

# St Guilhem Path

## Part 2 : from Le Rozier to St Guilhem le Désert

Self-guided circuit

8 days 7 nights with 7 days of hiking



From Le Rozier, in the Jonte gorges, you take the second part of the famous Chemin de St Guilhem itinerary. You'll pass through the Mont-Aigoual forest massif, stopping off at its foot in the village of L'Espérou. The diversity of landscapes continues as you pass through the Causse de Blandas, just before reaching the beautiful Cirque de Navacelles and then the Larzac plateau. The route ends in the beautiful village of St Guilhem le Désert, where you can admire the Abbey of Gellone, an ancient place of pilgrimage.

8 days of walking at your own pace, with no stages exceeding 22km, in the footsteps of the ancient pilgrims, from the Jonte gorges to the Hérault valley.

### **HIGHLIGHTS :**

- Passing through L'Espérou, at the foot of Mont Aigoual.
- The Cirque de Navacelles, classified as a Grand Site de France.
- The diversity of landscapes between undergrowth, causee and cirque.
- The finish in St Guilhem le Désert, a very pretty village in the Hérault.

## PROGRAMME

### Day 1 : Arrival in Le Rozier

Arrival and settling to your accommodation. Night in Le Rozier.

### Day 2: From Le Rozier to La Viale

**13Km / 3h30 - Difference in altitude: +700m -220m**

From Le Rozier, the route takes you upwards, still following the GR6, to the famous Causse Méjean and the hamlet of La Viale. There is the option of a nice variation via the vase de Sévre and de Chine, with magnificent views over the Jonte gorges (+ 100m climb).

Night at La Viale.

### Day 3: From La Viale to Meyrueis

**19Km / 5h20 - Difference in altitude: +410m -590m**

Still on the Causse Méjean, you pass through the small villages of St Pierre des Tripiers and Hyelzas, before coming across Aven Armand, a huge underground cavern. You then finish your journey across the Causse Méjean and descend into the Jonte gorges, to end your stay in Meyrueis.

Overnight in Meyrueis.

### Day 4: From Meyrueis to L'Espérou

**22 km / 6h30 - Difference in altitude: +800m -270m**

Passing through Camprieu and the Col de la Pierre Plantée, you cross the Vallée du Bonheur through undergrowth on your way up to the Col de la Serreyrède. You are in the foothills of Mont Aigoual.

From this pass, a descent takes you to L'Espérou, where you will stop for the night.

Overnight in L'Espérou.

### Day 5: From L'Espérou to Le Vigan

**19 km / 5h - Difference in altitude: +250m -1250m**

Lots of forest on today's programme! From L'Espérou, you'll head over the Broue and Sablière passes and begin a long descent along a path known as "La draille du Languedoc", an ancient transhumance route. You pass through the medieval village of Aulas, in the valley, and soon arrive at Le Vigan, where you quickly get the feeling that you've arrived in the south!

Spend the night in Le Vigan.

### Day 6: From Le Vigan to Navacelles

**23km / 6h15 - Difference in altitude: +640m -530m**

After the undergrowth of the previous day, you now climb towards the Causse de Blandas, where you can discover clues dating back to the Palaeolithic period (menhirs, dolmens). You'll find yourself back in the desert expanses typical of the Cévennes. After passing the villages of Montdardier and Blandas, you arrive at a sublime panorama of the Cirque de Navacelles. The route takes you down into the Vis gorges, where you will stop for the night.

Overnight in Navacelles.

### Day 7: From Navacelles to La Vacquerie

**20km / 5h30 - Difference in altitude: +630m -330m**

This is a magnificent start to the stage along the Vis gorges. You then gain a little height as you reach St Maurice de Navacelles on the Larzac plateau. You follow the plain of La Barre, before arriving at the village of La Vacquerie.

Overnight at La Vacquerie.

### Day 8: From La Vacquerie to St Guilhem le Désert

**21Km / 7h - Difference in altitude: +460m -910m**

This is the last stage of your tour. Today, you'll be following the Larzac tour as far as Mont St Baudille and reaching the Cirque de l'Infernet. Then you start your descent towards the magnificent village of St Guilhem le Désert, the finish point of your itinerant walk along the Chemin de St Guilhem. End of the tour after the hike.

## 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 is in short supply and we invite you to reserve as early as possible.**

**7 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
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### **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, a compass and a TopoGuide.

### **PERIOD:**

From April to October

### **DEPARTURE AND MEETING POINT:**

Departure from Le Rozier

### **How to get there :**

By car : D996 and D986

By train : until Millau train station and then regular shuttle to Le Rozier

### **THE PRICE INCLUDES:**

- Half-board accommodation: from dinner on Day 1 to breakfast on Day 8.
- 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.

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## CONTACT

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