.

Also, at the end of the stage, these exercises are beneficial.

The "tendonitis" of the walker is very often a "periostitis", an inflammation of the muscle over the tibia.

In case of this kind of tendonitis pain in the leg, strap the tibia at the top and bottom of the area with an elastic band, such as an "elastoplast", slightly tight to alleviate the detachment of the periosteum that arising from walking too fast and/or taking steps that are too large or too long on a very hard surface (asphalt...).

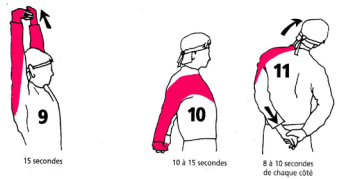
For very dry or very wet feet, apply a specific cream in the evening before going to bed.

STRETCHES

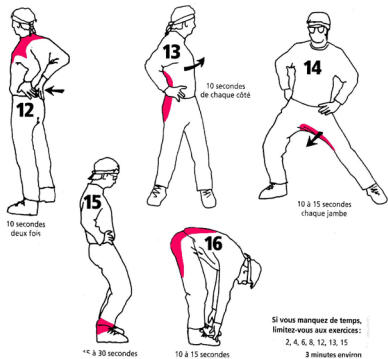
To do after the walk



Practice only those movements that are most beneficial to you.



Never force it if it starts to hurt.





STAGE 1, PARIS N-D-MONTGERON (23,5 km)

TO SANTIAGO 1972,5 km

	km	Accommodation	Food	ATM/Cash No further than 200 m
PARIS - Cathédrale Notre-Dame	0	8	ALL	2
PARIS - Tour Saint-Jacques	0,8	6	ALL	4
PARIS - Porte de Charenton	5,2	4	ALL	12
CHARENTON - Rue de Paris, Victor Hugo	1,6	0	ALL	0
CHARENTON – Foot bridge for Alfortville	0,9	3	ALL	2
CHOISY-LE-ROI – Highway bridge	6,4	3	ALL	1
Villeneuve-Saint-Georges – Train station	5,0	7	ALL	8
CROSNE – Town Hall	2,1	2	ALL	2
MONTGERON - église St-Jacques	1,5	5	ALL	2
Total	23,5			

ELEVATION CHANGE PROFILE



Positive difference in altitude 107 m

Negative difference in altitude 130 m

TOTAL 237 m

STAGE 1, PARIS Cathédrale Notre-Dame – MONTGERON

General overview of the 1st stage (23,5 km)



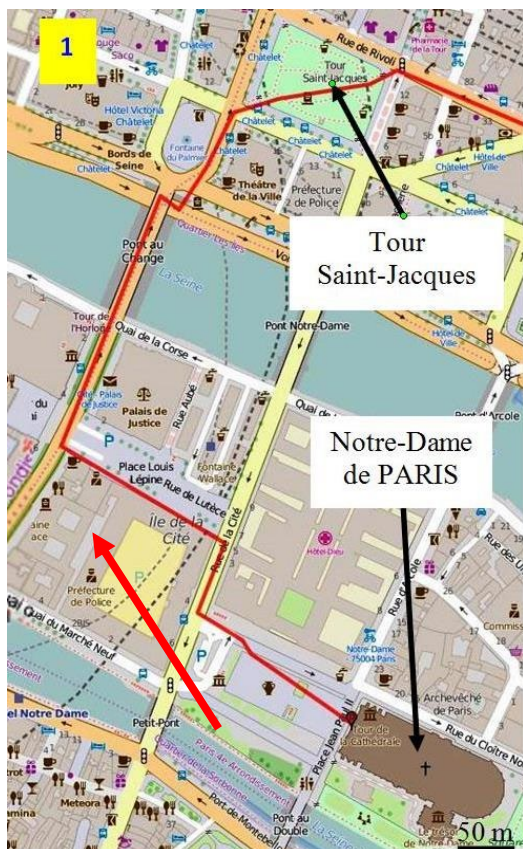


ITINERARY

1

**0,0 km, PARIS 4th arrondissement, from
Notre-Dame de Paris to the Tour Saint-Jacques**

At the end of the square, turn right **Rue de la cité**, walk to **Rue de Lutèce** on the left and follow it to **Boulevard du Palais**. Turn right towards the **Pont au Change** (in the past there was a right of passage to pay at this place) which crosses the Seine. Cross the **quai of Gesvres**, the **place of Chatelet**, then right on the **Boulevard Sébastopol** for 50 m. Enter the park.



0,8 km PARIS 4th arrondissement, from Tour Saint-Jacques to la Porte de Charenton : All commerce on the way.

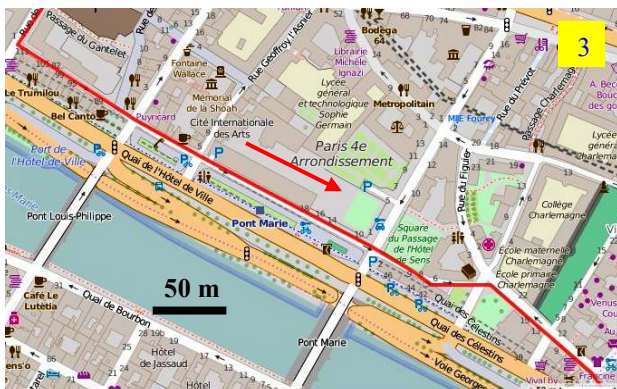
2 Cross the park diagonally and exit **Rue de Rivoli**. Go Walk up the street for 300 m, leaving on your right the **Rue Saint-Martin, de la Tacherie** and **de la Coutellerie** until you reach the **Place de l'Hôtel de Ville**.

