Nature Occitane
VOYAGES SPORTS & NATURE
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STAR OF AUBRAC - GUIDED WALKING TRIP

Star-shaped hiking routes in the heart of Authentic Aubrac

Set off on a guided hiking holiday in the heart of the Aubrac, a journey filled with authenticity, in the historic region where Nature Occitane was born. At the crossroads of Aveyron, Cantal and Lozère, the Aubrac boasts remarkably diverse landscapes: vast plateaus shaped by pasturelands and ancient volcanoes, endless flower-filled meadows, and stone villages steeped in history. Add to this a rich gastronomic heritage rooted in vibrant rural traditions. Thibault and Pauline, your passionate local guides, will enthusiastically share with you the full beauty of their native region. A star-shaped hiking tour to make the most of everything this beautiful part of France has to offer.

ITINERARY

DAY 1: ARRIVAL IN MONTPELLIER – HIKING IN THE AUBRAC

2h00 of walking , 5kms , 200m D+ , Transfer: 2h30

Welcome at 1:00 p.m. at Montpellier St Roch train station, or at 4:00 p.m. at your accommodation in Laguiole.
This is your first meeting with your local guide and the rest of the group. You will get settled into your hotel for the next five nights, then head out for a short walk to start immersing yourself in the surrounding nature.
You gain a little height as you wander through the village's narrow streets in search of the old foirail squares, where livestock markets were once held. Your steps lead you to a beautiful waterfall and a 360° viewpoint over the Massif Central and the Aubrac—an excellent introduction to the days ahead.
Return to the hotel to enjoy your first friendly group dinner. Overnight at the hotel.

DAY 2: THE LANDSCAPES OF AUBRAC

6h of walking, 14 kms,400D+, Transfer: 30 mins

After a delicious breakfast, you set off to discover the emblematic landscapes of the Aubrac: from villages to farms, from farms to pastures,

from pastures to clearings, from clearings to peat bogs, and finally into the forest wrapped in a dense beech woodland.
A superb route, where traditional livestock farming meets unspoiled nature!
Throughout the day, the mark of human heritage appears through what has made Laguiole famous: its ski resort—which you will walk through—and above all its cutlers, true guardians of an ancestral craft.
The day ends with a visit to a knife workshop, a fascinating and essential immersion into the art of Laguiole blade-making. Dinner and overnight at the hotel.

DAY 3: THE MAILHEBIAU

5h30 of walking, 13 kms, 300mD+, tranfer 30 mins

A day on the high plateaus! Today's hike takes you to the highest point of the Aubrac: Le Signal de Mailhebiau, reaching 1,469 meters above sea level. From this vast grassy summit, the view stretches as far as the eye can see: over the Cantal mountains, the Margeride, the Cévennes, and on clear days, as far as Mont Mézenc. A symbolic spot combining volcanic landscapes with the gentle beauty of the pastures.
But before reaching these heights, a delicious stop is in order: you will visit a local cheese dairy to discover the typical flavors of the plateau. A treat for your taste buds before the climb!
Dinner and overnight at the hotel.

DAY 4: THE TERROIRS OF THE AUBRAC

3h of walking, 7kms, 350 d+; Transfer 30 mins

What would the Aubrac be without its countless pastures, teeming with livestock? So authentic, yet so essential to life on the plateau.
Today, your guide will take you to discover a typical local farm.
Far more than just a visit, it's a genuine moment of sharing—an immersion into the daily life and know-how that form the heart of the region.
After your hike, Lucien and Valérie will warmly welcome you to their home. They will introduce you to their farm, a living reflection of Aubrac's traditions and rich local heritage.
Dinner and overnight at the hotel.

DAY 5: AUBRAC MOUNTAINS

5h of walking, 14 kms,300m D+, tranfer 30 mins

Today is all about discovering the Aubrac high plateau—a land that is at once rugged, rustic, and majestic.
You will wander through the vastness of the plateau, whether under a mysterious thick fog or bathed in bright sunlight!

From the village of Aubrac, the route takes on the feel of a pilgrimage, crossing the mountains—locally called monts d'estive—until you reach your ultimate destination: Le Buron.
No milking cows here—just the chance to savor, in a warm and friendly atmosphere, the authentic flavors of the region: an exceptional aligot, prepared as it was in the old days!

Dinner and overnight at the hotel.

