



SELF-GUIDED HIKING ON THE CAMINO DE SANTIAGO : FROM PUY-EN-VELAY TO AUMONT-AUBRAC

Northern Part

The route on the Camino de Santiago at your own pace, with a roadbook and a selection of accommodation and stages carefully prepared by members of our team.

Nature Occitane takes care of all the logistics of this hike between Lozère and Haute-Loire: selection and reservation of accommodation, luggage transport, booking of various forms of transport... and remains at your side throughout the trip thanks to our telephone assistance service.

Prices from 460€ per person.

ITINERARY

DAY 1: THE CAMINO DE SANTIAGO : ARRIVAL IN PUY-EN-VELAY

First night in your accommodation in Puy-en-Velay, Haute-Loire

Take advantage of this day to buy the traditional credencial or pilgrim's book at Le Puy-en-Velay cathedral. This document, stamped by accommodations, tourist offices, town halls, etc., will attest to your passage along the Compostelle pilgrimage route and provide you with a wonderful souvenir of your journey!

Overnight in Puy-en-Velay.

DAY 2: THE CAMINO DE SANTIAGO : FROM PUY-EN-VELAY TO MONTBONNET

5h walking. Ascent/descent : +450m/-50m. Distance: 15 km

On your first day's walk, you'll leave Le Puy-en-Velay with a panoramic view over the entire basin. You'll then cross the Velay, a region renowned for its lentils and black sheep, passing through La Roche and Saint Christopher sur Dolaizon before reaching Montbonnet. Crossing the Devès mountain range, you can enjoy the volcanic landscapes of the Velay mountains.

Dinner and overnight in Montbonnet.

DAY 3: THE CAMINO DE SANTIAGO : FROM MONTBONNET TO MONISTROL D'ALLIER

4h walking. Ascent/descent : +150m/-650m. Distance: 15 km

After skirting Lac de l'Oeuf, not far from Montbonnet, you start the long descent to the Allier gorges, which mark the border between Velay and Gévaudan. This is the birthplace of the legend of the Gévaudan, a ferocious wolf-like beast that terrorized the inhabitants for over 100 years. You'll pass through several villages with remarkable churches and remains, including Saint Privat d'Allier and Rochegude.

Dinner and overnight in Monistrol d'Allier.

DAY 4: THE CAMINO DE SANTIAGO : FROM MONISTROL D'ALLIER TO SAUGUES

4h walking. Ascent/descent : +500m/-150m. Distance: 14 km

Today, the greatest challenge will be to climb the Margeride plateau. Once over this plateau, a new landscape and architecture emerges with the arrival of granite. You'll then arrive in Saugues, where you can spend the afternoon visiting this typical village. We recommend a visit to the 14th-century "Tour des Anglais" and the collegiate church of Saint-Médard, perched on a block of granite.

Dinner and overnight in Saugues.

DAY 5: THE CAMINO DE SANTIAGO : FROM SAUGUES TO CHANALEILLES

4h30 walking. Ascent/descent : +250m/-100m. Distance: 14 km

You'll set off for a day with little height difference, but plenty to see, such as the tower nestled on a granite boulder at La Clauze. You'll then join the Virgange river valley to reach Chanaleilles. Here you can visit the 12th-century Romanesque church with its 6-bell bell tower.

Dinner and overnight in Chanaleilles.

DAY 6: THE CAMINO DE SANTIAGO : FROM CHANALEILLES TO SAINT-ALBAN

5h30 walking. Ascent/descent : +200m/-400m. Distance: 18 km

The path gradually takes you to La Chapelle Saint-Roch, where you'll discover the Domaine du Sauvage and its former hospital for travellers, whose building was refurbished in 1901. Gradually descend to Saint-Alban, entering the Margeride region with its massive granite farms and acidic soils, where you may find red fruit (blueberries, raspberries, blackberries...).

Dinner and overnight in Saint-Alban.