Turn right 100 m further on **behind the Hôtel de Ville**, into **Rue de Lobau**.

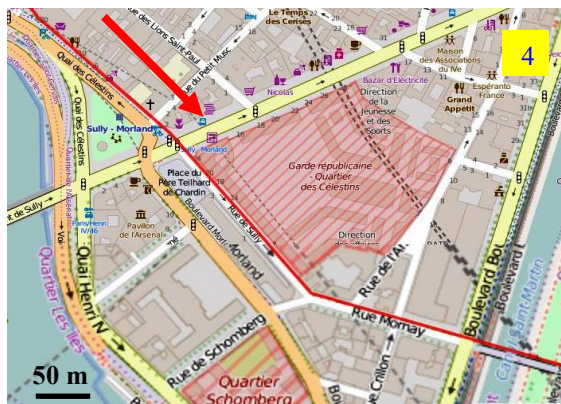
Cross it and turn left at the opposite corner of the **Place Saint-Gervais** into the **Rue de Brosse**.



3 Turn right into **Rue de Brosse**, then left into the **Rue de l'Hôtel de ville**. Pass the **Rue des Barres** on the left, then the **Rue du Pont Louis-Philippe**. Leave **Rue Geoffroy l'Asnier** and continue until the street curves to the left. Cross **Rue du Fauconnier**, and turn right into **Rue de l'Ave Maria**. It leads into **Rue Saint-Paul** on the right hand. Reach the **Quai des Célestins** 30 m after.



4 Walk up the sidewalk on **Quai des Célestins**. Cross the **Bd Henri IV** and take the road in front of you that leads to **Rue Sully**. At the end, follow **Rue Mornay** until you cross **Rue Crillon** and **Boulevard Bourdon** to take the **Mornay footbridge**. It crosses the **Port de l'Arsenal**, the **port of Paris**. We are in the 12th arrondissement of Paris

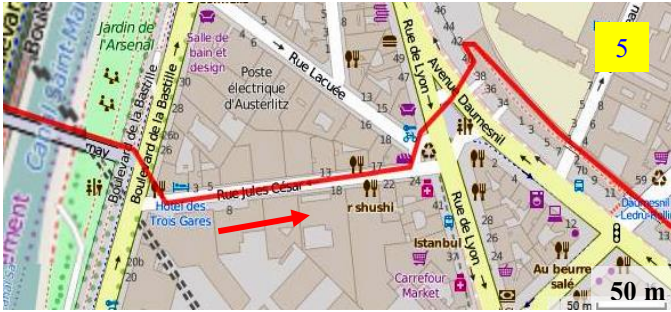


5

We turn to the right on 10 m on the **Boulevard de la Bastille**, to turn left into the **Rue Jules César**.

It crosses the **Rue de Lyon** to emerge on the **Avenue Daumesnil**.

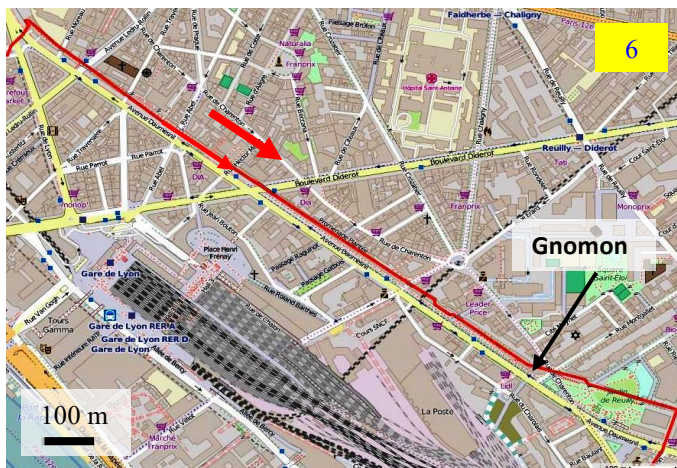
We cross to the staircase on the left in order to reach the “**Promenade Plantée**”, (garden walway) “**Coulée verte**” (green path) **Path René Dumont** for 1,5 km.



The staircase is shown here by the blue arrow.

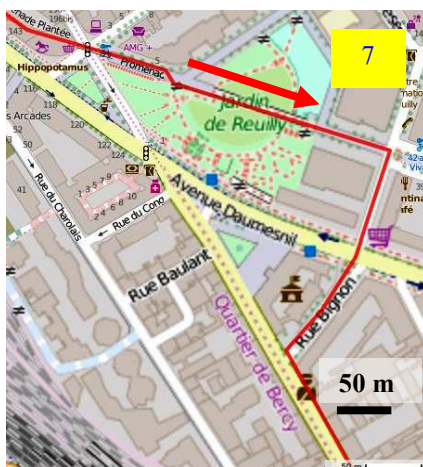
6

It overlooks **Avenue Daumesnil** until the straight line turns slightly to the left at the Gnomon. (axis of a sundial)



7

Follow the **pedestrian bridge** across the street above the **Park de Reuilly**, and leave «**green path**». At street level, continue for 150 m until **Rue Antoine-Julien Hiénard**. Turn right and cross the **Avenue Daumesnil** to thread the **Rue Bignon** which leads to **Rue de Charenton**.