Information:

Meal at the buron to be paid on site: €39 per person
- Aperitif "La Gaspe"
- Starter: Local charcuterie
- Main: Aligot with sausage
- Dessert: Homemade blueberry tart
- Local wine
- Coffee

DAY 6: BACK TO MONTPELLIER

2h of walking; 5 kms, 100m D+, Transfer: 2h30

All good things must come to an end… Your stay in the Aubrac is drawing to a close. You leave with a light heart, but your taste buds still tingling!
On the way back to Montpellier, there will be one last stop for a final walk to discover the beautiful Cascade de Deroc in Nasbinals. You will then arrive in Montpellier around 2:30 p.m., where everyone continues on their way. End of our services.
Guests who arrived in their own vehicles may continue their journey after the picnic in Nasbinals.

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Disclaimer
Hikes may be modified depending on current weather conditions, technical requirements, or the physical condition of participants.
The guide is the sole judge of the program and may adapt it for safety reasons.

DATES & PRICES

FROM	TO	PRICE	STATUS
20/06/2027	25/06/2027	**€860**	Guaranteed with 4 pers. min.
26/07/2027	31/07/2027	**€860**	**GUARANTEED**
13/09/2027	18/09/2027	**€860**	Guaranteed with 4 pers. min.
27/09/2027	02/10/2027	**€860**	Guaranteed with 4 pers. min. *(Spécial brame du cerf)*

NB: prices are per person.

Number of participants: 4 to 15

We also organize guided hikes on request for pre-formed groups.

OUR PRICE INCLUDES:

- Guidance by a local Mountain Leader throughout your stay
- 5 nights in a hotel (in double rooms)
- Transfers from Montpellier train station
- Full board from dinner on Day 1 to the picnic on Day 6, except for the lunch at the buron

Visits mentioned in the program

OUR PRICE DOES NOT INCLUDE:

- Travel to Montpellier
- Lunch on Day 5 at the buron (to be paid on site)
- Personal expenses and drinks
- Registration fee: €20 per booking file
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Meal at the buron: €39 per person, to be paid on site

OPTION:

- Single room supplement: See Options tab Subject to availability at the time of booking

DISCOUNT:

- Discount for guests arriving in their own vehicle: €50 per person

Note: these guests must use their own car to reach the starting points of the hikes.

SPECIAL DEPARTURE "TRANSHUMANCE"

Stay on 20/05/2026

In the Aubrac, transhumance marks the movement of herds to high-altitude pastures at the beginning of summer, an ancient ritual highlighting the breeders' know-how and the plateau's unique landscapes.

AUTUMN DEPARTURE "RED DEER ROAR"

In the Aubrac, the roar of the red deer echoes through the forests and moors of the plateau in autumn, offering a wild spectacle as males compete to attract the females.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
Discount for guests arriving in their own vehicle	-€50
SUPPLEMENTS	
Single room supplement	€230
MEALS	
Meal at buron	€39
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	

Additional night with half board in a double or twin room	€125
Additional night with half board in a single room	€156

NB: prices are per person.

HOSTS

HOTEL IN LAGUIOLE

In the heart of the village of Laguiole, this hotel is much more than just a stopover—it's a true moment of authenticity.
In an atmosphere that is both elegant and welcoming, the spirit of the plateau comes alive: conviviality, endless nature, and the gentle calm of highland evenings.
After a day exploring the vast landscapes, you settle in to enjoy creamy aligot, tender Aubrac meat, and a shared glass of wine—time seems to stand still.
The rooms, comfortable and soothing, invite rest and reconnection. Here, guests come to recharge, to reconnect, and to savor the simple, genuine pleasures of the Aubrac



Moderate, very accessible to anyone in good physical condition.
2½ to 5 hours of consecutive walking per day.
Between 100 and 300 meters of positive elevation gain per day.
We recommend practicing an endurance activity (hiking, walking, or cycling) once a week for 2 months prior to departure.

CARRYING DURING THE HIKE

No heavy loads; you only carry your daypack.

WALKING TIMES

The times indicated are for guidance only and take into account the quality of the hiking terrain.
These are average times, counting only actual walking time and not breaks.
They are calculated based on 300 m of ascent per hour and 450 m of descent per hour.

WATER DURING THE HIKE

Use of a CamelBak (hydration bladder with a tube coming out of the backpack) is recommended.
You may also bring a thermos for a hot drink during the hikes.

HIKING ROUTES

Routes may be modified depending on weather conditions, technical constraints, or participants' physical condition.
Ultimately, the guide is the sole judge of the hike program and may adapt it for safety reasons.