DAY 7: THE CAMINO DE SANTIAGO : FROM SAINT-ALBAN TO AUMONT-AUBRAC

4h30 walking. Ascent/descent : +250m/-150m. Distance: 16 km

The GR65 will take you through the Truyère Valley before ending the stage on a vast Margeride plain. Along the way, you can visit the little church of Les Estrets, with its double-arched bell tower. You'll finally arrive in Aumont-Aubrac in the afternoon. The church of Saint-Etienne, the town hall and the fountain topped by a sculpture of the Beast of Gévaudan are must-sees in this charming village.

Our services end when you arrive in Aumont-Aubrac.

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Disclaimer

The stages and partner accommodations mentioned on the site are those we prefer. Depending on your registration date, we may have to make reservations for other accommodations of the same category. For last-minute bookings, we may have to offer you less comfortable accommodation, especially during the high summer season. We are fully aware of the different accommodation options available for each stage: we will choose the best available offer for you when you register.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Dormitory	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
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Essential range					
Single person 7 days / 6 nights	€590	-	-	-	€690
Group of 2 7 days / 6 nights	€590	€650	€660	-	-
Group of 3 7 days / 6 nights	€580	-	-	€620	-
Group of 4 and more 7 days / 6 nights	€570	-	-	-	-
Comfort range					
Single person 7 days / 6 nights	-	-	-	-	€990
Group of 2 7 days / 6 nights	-	€750	€770	-	-
Group of 3 7 days / 6 nights	-	-	-	€690	-
Group of 4 and more 7 days / 6 nights	-	-	-	-	-
Premium range					
Single person 7 days / 6 nights	-	-	-	-	€1,390
Group of 2 7 days / 6 nights	-	€950	€980	-	-
Group of 3 7 days / 6 nights	-	-	-	€890	-
Group of 4 and more 7 days / 6 nights	-	-	-	-	-

NB: prices shown are per person.

NB: Prices for the southern part in 8 days / 7 nights.

For all other requests, we can provide you with a customized quote.

OUR PRICE INCLUDES :

DORMITORY formula (ESSENTIEL ONLY) :

- 6 nights in gîte/hotel */** in dormitory

DOUBLE ROOM formula :

- Essentiel: 7 nights in a double room in a gîte/hotel *or**.
- Comfort: 7 nights in a double room in a hotel**/BnB
- Prenium: 7 nights in a double room in a hotel***/charming BnB

SINGLE ROOM formula :

- Essentiel: 7 nights in a single room in a B&B/hotel * or**
- Comfort: 7 nights in a single room in a hotel**/BnB
- Prenium: 7 nights in a double room in a hotel***/charming BnB

TRIPLE ROOM formula :

- Essentiel: 7 nights in a room of three in a gîte / hotel * or**
- Comfort: 7 nights in a three-bedroom hotel**/BnB
- Prenium: 7 nights in a double room in a hotel***/charming BnB

QUADRUPLE ROOM formula:

- Essentiel: 7 nights in a room of four in a B&B/hotel * or**.
- Comfort: 7 nights in a room of four in a hotel**/BnB
- Prenium: 7 nights in a double room in a hotel***/charming BnB

For all formulas:

- ½ board from the breakfast on the day 2 to the breakfast on the day 7
- Luggage transfer (1 piece of luggage per person, 13 kg max)
- Topo guide (1 topo guide for 1 to 4 people)
- Tourist tax

OUR PRICE DOES NOT INCLUDE :

- Transfers from your home to the meeting and dispersal point
- Dinners on days 2 and 7
- Last night in Aumont Aubrac
- Bed linen and towels for dormitory nights
- Personal expenses, drinks and lunches
- Registration fee: €20 per booking file
- Any parking charges for your vehicle in Le Puy-en-Velay
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- In general, everything that is not indicated in "Our price includes".

In case of "last-minute" departures (less than 15 days before the departure date), additional charges may apply.