Go up to the left for 1,4 km (20mn) to **Boulevard Poniatowski** (known as **Boulevard des Maréchaux**).



200 m

Charenton



7,6 km, CHARENTON-LE-PONT, angle of Rues de Paris & V. Hugo

Turn right onto **Rue Victor Hugo** to **Quai des Carrières**.

9 To the left go through the **Square of May 8th, 1945**.

Cross on the crosswalk.

Go up to the left towards the bridge for 60 m and cross it. **Pass over both lanes of the East Expressway.**

Take the **bike path** towards **Alfortville**.

Leave the bridge on the right, pedestrian crossing obligatory, then go down on the left for 50 m.

Still along the **bike path**, turn right twice for the **Alfortville Footbridge**.

This is the end of urban noise.



8,5 km, ALFORTVILLE, foot bridge: All commerce on the way.

10

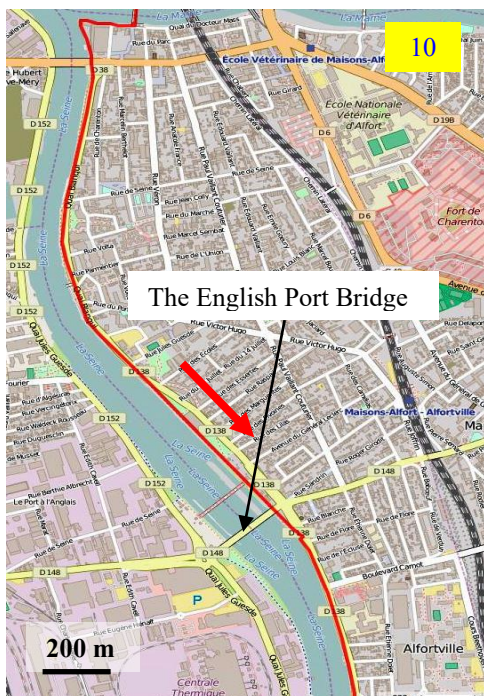
From the footbridge, turn right towards the **quai d'Alfortville**'s and follow it to reach the confluence of the Seine & Marne rivers in front of Chinagora restaurant.

Stay on the road that borders the water for the next six kilometers unless flooding or construction.

The path passes under the **Ivry bridge**.

Follow along the **Quai Blancui**. It changes its name at the **Port aux Anglais** dam with its locks and bridge.

The quai becomes «**quai Jean-Baptiste Clément**», then a bedtle further on «**quai de la Révolution**».



11

After the pumping station, ignore the path that comes up on the left. Shortly after, an industrial footbridge for the GDF gas supply crosses the Seine.

Pass under the A86, and then turn right **along the Seine** to the **Quai Pompadour** which you follow, and which becomes the **Quai des Gondes** at the **Choisy le Roi** bridge.

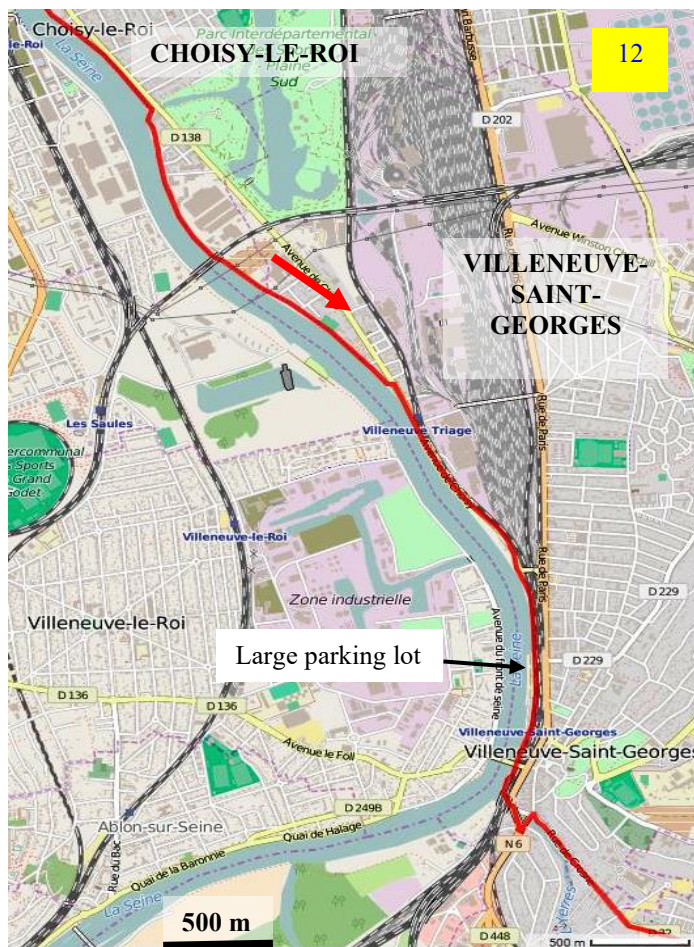


14,9 km, CHOISY-LE-ROI, bridge : All commerce in town, none on the way.

12

Walk on the **bank of the Seine** for 3 km. Leave the banks and go up the **Charles Benoist** alley on the left.

