LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RP68

The Complete Route of St Guilhem From Aumont-Aubrac to Saint-Guilhem-le-Désert via the Tarn Gorges

Self-guided circuit, 13 days 12 nights with 12 days of hiking

Level: 2/5



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.

Strengths

- 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!)

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.

Double room, Stopover gite

undefined : 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.

Stopover gite, Double room

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.

Stopover gite, Double room

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.

Stopover gite, Double room

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.

Double room, Stopover gite

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.

Double room, Stopover gite

Day 7 : From Vignes to La Viale : 21 km - 6h45 - Elevation: + 760 m - 285 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. 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.

Double room, Stopover gite

Day 8 : From La Viale to Meyrueis : 19 km - 5h20 - Elevation: + 410 m - 590 m

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.

Double room, Stopover gite

Day 9 : From Meyrueis to L'Espérou : 22 km - 6h30 - Elevation: + 800 m - 270 m

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.

Double room, Stopover gite

Day 10 : From L'Espérou to Vigan : 19 km - 5h - Elevation: + 250 m - 1250 m

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.

Double room, Stopover gite

Day 11 : From Vigan to Navacelles : 23 km - 6h15 - Elevation: + 640 m - 530 m

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.

Double room, Stopover gite

Day 12 : From Navacelles to La Vacquerie : 15 km - 4h30 - Elevation: + 630 m - 330 m

The start of this stage along the Gorges de la Vis in 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.

Double room, Stopover gite

Day 13 : From La Vacquerie to St Guilhem le Désert : 20 km - 7 - Elevation: + 460 m - 900 m

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.

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.

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, a sufficient calorie intake and that each meal includes local specialities.
You can dine at your accommodation or in the associated restaurants.
Picnics (lunch) are not included. Available as an additional option.

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.

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.

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.

Difficulty level :

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.

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

Options :

- Single room supplement, if double room package chosen : 395€ /pers
- Return to Aumont-Aubrac : 70€ /pers
- Stay without luggage transfer : - 85€ /pers

Additional night in Saint-Guilhem-le-Désert.
- Double/twin room, breakfast included: €90/person
- Single room, breakfast included: 105 € /person

RATES

Self-guided package - gîtes d'étape	
Registration for 2 people	1240€
Registration for 3 people	1230€
Registration for 4 people	1220€
Registration for 6 people	1210€

Self-guided package - hotel	
Registration for 2 people	1440€
Registration for 3 people	1430€
Registration for 4 people	1420€
Registration for 6 people	1410€

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

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
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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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