Depending on availability at the time of your registration, we may be obliged to apply supplements in the event of an upgrade to a higher category of accommodation, or if we are obliged to reserve several rooms for the same group.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Without luggage transfer	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Puy-en-Velay in a dormitory (breakfast included)	€40
Additional night in Puy-en-Velay in double room (breakfast included)	€50
Additional night in Puy-en-Velay in triple room (breakfast included)	€60
Additional night in Puy-en-Velay in single room (breakfast included)	€100
Additional night in Aumont-Aubrac in a dormitory, 1/2 board	€60
Additional night in Aumont-Aubrac in double room, 1/2 board	€70
Additional night in Aumont-Aubrac in triple room, 1/2 board	€60
Additional night in Aumont-Aubrac in single room, 1/2 board	€110
TRANSFERS	
Return shuttle Aumont-Aubrac/Puy-en-Velay	€40
COMFORT RANGE	
REDUCTIONS	
Without luggage transfer	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Puy-en-Velay in a dormitory (breakfast included)	€0
Additional night in Puy-en-Velay in double room (breakfast included)	€90
Additional night in Puy-en-Velay in triple room (breakfast included)	€80
Additional night in Puy-en-Velay in single room (breakfast included)	€150

Additional night in Aumont-Aubrac in a dormitory, 1/2 board	€0
Additional night in Aumont-Aubrac in double room, 1/2 board	€120
Additional night in Aumont-Aubrac in triple room, 1/2 board	€110
Additional night in Aumont-Aubrac in single room, 1/2 board	€160
TRANSFERS	
Return shuttle Aumont-Aubrac/Puy-en-Velay	€40
PREMIUM RANGE	
REDUCTIONS	
Without luggage transfer	-€60
MEALS	
Picnic supplements included	€100
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Puy-en-Velay in a dormitory (breakfast included)	€0
Additional night in Puy-en-Velay in double room (breakfast included)	€130
Additional night in Puy-en-Velay in triple room (breakfast included)	€120
Additional night in Puy-en-Velay in single room (breakfast included)	€220
Additional night in Aumont-Aubrac in a dormitory, 1/2 board	€0
Additional night in Aumont-Aubrac in double room, 1/2 board	€130
Additional night in Aumont-Aubrac in triple room, 1/2 board	€120
Additional night in Aumont-Aubrac in single room, 1/2 board	€170
TRANSFERS	
Return shuttle Aumont-Aubrac/Puy-en-Velay	€40

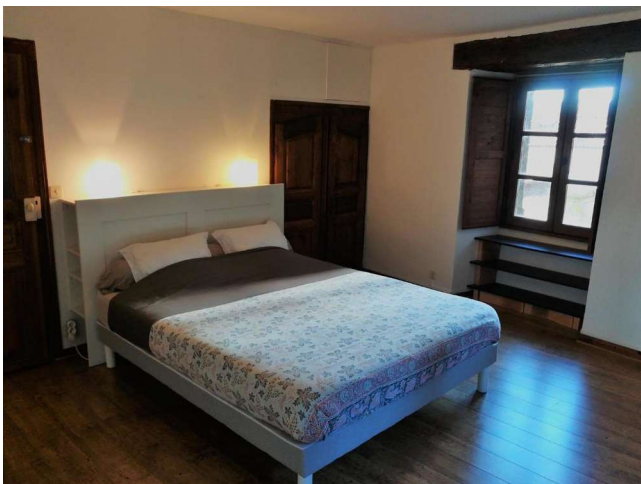
NB: prices are per person.

HOSTS

Essential range

GUESTHOUSE IN PUY EN VELAY

This guesthouse set in a 15th-century former convent listed as a historic building, offers accommodation right next to the **Cathédrale Notre-Dame-de-l'Annonciation**. Housed in a characterful and peaceful historic building, it features welcoming rooms with simple yet well-kept comfort, free Wi-Fi, a well-equipped shared kitchen, and breakfast served à la carte or continental style. Its ideal location makes it perfect for exploring the old town and starting your walking adventure on the Camino de Santiago.