Continue on the right by the **Avenue de Choisy/ D 138** for a good kilometer to find on the right the **banks of the Seine** and continue to the **parking lot** of the railroad station of **Villeneuve-Saint-Georges**.



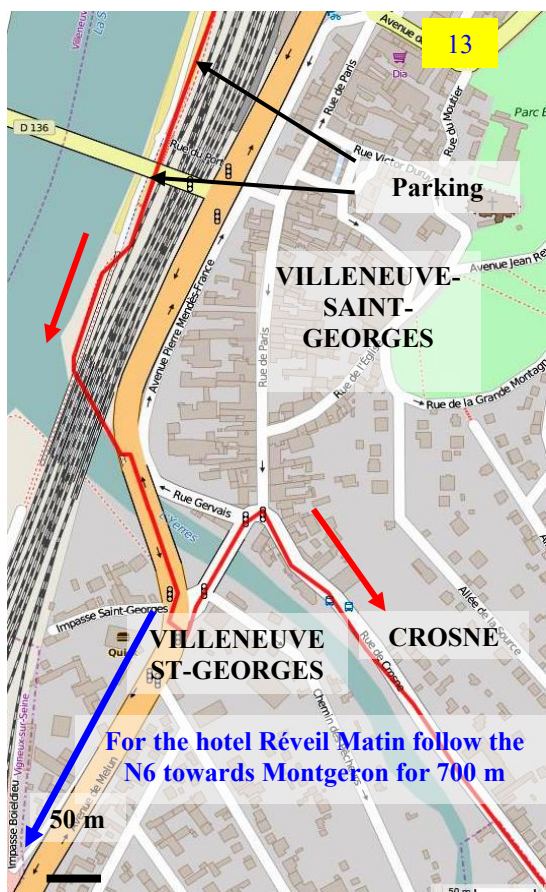
19,9 km, VILLENEUVE-SAINT-GEORGES, Gare train station : All commerce on the way.

13

At the exit of the SNCF car parking, leave the tunnel that goes to city, on the left, and keep on along the river to **pass under the SNCF railroad bridge**. It's often dirty.

Go up the stairs and stay on the sidewalk of the **avenue of May 8th, 1945** which crosses over the **Yerres river** towards its left bank for 130 m.

At the crossroads, turn left and cross again the **Yerres river** to its right bank by the **Avenue de Melun**. Turn right **Rue de Crosne**.



14

When entering **Crosne**, the **Rue de Crosne** becomes **Avenue de la République**, then **Avenue Jean Jaurès**.

The path continues on the right between the pharmacy and the Town Hall, **35 Avenue Jean Jaurès**. Enter the park, right thereafter.



22 km, CROSNE, Town Hall : Little commerce on the way.

15

Enter and cross the **Parc Anatole France**, also called **Town Hall Park** (open from 8 am to 8 pm), route is marked out. Follow the path on the right and at the river, turn left. Enter the footbridge that leads to the **1st Cohort of the Legion of Honour's alley** to another **footbridge** and enter into the woods on the left.

The path winds around and arrive at the **Rue du Moulin de Senlis**.



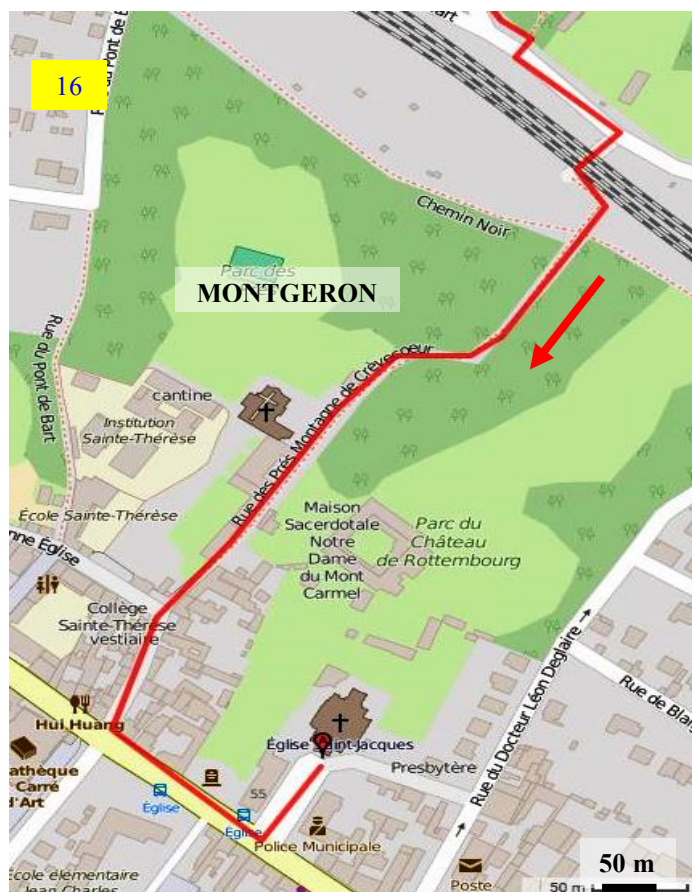
16

Following the sidewalk on your left, 75 m further on the right, the **passage under the railway tracks**, leads you on the town of Montgeron. Watch for the 1st pilgrimage shell in the ground.

