

The Complete Route of St Guilhem

From Aumont-Aubrac to St Guilhem le Désert via the Tarn Gorges

Self-guided circuit

13 days 12 nights with 12 days of hiking



From the volcanic lands of Aubrac to the mediterranean scents of the villages of Herault, the Route of St Guilhem is an ancient, commercial and migratory route. Along the length of the route you will encounter an amazing array of landscapes: volcanic plateaus, the Causse de Sauveterre*, the Tarn Gorges, the Massif de l'Aigoual and its forest vegetation, the Causse de Blandas, the impressive Cirque de Navacelles and the Plateau du Larzac, before reaching the end of the route in the charming village of Saint Guilhem le Désert.

Historically, this route allowed Auvergnats to reach the Gellone Abbey, before later becoming a commercial route.

Hiking the Route of Saint-Guilhem is like stepping back in time.

KEY POINTS :

- A historic route linking the Massif Central and the Mediterranean.
- A huge diversity of landscapes.
- Passage via the Tarn Gorges, the Causse Méjean and the Cirque de Navacelles.
- 12 stages of well-balanced lengths (well, almost!)

**A Causse is a limestone plateau*

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 La Viale

21Km / 6h45 - Altitude Difference: +760m -285m

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. Once you arrive in Rozier, the itinerary takes you up high, still following the GR6, to reach the famous Causse Méjean and the hamlet of La Viale.

There is a beautiful variation of the route via the Vase de Sévre and the Vase de Chine, with magnificent views over the Gorges de la Jonte (+100m altitude).

Night in La Viale.

Day 8 : From La Viale to Meyrueis

19Km / 5h20 - Altitude Difference: +410m -590m

Continuing on the Causse Méjean, you pass through the small villages of St Pierre des Tripiers and Hyelzas, before you come across the Aven Armand, an immense underground cave. You then finish your crossing of the Causse Méjean before descending into the Gorges de la Jonte to finish your stage in Meyrueis.

Night in Meyrueis.

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

Day 9 : From Meyrueis to L'Espérou**22 km / 6h30 - Altitude Difference: +800m -270m**

Passing first by Camprieu and the Col de la Pierre Plantée, you then cross the Vallée du Bonheur (Valley of Happiness) through woodland undergrowth and climb up towards the Col de la Serreyrède. You are then in the foothills of Mont Aigoual.

From this col, a descent transports you to L'Espérou, where you finish the stage.

Night in L'Espérou.

Day 10 : From L'Espérou to Vigan**19 km / 5h - Altitude Difference: +250m -1250m**

Lots of forests on the programme today! From L'Espérou, you take on the Col de la Broue and the Col de la Sablière before a long descent along a path called "La Draille du Languedoc", an ancient transhumance route. You cross the medieval village of Aulas, in the valley, before quickly arriving in Vigan, where you will immediately sense that we have reached the South!

Night in Vigan.

Day 11 : From Vigan to Navacelles**23km / 6h15 - Altitude Difference: +640m -530m**

After the undergrowth of the day before, you now climb up onto the Causse de Blandas, where you will discover remnants dating back to the Palaeolithic era (menhirs, dolmens). You then rejoin the open desert landscapes which are so typical of the Cévennes. Having passed through the villages of Montdardier and Blandas, you arrive at a superb panorama, stretching out over the Cirque de Navacelles. The route then takes you down into the Gorges de la Vis, where you finish the stage.

Night in Navacelles.

Day 12 : From Navacelles to La Vacquerie**20km / 5h30 - Altitude Difference : +630m -330m**

The start of this stage along the Gorges de la Vis is truly magnificent. You gain a little height to join St Maurice de Navacelles on the Plateau du Larzac. Follow the Plaine de la Barre, before arriving in the village of Vacquerie.

Night in La Vacquerie.

Day 13 : From La Vacquerie to St Guilhem le Désert**21Km / 7h - Altitude Difference : +460m -910m**

It's the final stage of your trip. Today, you follow the Tour du Larzac to Mont St Baudille, and reach the Cirque de l'Infernet. You then start your descent towards the magnificent village of St Guilhem le Désert and the completion of your hike along the Route of St Guilhem.

End of trip 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.

12 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, a compass and a TopoGuide.

PERIOD :

From April to October

DEPARTURE AND MEETING POINT:

Meet on Day 1 in 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 13.
- Luggage transfer
- Digital TopoGuide

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

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