GÎTE IN THE VILLAGE OF BAINS

This charming guesthouse, also operating as a gîte on the GR65, is ideal for a friendly and nature-filled stop. Set in a beautiful stone building, it offers simple rooms, soothing views over the Margeride landscape, and home-cooked meals. A warm welcome and a relaxed atmosphere make it a truly refreshing break along your journey.



GITE IN MONISTROL D'ALLIER

This gîte, with its colorful and welcoming décor, offers a stay combining comfort, charm and authenticity in the heart of a preserved natural setting. Located on the Camino de Santiago, it is ideal for a rejuvenating stopover, combining hiking, relaxation and the discovery of the beautiful landscapes of the Haute-Loire.



GUESTHOUSE IN SAUGUES

Our partner guesthouse welcomes you in a warm and authentic atmosphere, in the heart of the charming village of **Saugues**. Located on the Camino de Santiago, it offers a comfortable and friendly stopover—perfect for resting before continuing your journey and enjoying the local crafts and the region's rich heritage.



GUESTHOUSE IN CHANALEILLES

Our partner guesthouse offers a refined stopover in the heart of Chanaleilles, on the Camino de Santiago. Set in a carefully renovated granite building, it features spacious rooms with private facilities, providing optimal comfort for a restful night. The atmosphere is warm and welcoming, ideal for relaxation and shared moments with fellow travelers.



GUESTHOUSE IN SAINT ALBAN

Our partner guesthouse offers a peaceful stopover in **Saint-Alban-sur-Limagnole**, on the Camino de Santiago. Nestled in a green and tranquil setting, this traditional house features comfortable rooms—some with private shower facilities—offering beautiful views over the surrounding countryside. Your hosts, H  l  ne and Pierre, will give you a warm welcome and be happy to share their local tips and highlights to discover along the way.



GUESTHOUSE IN AUMONT-AUBRAC

This guesthouse offers a warm and friendly stopover in Aumont-Aubrac, on the Camino de Santiago. In the evening, a family-style dinner is served in a convivial atmosphere, typically including soup as a starter, a shared main course, and dessert. A cozy lounge with books, games, coffee, tea and herbal infusions, as well as a flower-filled garden for outdoor relaxation, are at your disposal, perfect for unwinding at the end of your hiking journey.



Comfort range

GUESTHOUSE IN PUY-EN-VELAY

Nestled in a peaceful green setting by the river and just a few minutes' walk from the historic center of **Le Puy-en-Velay**, Marie-Odile and Philippe welcome you into a warm, family-run guesthouse. This large character property offers several comfortable rooms, each carefully decorated, along with a spacious, pleasantly shaded garden featuring multiple quiet relaxation areas—perfect for unwinding in comfort.



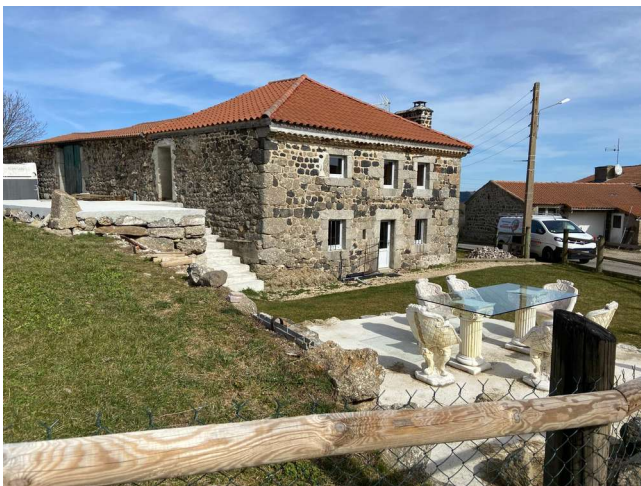
GITE IN MONTBONNET

This gîte offers a comfortable and friendly stopover on the Camino de Santiago. With rooms featuring private bathrooms, home-cooked meals prepared with produce from the garden, and open views over the countryside, it is an ideal place for a restful first night. Breakfasts and packed lunches are also available if you wish to refuel before continuing your journey.