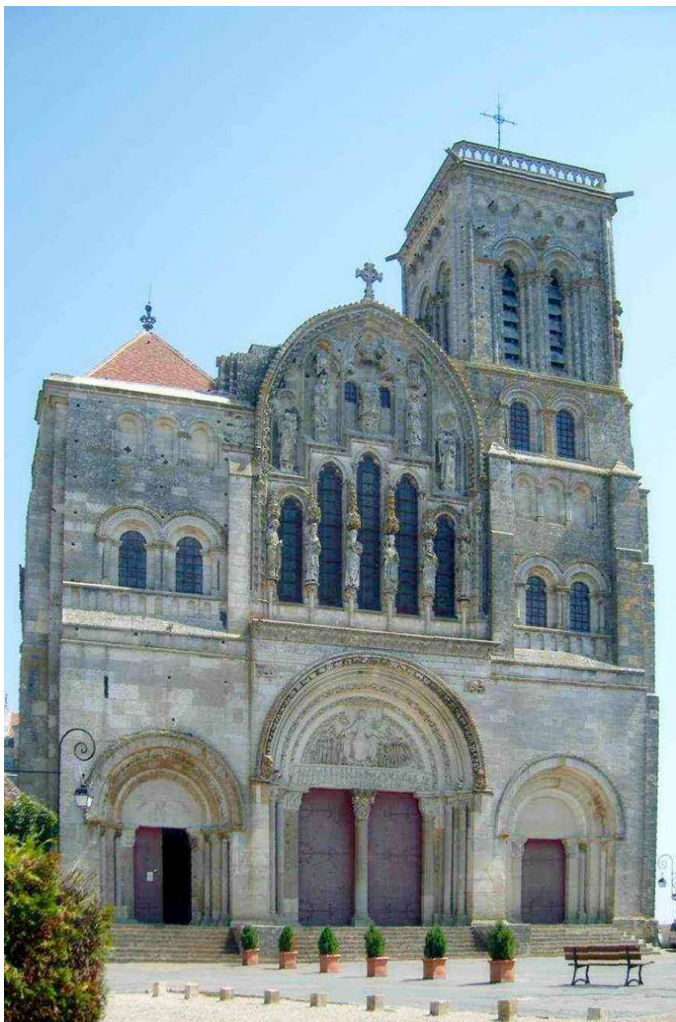
We cross the **Chemin Noir**, which we leave to enter a street with the pretty name of «**Rue des Prés Montagne de Crèveœur**» up to the **Avenue de la République** at 460 m.

Go up to the left for 100 m until the **church of Saint Jacques le Majeur**, end of this 1st stage.

23,5 km, MONTGERON, église Saint-Jacques : All commerce on the way.



THE BASILICA OF SAINTE-MADELEINE OF VÉZELAY



POINTS OF INTEREST

STAGE 1, PARIS NOTRE-DAME - MONTGERON

0,0 km, PARIS 4^{ème} arrondissement, Cathédrale Notre-Dame de Paris toward the Tour Saint-Jacques

The Cathedral dates from 1163. Its foundations rest on pillars that are tree trunks as well as on submerged bundles of wood. Have your credential stamped in the sacristy, just before the treasury and ask for the dry stamp. Return to the reception desk and ask for their inked stamp and tell them to put it in the box next to it. Go out and on the square, stand on the zero point, departure of all the Routes of France.



The Prefecture de Police, a vestige of the Palace of the City, the king's residence since the 4th century, became a prison around the 14th century. You can see the bullet holes of the 1944 Liberation on the walls of the buildings in which the FFI (Resistance fighters) had barricaded themselves.

The Sainte-Chapelle (1248) protected inside the Conciergerie Palace, and its exceptional architecture due to Pierre de Montreuil, are a case that protects the crown of thorns of Christ. On the roof: Saint-Michel Archange.



The clock is against the wall on the other side of the street, leaning against the Conciergerie, at the corner of the Boulevard du Palais and the Quai de la Cité, dates from 1371.



It was restored several times afterwards, the last one being in 1851. It is now out of order.

The credencial is to be stamped at the counter of the park warden in his cabin. He is only present in the afternoon. Otherwise, the "Café-livre" bar located on the other side of the park, in Saint-Martin Street, will give you this service.



0,8 km PARIS 4^{ème} arrondissement, Tour Saint-Jacques to Porte de Charenton



The Saint-Jacques Tower, the starting point of Paris for pilgrims to Santiago de Compostela, cannot be visited. It was in the first square of Paris, opened in 1856 for children. Recently restored, it was built in 1523. 62 m high, it is the only vestige of the Saint-Jacques de la Boucherie church. The Four Evangelists are at the 4 corners at the top of the Tower: John the Eagle, Matthew the Man, Luke the Bull and Mark the Lion. .



The Hôtel de Ville : located on the Place de Grève, was bought by Etienne Marcel in

1357. Rebuilt several times, the current one dates from 1882. The façade has 80 statues of famous Frenchmen. The Napoleonic marshals are located on the sides.

Saint-Gervais church : named after the dedication of the saint of this church. Its musical organs are famous all over the world.



Note on the right of the church the "Maison des Compagnons du Devoir et du Tour de France". It is the Great School of the tradesmen in solidarity. A visit will certainly be enriching.



The Hôtel de Sens on your left, seat of the Archbishop of Sens in Paris (in the 15th century). Corner of the rue de l'Hôtel de Ville and the rue du figuier.

