

St Guilhem Path

1st part : from Aumont-Aubrac to Meyrueis, through the Tarn Gorges

Self-guided circuit

7 days 6 nights with 6 days of hiking

Level 2.5



From Aumont-Aubrac, you set off on an adventure along the first part of the Chemin de St Guilhem, following in the footsteps of the ancient pilgrims who wished to reach the abbey of Gellone, located at St Guilhem le Désert in the Hérault. This 6-day walk takes you through the volcanic soil of Aubrac, then over the Causse de Sauveterre after a stopover at La Canourgue. Taking a variant of the GR6, our route takes you through the magnificent gorges of the Tarn, before climbing the famous Causse Méjean and reaching Meyrueis, a former centre of local commerce.

These 6 days of walking on the first part of the Chemin de St Guilhem, in the heart of the Massif Central and with balanced mileage, will satisfy your desire for escapism and discovery.

HIGHLIGHTS :

- Crossing the highlands of the Aubrac volcanic plateau.
- Hiking along the Tarn gorges.
- The pretty villages of Nasbinals, La Canourgue and Meyrueis.
- All very natural stages.

PROGRAMME

Day 1 : Arrival at Aumont-Aubrac

You arrive in the afternoon at Aumont-Aubrac, capital of the Aubrac Iozérien. Take the opportunity to visit the village and stroll through the streets, before heading to your accommodation. Learn about the infamous Beast of Gévaudan, who terrorised the region in 1764, and see the statue dedicated to the famous rural legend in the village square. Night in Aumont-Aubrac.

Day 2 : From Aumont-Aubrac to Nasbinals.

23 km / 7h15 - Altitude Difference : +495m – 355m

This first stage, shared by the Chemin de Compostelle, starts with you leaving Aumont-Aubrac in the direction of Nasbinals. Cross through the villages of La-Chaze-de-Peyre and Lasbros; the final villages before you reach the solitude and open spaces of Aubrac. Next, follow the tracks used by livestock to cross the heart of this region, and wide open pastures dotted with 'burons' - shepherds' shelters. After a beautiful climb, you reach the Roc des Loups at 1261m, before descending back down into Rieutort-d'Aubrac. You then arrive in Nasbinals, where you can visit the Roman church, which is built in brown basalt and with a schist roof. Night in Nasbinals.

Day 3 : From Nasbinals to St Chély d'Aubrac

17 km / 4h30 - Altitude Difference : +237m -590m

Welcome to Aveyron! A few kilometres after your departure from Nasbinals, you leave the department of Lozère, head into Aveyron, and continue your journey towards the hamlet of Aubrac. This portion of the route crossing the mountain was particularly dangerous for the pilgrims travelling to Compostelle; especially cold and infested with wolves and bandits. A hospice for pilgrims was founded in Aubrac in 1120 by the monks of the Domerie. Only the church and tower with the 'bell of the lost', which would ring for the pilgrims lost in the Aubrac, remains today. Finally, you descend towards St Chély d'Aubrac.

Day 4 : Saint Chély d'Aubrac to Col de Trébatut

28km / 7h30 - Altitude Difference: +830m -560m

Passing by Les Enfrux and the Roc de Campuels, you cross over the high plateaus of Aubrac under the gaze of its highest point; the Signal de Maihebiau at 1469m. Then, via a beautiful forest, you arrive at the Col de Trébatut. Night at Trébatut.

Day 5 : From Col de Trébatut to La Canourgue

16km / 4h20 - Altitude Difference: +190m – 730m

A relatively short and downhill stage where you follow legendary migratory routes, which have transported thousands of people over the years. Leave Aubrac through the forest and cross the River Lot, after passing by St Germain du Teil. You then arrive in La Canourgue, the « *Lozérienne Venice* ». Night in La Canourgue.

Day 6 : From La Canourgue to Vignes

25km / 7h30 - Altitude Difference : +715m – 860m

Starting from La Canourgue, you follow the GR6 towards the Causse de Sauveterre, gaining a little altitude on the way. The hike takes you across the Causse, through small woods and virtually deserted expanses, before arriving in Saint Georges de Lévéjac. From here you overlook the magnificent Tarn Gorges, into which you will descend to reach your stop for the night. Night in Vignes.

Day 7 : From Vignes to Le Rozier

12 Km / 3h - Altitude Difference: +180m -180m

The vast majority of this stage follows the River Tarn. Offering you a sublime view over the gorges, and without physical difficulty, the first part of this stage is really pleasant. Arrival in Le Rozier, end of the stay.

DURING YOUR STAY

KEY INFORMATION :

Self-guided formula :

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the landscapes have to say.

LUGGAGE:

You only need to carry what is needed for the day and your picnic. Your other luggage is transported by vehicle. **Please respect the luggage limit of one bag per person, maximum weight of 13kg/bag.**

ACCOMMODATION: Accommodation are small and we invite you to reserve as early as possible.

6 nights on a half-board basis.

Accommodation options to choose from:

- **'Gite' option:** Gites are selected specifically for their warm welcome and friendly atmosphere. More often than not, you will share a dormitory of 4-6 beds. Sheets and towels are not provided.

- **Double bedroom option (depending on availability):** Sleep in a comfortable 2 person bedroom in a hotel, B&B and sometimes, in a 'gite'. Sheets and towels are provided.

FOOD:

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.

NUMBER OF PARTICIPANTS:

From 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tél +33(0)5 61 65 20 93 Ou +33(0)6 81 53 77 75

Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

FORMALITIES :

- A valid official ID.
- We recommend travel insurance with repatriation included.

LEVEL: 2.5/5

This hike is aimed at all adults who are in good physical condition and can walk between 4 and 7 hours per day (for younger hikers, please contact us). The itinerary presents no technical difficulties. You should know how to orientate yourself using a map, roadbook.

PERIOD:

From April to October

DEPARTURE AND MEETING POINT:

Departure from Aumont-Aubrac.

How to get there :

By car : Motorway A75.

By train : Aumont-Aubrac SNCF Train Station.

By plane : Rodez Aveyron www.aeroport-rodez.fr

THE PRICE INCLUDES:

- Half-board accommodation: from dinner on Day 1 to breakfast on Day 7.
- Luggage transfer
- Digital roadbook

THE PRICE DOES NOT INCLUDE:

- Drinks
- Insurance
- Personal expenses
- Picnics
- Accommodation at the end of the trip
- Return transfer to the departure point
- Visits to monuments

OPTIONS :

Accommodation at the end of the trip.
Return transfer to the departure point
Single bedroom (see prices on our website)

CONTACT US

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances):<http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

Your luggage

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

Your backpack

1 medium-sized backpack to carry the essentials for the day (55 litres).

To include in your backpack

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

Shoes

Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

Clothes

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

Sleeping (for nights in a 'gite' or dormitory):

- A sleeping bag or bedsheets
- Earplugs (you never know!)

Picnic

- An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- Cutlery (fork, folding knife, spoon).
- 'Race food' (energy bars, dried fruit etc.)

Extras

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a 'shepherd's stick'.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- Camera, binoculars
- A small toilet bag with a towel.
- A torch or head torch with spare batteries.
- Toilet paper.
- Mobile phone

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

- Phone: 00335.61.65.20.93

- Mobile: 00336.81.53.77.75

-Mail: contact@larebenne.com

- Address: 10 rue de la Comédie - 09000 FOIX

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