GUESTHOUSE IN MONISTROLL D'ALLIER

This simple and welcoming guesthouse, located in Monistrol-d'Allier, is ideal for hikers on the Camino de Santiago (GR65). It offers two comfortable rooms, a generous breakfast, and an optional half-board service. Calm, nature and friendliness come together in an authentic and restful atmosphere, where you will truly feel at home.



GÎTE IN SAUGUES

This gîte, operating as a guesthouse in Saugues, is ideal for pilgrims walking the Camino de Santiago. You will stay in an authentic 19th-century stone house offering comfortable rooms with private bathrooms, on a half-board basis, in a friendly and restful atmosphere. Enjoy home-cooked meals prepared with local produce sourced directly from Haute-Loire producers, with red wine even included at the table.



GITE IN CHANALEILLES

This gîte is a warm and welcoming guesthouse located on the Camino de Santiago (GR65). It offers comfortable rooms, a serving home-cooked meals made with local produce from Haute-Loire farmers, and a friendly atmosphere much appreciated by pilgrims and hikers. An ideal stop for a restful break in an authentic setting in the heart of the Margeride region.



GUESTHOUSE IN ST-ALBAN-SUR-LIMAGNOLLE

This warm and welcoming gîte in ****Saint-Alban-sur-Limagnole**** is perfect for hikers. It offers comfortable rooms with private bathrooms, a secure bike storage area, and even a sauna to relax after a day on the trail. Breakfast is included, and a friendly welcome is guaranteed!



GUESTHOUSE IN AUMONT-AUBRAC

Cécile welcomes you into a charming house in the heart of the village, owned by her family since 1850. Behind its blue shutters, you'll discover elegant suites, a warm atmosphere, and thoughtful, attentive hospitality. Perfect for a cozy, relaxing break after your hike and an ideal way to end your stay, combining authenticity with refined comfort.



Premium range

HÔTEL **** IN PUY EN VELAY

This 4-star hotel welcomes you in the very heart of Le Puy-en-Velay, in a beautifully renovated Art Deco building. Elegant rooms, a refined restaurant and a stylish lounge bar create an atmosphere designed for a comfortable and charming stay, whether you are walking the Camino de Santiago or exploring this historic town. A chic, peaceful and welcoming place, ideal for starting your journey.



GUESTHOUSE IN BAINS

At the heart of a ****20-hectare organic family farm****, nestled in the peaceful hamlet of ****Ramourouscle****, you are invited to stay on a working farm where green lentils, einkorn wheat and traditional cereals are grown. You will be welcomed with simplicity, for a true moment of nature and tranquility.

The site offers a gîte open year-round as well as a small campsite set in natural surroundings. It is an ideal place to recharge, enjoying the calm of the Auvergne countryside while remaining close to the hiking trails of the Velay.



GUESTHOUSE IN SAINT PRIVAT D'ALLIER

This little gem, run by Sylvie and Thierry, is an exceptional stop in the Pays Vellave. Set in a beautifully renovated former farmhouse, it offers elegant rooms, a warm and attentive welcome, a sauna, and a gourmet table d'hôtes. A refined and welcoming break along the Camino de Santiago.



GUESTHOUSE IN SAUGUES

This guesthouse in **Saugues** is a charming place run by Florence and Régis, ideal for a stop along the Camino de Santiago. Comfortable rooms, a warm welcome, a generous table d'hôtes featuring local, regional produce, and a peaceful setting all come together to offer a relaxing and convivial stay.



GÎTE IN CHANALEILLES

This gîte is a warm and welcoming guesthouse located on the Camino de Santiago (GR65). It offers comfortable rooms, a table d'hôtes serving home-cooked meals prepared with local produce from Haute-Loire farmers, and a friendly atmosphere much appreciated by pilgrims and hikers. An ideal stop for a restful break in an authentic setting in the heart of the Margeride region.