At the corner of Rue du Petit Musc: note the façade on your left: the Fieubert Hotel



At the Mornay footbridge, from the edge of the Saint-Martin canal and the Arsenal harbor, looking left, you can see the Bastille column, the column of Liberty, with its famous Genie at its top. It commemorates the insurrection of 1830 and the 504 victims inscribed on its shaft. It stands in the center of the square, facing the opera house of the same name.



The canal becomes underground, all the way to the Bassin de la Villette in the 19th arrondissement in the north of Paris, and the Canal de l'Ourcq.



The green way overlooks the streets of Paris. It leads you away from the noise. You will be between flowers and shrubs until almost 2 km further you find the "gnomon" "sundial axis" which allows to calculate the exact time in the sun.

Note the phrase that is written on it:

TIME PASSES, MAKE GOOD USE OF IT.

7,6 km, CHARENTON-LE-PONT, angle Rues de Paris & Victor Hugo

The city, located at the confluence of the Seine and the Marne, owes its name to the bridges over these two rivers, the oldest known of which date from the 7th century. The city has a vocation for communication, because after the waterways, it became the crossing point of the railroad and the highways. It was the entry point to Paris for invaders, as early as 865 with the Vikings coming through Champagne and Burgundy, then the English and after them the Huguenots, the Wutembourg and Austrian troops. In 1815, in order to stop the march of the troops, the bridge was destroyed. The present bridge is the 18th structure since the one of the 7th century.

The aristocracy of Paris, attracted by the beauty of the site, built residences and castles there.

Barrels of wine were unloaded from barges on the river banks for the merchants of the Magasins Généraux de Bercy.



The Saint-Maurice Canal was on the site currently occupied by the Autoroute de l'Est (A4).

The Bois de Vincennes was annexed in 1929 by the city of Paris.

8,5 km, ALFORTVILLE, footbridge

Alfortville was separated from Maisons-Alfort by the construction of the Paris-Lyon-Marseille railroad. The only place of passage between the two communities remained the "Maisons" station.

Alfortville developed much more rapidly than Maisons and its wide plain with bedtle fertile land is often flooded by the Seine and the Marne which meet at the northern tip of its territory.



A bridge links it to Ivry since 1829.

In 1863, a dam was built at the Port à l'Anglais, in the communes of Vitry-sur-Seine and Maisons.

Chinagora : Built in 1992 at the confluence of the Seine and the Marne, this complex was abandoned for a long time. Several crises have passed and the reopening of Chinagora is in question.



14,9 km, CHOISY-LE-ROI, pont :

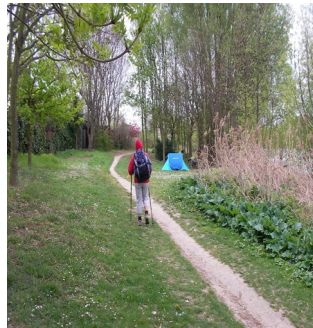
First trace of the city in 52 BC with a battle of Julius Caesar.

Louis XV came to live there to hunt and **Choisy** became **Choisy-le-Roi** in 1739. With Paris, it is the only town on both sides of the Seine.

From 1804 to 1938, **the Boulenger earthenware factory** was the main local industry along with the tile factory and the crystal factory, before gradually disappearing with urbanization.

The old station of the Orleans Railway Company is decorated with these earthenware pieces.

Rouget de l'Isle author of the **Marseillaise**, the **French National Anthem** died here in June 1836. In his honor the church is the only one in France to ring the Marseillaise at noon,



19,9 km, VILLENEUVE-SAINT-GEORGES, Train station

At the confluence of the Yerres and the Seine, Paleolithic and Neolithic peoples lived there.

The town became Villeneuve-Saint-Georges around the 10th century.

Henri IV, Catherine de Médicis and Mme de Sévigné lived there.

Of a mill of the Middle Ages, only the sluices and the weir remain.

The church of Saint-Georges (16th and 17th centuries).

In 1845, with the expansion of the train, the vineyards and agriculture disappeared.

The city has the biggest railroad sorting center in Europe, which was worth being bombed during the second world war.

The fort of Villeneuve-Saint-Georges, which became a fire station, can only be visited during the “heritage day”. It has become the Training School of the Paris Fire Brigade.



The parking lot of the station through which the path goes.

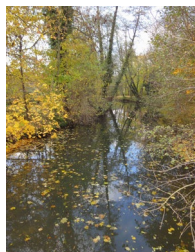
This portion of the road at the border of the town of Villeneuve-Saint-Georges is not cleaned and smell like a stinking dump.

22 km, CROSNE, Town Hall

The town of Crosne on the Roman road from Auxerre to Le Havre was a trading town. It dates to 1234.

Wine growing was progressively replaced by small factories and then with urbanization, Crosne became a residential suburb.

The Yerres river used to be crossed by a ford at the Senlis mill.



Place Saint-Eutrope, the church Notre-Dame de l'Assomption, built in the 12th and 13th centuries, is classified as an historic monument.

Nicolas Boileau (1636-1711) spent his childhood there..



At the beginning of the 19th century, the commune welcomed a cohort of the Legion of Honor when it was first created. This administrative and territorial division of France, aimed at organizing the Order of the Legion of Honor on the whole territory of the 1st French Republic then of the 1st Empire.

