DATA SHEET - RP65

St Guilhem Path Part 1
1st part : from Aumont-Aubrac to Meyrueis, throught the Tarn Gorges

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.

Strengths

- 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 stage

SCHEDULE

Day 1 : Arrival at Aumont-Aubrac :

You arrive in the afternoon at Aumont-Aubrac, capital of the Aubrac lozérien. 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 - Elevation: + 495 m - 355 m

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 - Elevation: + 237 m - 590 m

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 : 28 km - 7h30 - Elevation: + 830 m - 560 m

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 : 16 km - 4h20 - Elevation: + 190 m - 730 m

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 : 25 km - 7h30 - Elevation: + 715 m - 860 m

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 - 3 - Elevation: + 180 m - 180 m

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.

TRAVEL CONDITIONS

Attendees :

From two people.

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Accommodation :

As our accommodation is small, please book as early as possible.
Half-board (dinner, overnight stay and breakfast included)
Accommodation options to choose from :
Gîte d'étape: selected for the quality of their welcome, these gîtes offer a friendly atmosphere. In most cases, you'll share 4/6-person dormitories. Sheets and towels are not provided.
Double room option (subject to availability): you sleep in comfortable 2-person rooms in hotels, B&Bs and sometimes gîtes. Sheets and towels are provided.

Difficulty level :

level : 2.5
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.

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

Options :

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

Key information and support :

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.

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.You will eat in the hotel.
Picnics (for lunch) are not included.

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.

RATES

Self-guided package - gîtes d'étape	
Registration for 2 people	630€
Registration for 3 people	620€
Registration for 4 people	610€
Registration for 6 people	600€

Self-guided package - double room	
Registration for 2 people	770€
Registration for 3 people	760€
Registration for 4 people	750€
Registration for 6 people	740€

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

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!
At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.
Don't hesitate to contact us directly to talk about hiking or biking.
contact@larebenne.com
+33 561 652 093
+33 681 537 775

Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!
* Either go directly to your tour's page on our website and click on registration.
* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.
The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment
You can pay by credit card (faster) or bank transfer. 

Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.
Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).
This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.
The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary

between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
  Repatriation assistance + tour interruption + luggage + cancellation.

  See the complete contract

- "Cancellation" contract (2.5%), minimum premium 10 euros:
  Cancellation only.

  See the complete contract

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
  Repatriation assistance + tour interruption + luggage.

  See the complete contract

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

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