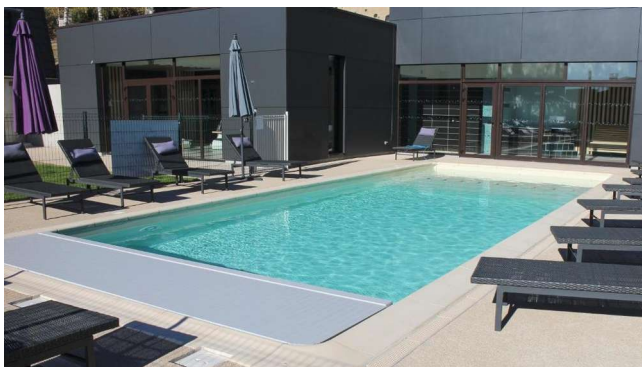
GUESTHOUSE IN SAINT-ALBAN-SUR LIMAGNOLE

This welcoming guesthouse is located in the heart of **Saint-Alban-sur-Limagnole**, on the GR65 route. In a warm and friendly atmosphere, you will be greeted with a welcome drink on arrival. Guests can enjoy a garden, secure storage for equipment, and home-cooked meals prepared with local products, including organic meat from the family farm. An ideal stop for hikers and pilgrims looking to combine simple comfort, authenticity, and a true immersion in the natural landscapes of the Margeride.



HOTEL *** SPA IN AUMONT AUBRAC

Nestled on the edge of the Aubrac plateau, this **hotel & spa** welcomes you in an elegant and rejuvenating setting in **Peyre-en-Aubrac**. All rooms are spacious and thoughtfully appointed, while the wellness area—featuring a hammam, jacuzzi and treatments—invites you to unwind after a day of hiking or outdoor exploration. Breakfast highlights local regional products, and the lounge bar adds a friendly touch at the end of the day. A perfect blend of modern comfort and authenticity, making it a charming stop to round off this stage.



Your nights in a hostel :

Shared rooms in dormitories with 4 to 8 beds. Accommodation is simple, clean and friendly. Daily showers available. We've selected them for their authenticity, charm and warm welcome. For dormitory nights, please bring a sleeping bag or "meat bag" (blankets available in the gîtes).

**NB: these are our preferred accommodations. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.*

PRACTICAL INFO

PRACTICAL INFORMATION

We recommend you come by train to Puy-en-Velay, then take the train from Aumont-Aubrac station to Puy-en-Velay for the return journey.

MEETING IN PUY-EN-VELAY :

Day 1 late afternoon in Le Puy-en-Velay.

END OF TOUR IN AUMONT-AUBRAC :

Day 7 upon arrival in Aumont Aubrac.

HOW TO GET TO THE STARTING POINT OF THE CAMINO DE SANTIAGO:

To limit your CO2 emissions, we encourage you to use public transport.

IF YOU COME BY TRAIN :

TER Auvergne-Rhône-Alpes station in Le Puy-en-Velay.

We advise you to use the [SNCF Connect](#) website to book your train tickets from your nearest station.

IF YOU COME BY CAR:

The village of Le Puy-en-Velay is accessible from Route Nationale 88 or 102. You can park your vehicle in the underground parking lot at Le Breuil (Puy-en-Velay), open Monday to Saturday (except public holidays) from 7am to 10pm. If you need to pick up your vehicle on a Sunday or public holiday, please contact the parking lot reception beforehand. Special rate for hikers: 7 days' parking for €25. To benefit from this rate, contact reception on 04 71 02 03 54, open Monday to Saturday (excluding public holidays) from 7am to 8pm.

RETURN BY BUS/TRAIN :

Return to Puy-en-Velay from Aumont Aubrac station.

ACCOMMODATION AVAILABLE AFTER THE CAMINO DE SANTIAGO:

In AUMONT-AUBRAC (place of dispersion):

Gîte " Les Sentiers Fleuris ",
7 place du Portail 48130 AUMONT-AUBRAC
Mail address: contact@sentiers-fleuris.com.
Tel : 04.66.42.94.70 or 06.42.64.80.02

Other types of accommodation available in the Aumont Aubrac area: see [the Aumont Aubrac Tourist Office website](#).