The Anatole France Park and many other parks border the Yerres. At its entrance in Crosne, the Yerres separates into two parallel arms, the Bras Vif and the Bras Bordier, which give birth to two "islands", the Pré des Corvées and especially the Ile des Prévôts, classified as a remarkable site. The river finds its unique course before leaving the city. The municipality and all those on the banks of the Yerres and the Réveillon, through the SYAGE, have a project to develop the banks for walkers and hikers.

23,5 km, MONTGERON, église Saint-Jacques

*A **Gallo-Roman** settlement was located at the present ford of Senlis. It was used for the passage of the road between **Lutetia** and **Agendicum** (Sens) in Roman times. In the Middle Ages, the village was located on the road from Sens to Paris.*

***Famous crimes**, are linked to this road, including the affair of the mail of Lyon (1795, 1796), the attack of the Bonnot gang (1912).*

It was also the site of the , but also the departure of the first Tour de France cyclist in 1903, as well as the last Stage in 2017.

Montgeron experienced a **boom in the 19th century**, when the bourgeois from Paris came to spend the summer. Many artists stayed there: the engraver Jules Michelin, the painters Jean-Baptiste Corot and Claude Monet, Paul-Marcel Dammann, medallist and sculptor, the novelist Hector Malot.

Remains of the fortification belt of the entrenched camp of Paris built in 1915 are still visible in the Sénart forest. Many trees were preserved during the construction.

These installations will never see combat! "False Paris", decoys for the observers, were even built. The equipment was removed and the forts disarmed at the end of the year.

In the church of Saint James the Greater, a splendid stained glass window depicts the martyrdom of Saint James. The boat evokes his profession, fisherman, and the boat which transported him to Galicia.

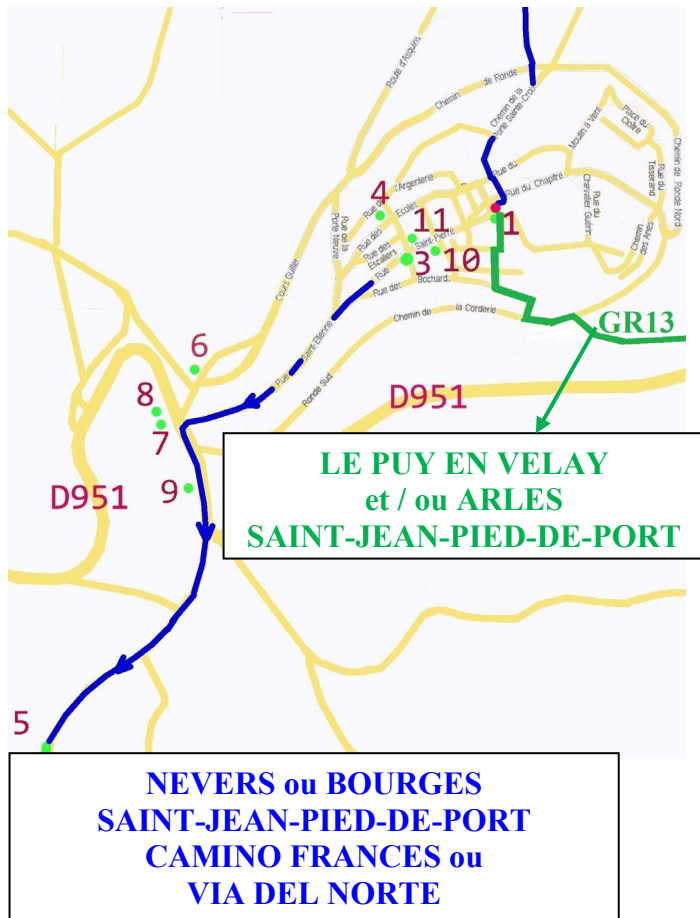
Place des Tilleuls, the statue of Saint-James the Greater. His staff in his right hand, reminds us of the existence of a medieval sanctuary dedicated to Santiago and Saint Christopher. We can also see his bag and his shell.

Finally, Montgeron is the first stage on the Way of Santiago de Compostela, by the way of connection Paris-Sens-Vezelay with the

cathedrals of Paris, Sens, Joigny, Auxerre and Vezelay. From there, you can access the roads to Le Puy en Velay and Arles.



DEPARTURES FROM VEZELAY



From now on, when spring approaches, like the thousands of pilgrims who have passed through here on their way to Santiago de Compostela, the path will call you.

Take up your walking stick and go to the end of Spain, to Galicia, to Cape Fisterra, to the end of the earth, or elsewhere.

To the 252 km, you will have to add 923 km for Roncesvalles, then 782 km for Santiago and finally 86 km for Fisterra, that is to say 1972,5 km from Paris to Santiago de Compostela.

You are now an initiate; you will never be the same again.

The shells that illuminated your path with their rays of light are inverted since you entered Galicia, indicating that the light is now within you and that it is your turn to transmit it.

ULTREÏA





THANKS



The most delicate moment : the thanks.

To Charles Le Baron for his professional improvement of our translation.

Albert Échilley for his skills in the rehabilitation of the "Paris-Sens-Vézelay".

To the Town Halls : which subsidized us especially in our beginning.

Seine-et-Marne : Saint-Fargeau-Ponthierry, Saint-Sauveur-sur-École, Ville-Saint-Jacques and Noisy-Rudignon.