WARNING

BED BITES: Carried by pilgrims themselves, bed bugs have reappeared in some establishments on the Camino de Compostela. To combat the spread of bedbugs, our carefully selected accommodations follow strict hygiene rules. Please follow your hosts' instructions carefully (e.g. no backpacks in rooms).

As they are particularly attracted by strong smells, we advise you to keep dirty clothes in an airtight bag.

LEVEL

HIKING LEVEL : Medium (M) - Depending on the stages defined with Nature Occitane. Unaccompanied itinerant hike, no transfers included (except luggage) during your free hike. NB: You always have the option of taking a luggage transfer cab if you feel tired at certain stages.

CARRYING DURING THE HIKE: You don't need to carry anything, as your assistance baggage (maximum 15kg) is returned to you each evening at the accommodation. You carry only your daypack during the hike.

PUBLIC : Practicing an endurance activity (hiking or cycling) once a week 2 months before departure. You're not afraid of a succession of hiking days or a good climb every now and then.

NATURE OF TERRAIN: Easy hike on easy to medium paths and trails in Lozère and Haute-Loire. The entire route is signposted and accessible to anyone in good physical condition.

HIKING TIMES: These are given as an indication only. They are average times and take into account only the actual walking time, not breaks. They are calculated on the basis of 300 m of ascent and 450 m of descent per hour.

WATER: In general, numerous water points (fountains, taps, toilets) are available along the route. However, a minimum 1.5-liter water bottle is essential. Don't hesitate to refill it regularly, as some sections of almost 10km have no water at all.

CLIMATE: The climate on this route is varied. Average temperatures fluctuate from 12° in spring and sometimes less in winter, to 25° in summer and a little less in autumn. In summer, a few bathing spots invite you to take a refreshing dip (the sun is very strong at higher altitudes).

EQUIPMENT

On the first day, you must arrive "ready to hike" (hiking boots on, water bottle full, backpack complete, assistance bag closed).

THE BACKPACK

It should be able to hold your personal belongings for the day, i.e. around 30 liters. Choose a backpack with a waist belt (so that your weight rests on your pelvis), padded shoulder straps and a chest strap. Your backpack should always include warm clothing, rain gear, a water bottle, a first-aid kit and your personal items, not forgetting part of your picnic. In addition to a bag cover, a garbage bag and two freezer pockets are essential to protect your belongings from the rain.

YOUR LUGGAGE

This is your "follower" luggage, which you'll find again every evening. It can be a duffel or sports bag. In addition to your extra change, it contains the extras you'll be glad to have back in the evening (CAUTION: it must not exceed 12 kg). Make sure you limit your equipment and pack only the essentials.

HIKING SHOES

Choose hiking boots with good ankle support and notched but flexible soles. Footwear is one of the most important elements of your hike. Above all, they must be comfortable, lightweight, waterproof and breathable. Good ankle support is essential. Don't set off with brand-new shoes. Use them at least two or three times before hiking. Also, make sure your "old shoes" don't give way on the first ascent.

CLOTHING

- A waterproof GORE TEX windproof jacket (no poncho-type k-way)
- A fleece jacket
- Pants, shorts, T-shirts (avoid cotton, prefer breathable materials).
- Change of clothes and personal laundry
- A bathing suit and a towel (microfiber towels are preferable, as they are lighter and dry faster).

BEDDING

- A light sleeping bag (comfort 10°C) or "meat bag" (blankets available in accommodations).

PICNIC

- 1 individual airtight box (Tupperware type), capacity approx. 0.6 liters, cutlery, plate and cup.

OTHERS

- Water bottle (2-liter minimum per person).
- A pair of telescopic hiking poles (optional)
- Sunglasses and sun cream
- Hat or cap
- A small toilet bag, with towel
- Flashlight or headlamp (for night-time use)
- A pair of tennis shoes or sandals (for evening wear)
- Toilet paper
- Earplugs
- Camera
- Small personal first-aid kit (aspirin, plaster, elastoplast, compeed...)