Yonne : Villeneuve-la-Guyard, Villeblevin, Sens, Paron, Gron, Champigny, Guerchy, Villemananche, Villenavotte, Marsangy, Villeneuve-sur-Yonne, Saint-Aubin-sur-Yonne, Joigny, Champlay and their General Council.

Saint-Fargeau-Ponthierry : to its City Council, a special thanks for renting us our pilgrim shelter at 383 Rue Grande Grande.



Governmental institutions :

AEV (Agence des Espaces Verts, Région Île-de-France) and Allée Royale.

CODÉRANDO 77 (Comité départemental de la Randonnée Pédestre de Seine-et-Marne) and its President Christian Derappe,

EDP (Eaux de Paris), all along the way from Paris to Vézelay.

FFACC (Fédération Française des Associations des Chemins de Saint-Jacques-de-Compostelle), and its Members for their help.

ONF (Office National des Forêts), Sénart, Rougeau and Fontainebleau.

VNF (Voies Navigables de France) of the Seine, Loing and Yonne, etc.

Contacts with authorities : Town Halls and the authorities: Gérald Béhuret, Louis Chevalier, Philippe Dionnet and Albert Échilley.

To the hosts with a special mention for those who receive pilgrims in the pure tradition of the path, of what was the "donativo" and became "Voluntary Participation in Expenses". Without them the Spirit of Pilgrimage would disappear in favor of commercialism.

To the believers and non-believers wishing them to find the peace they are looking for by walking this path or another.

To the volunteers of all the towns always ready to help us and often to accommodate the pilgrims in a totally disinterested way.

To the 40 proofreaders: All members and friends.

To the historians : Christian Chalon and Renaud Arpin from Montgeron, Bernard Brousse, for Sens and its surroundings, Béatrice Kerfa in Joigny and its suburbs. Patrice Wahlen for the churches of the Yonne.

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To the photographers : Gérald Béhuret, Yvette and Gilbert Besnier †, Albert Échilley, Nicole Granet-Gley, Roger Maupay.

To the poet : Thierry Benavides for his medieval illumination.

May they be all thanked for their understanding, their dedication and their help. Thanks to them, we have accomplished a real team work between friends



FICHE ECO-VEILLE

(Environmental damage report)

Date of observation

Name of the observer

Observer's coordinates:

.....

.....

Email :

Tel :

Marker : Yes - No

Association :

Municipality or village of the problem

ZIP CODE :

Corresponding page(s) of the Guide

Detailed description of the problem (Waymarking):

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« Pèlerins de Saint-Jacques de Compostelle » Paris – Vézelay.

1 rue des Charmes 77310 Saint-Fargeau Ponthierry

01 60 65 54 02 – 06 86 58 81 88

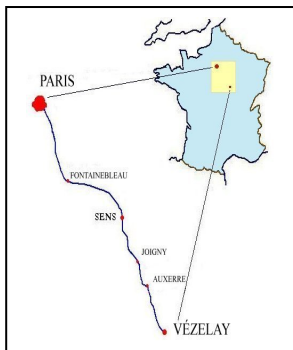
Pelerins.de.St.J.de.Compostelle@gmail.com



Les Pèlerins depuis Paris sen viennent
 Prier à Sens, messire Saint-Étienne ;
 Le lendemain reprennent le bourdon,
 Sont à midi, trois lieues en amont
 Pour saluer la vierge, à Villeneuve.
 Puis à Joigny au soir de leur logis trouvent
 Et visitent Saint-Jean et Saint-Thibault.
 Ils partent pour Auxerre, un jour leur fault

Quand sont devant la cité, dans les vignes,,
 Voyant tours et clochers, chacun se signe :
 Saint-Pierre, Saint-Étienne et Saint-Germain
 Saint-Eusèbe, tant de saints que demain
 Iront prier avecque notre Dame,
 Que Dieu les garde et sauve leur pauvre âme
 Prendront deux autres jours pour s'en aller
 À Sainte-Madeleine de Vézelay

The paths to Compostela are multiple. There are as many as there are pilgrims. The ideal is to start from home. The longest ones can reach up to 6000 km for those who leave from the north of Sweden. But the length doesn't matter, what counts is to take the time to live and to leave one's habits and one's own the time to take stock. The proposed route is in the nature in less than 90 minutes. It allows you to melt into a true return to the origin. This book prepares you to go far away and gives you the advice of seasoned pilgrims who have walked all the roads to Santiago de Compostela. They share with you their experiences, from the first day to the last, from the contents of the backpack to the accommodations, with very detailed maps for each possible difficulty, advice that avoids health and safety problems, etc.



"Pèlerins de Saint-Jacques de Compostelle Paris-Sens-Vézelay" was born from the idea of sharing and transmitting the knowledge of long-distance walkers to Santiago de Compostela. We do not make any profit and offer our services free of charge as it should be on the pilgrimage route. Its members are all Jacquets having made at least one pilgrimage to Santiago. We help those who wish to leave from their home from anywhere in the world and take off from Notre-Dame de Paris, to reach the Madeleine de Vézelay in 252 km, one of the main starting points in France towards "Santiago de Compostela" with the possibility of joining the way of Tours, Puy-en-Velay (+ 480 km), Arles (+323 Km), or even to go towards Saint-Jean Pied de Port. (+ 884 km by Bourges or + 920 km by Nevers).



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