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## DISCOVERING EDIBLE PLANTS IN AUVERGNE

### 3 days of picking and cooking edible plants

Identify and cook wild edible plants. You can privatize your stay for a date of your preference during spring time, summer or autumn. In the company of one of the authors of the book "[Edible plants, pickings and recipes of the 4 seasons](#)". Christophe Anglade, naturalist guide will make you discover how nature is generous for who knows its secrets. Use the wild flora around us to taste the forgotten flavors of our living heritage.

### ITINERARY

#### DAY 1: LA CASSIÈRE LAKE

*2 to 3 hours of walk and pickings / Night in group lodging (2 pers/room)*

Meeting at 2 pm at the lodge : "Entre Lacs et Volcans" (Lac de La Cassière) for a first discovery of our environment. For those arriving by train, appointment at the station of Clermont at 1 pm (no supplement for a lift at this time). For Information, Clermont-Ferrand / La Cassière = 17 km.

In the afternoon, around the village, you will take your first steps in the middle of this wild and authentic nature ; Picking, preparation and dinner.

#### DAY 2: LA CASSIÈRE - GUÉRY LAKE - LA CASSIÈRE

*4 hours of walk and pickings / Night in group lodging (2 pers/room)*

In the morning, transfer to Lac du Guéry, the highest lake in Auvergne with an unrivaled biodiversity and breathtaking scenery.

Throughout forests and meadows, along the way, nature reveals to us some of its mysteries.

#### DAY 3: LA CASSIÈRE - SERVIÈRE LAKE

*2 to 3 hours of walk and pickings / Dispersion of the group in the early afternoon*

In the morning transfer to Lake Servièrre. Even today, we will discover environments conducive to a benevolent nature and rich in wild flavors. Possibility of swimming.

Dispersion of the group after lunch before 6 pm.

For those arriving by train, descent to Clermont-Ferrand by taxi, to be at the station in the afternoon (About 40 to 50 € for a taxi between La Cassière and Clermont Ferrand train station).

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#### **Disclaimer**

*The program may be modified for safety, weather or unforeseen reasons. Events beyond our control can modify the routes : cut roads, rivers in flood, strikes, local festivals ... "Aluna Voyages" and its staff, will always do everything that can be possible to bring the best solution, even by modifying the itineraries.*

### LEVEL

## WALKING TIME AND ACTIVITY

The days offer 3 to 5 hours of activity per day ; They are interspersed with breaks.

## CONSECUTIVE DAYS OF ACTIVITIES

3 days of walking, gathering, "wild gastronomy" and observation of nature.

## PROBLEMS FOR WALKING

Low elevation on easy trails.

## CARRYING BAG ?

Only the personal belongings of the day.

## WEATHER

The mountain climate is pleasant in spring and autumn ; a little warmer in summer. The evenings are cool.

## EXPERIENCE REQUIRED

No specific experience.

Easy travel, accessible to any healthy person wanting to discover wild flavors and some mysteries of nature.

## DATES & PRICES

*No departure for now*

**Groups are composed of 3 to 8 people maximum.**

**Price per person: 385 €**

**Rates based on rooms for 2 people.** Possibility of single rooms with a supplement of 50 € / pers.

**Stay guaranteed with only 2 people in the group, adding a supplement of 60 € / pers.**

**For a group** (from 2 people or more), it is possible to **privatize this stay** on the **date you want** and on the **duration you want** (on special quotation). Possibility to make a **special program** (on special quotation) from **one to several days** in your area to **know the plants around you**.

Possibility to make the stay in 5 days : see stay [Picking up edible plants and make wild gastronomy](#)

## OUR PRICE INCLUDES

### GUIDES

Naturalist and mountain tour leader, specialized in edible wild plants for up to 8 participants.

### ACCOMMODATION

Bedroom in a room for 1 to 2 people depending on the option.

### MEALS

Full board from dinner Day 1 to lunch Day 3.

### TRANSPORTATION

During the stay to the places of activities and transportation from Clermont-Ferrand railway station for the schedule indicated in the program.

### VARIOUS EQUIPMENT

First aid kit.

## OUR PRICE DOES NOT INCLUDE

### MEALS

Breakfast and lunch on Day 1, as well as dinner on the last day.

### TRANSPORTATION

Transportation to the meeting point Day 1. Return by taxi to the Clermon-Ferrand station for those arriving by train.

### VARIOUS

Entrance fees to the parks, sites and museums not included in the program.

Insurance Cancellation, Luggage, Interruption and Repatriation : 3.95% of the price of your trip.

**Compulsory registration fee : 15 € per**

## PRACTICAL INFO

### ACCOMMODATION

Nights in group lodging, by the Lake of *La Cassière*, in a mountain area (alt : 900 m). *Entre lacs et volcans* : 6 rue Roland Brousse - La Cassière / 63970 AYDAT (Tel: +33 4 73 87 30 36).

Rates are based on **2 person rooms** with bathroom or single room (without supplement but with bathroom on the landing).

### FOOD

For all meals, supplementary purchases are made in the grocery stores and in the markets of the surrounding villages, making maximum use of products made on farms. The majority of these producers have the "Organic" label. Lunch is prepared as lunch box ; The evening meals are warm and elaborate based on our picking.

### GUIDE

You will share this beautiful week of discovery with one of the authors of the guide book "*Edible plants, pickings and recipes of the 4 seasons*" (Ed. Debaisieux). Christophe Anglade, mountain tour leader and naturalist will make you discover how nature is generous for who knows its secrets.

### HOW TO GET THERE ?

In order to limit your CO2 emissions, use public transportation to get to *Clermont-Ferrand* train station.

Meeting point at 1 pm in front of the train station of Clermont-Ferrand.

If you come by car : Meeting at 2 pm directly at the lodging.

### By train from Paris :

To get there :

- Train from Paris Bercy : 9:00 > Arrival Clermont-Ferrand : 12:31

Return : Descent to Clermont-Ferrand station at 14:30

- Train from Clermont-Ferrand : 14:57 > Arrival Paris Gare de Lyon: 19:57 (direct).

The schedule of the trains is to be checked imperatively on : [www.voyagessncf.com](http://www.voyagessncf.com)

For another schedule from Clermont station to La Cassière, it's about 40 € / taxi ride during the week and around 60 € / taxi ride on Sundays and public holidays. For information, the one way travel between

Clermont-Fd and La Cassière is 17 km.

**By road :** 17 km (20 mn) from Clermont-ferrand. Take the N89 towards Bordeaux. Gîte "Entre Lakes and Volcanoes" - 6 rue Roland Brousse - La Cassière - 63970 AYDAT

## BEFORE & AFTER YOUR STAY

Contact us if you wish to discover our region before or after the stay. We will be happy to arrange a program adapted to your desires or simply to reserve you accommodation.

## RECOMMENDED EQUIPMENT

A small backpack containing :

### ESSENTIAL :

- 1 water bottle or a "camel bag"
- 1 knife and cutlery, plus a canvas bag for picking
- Cup
- Tupperware type box for lunch salads

### STRONGLY ADVISED :

- A hat or a cap
- A pair of sunglasses
- A rain cape A K-Way windbreaker or better a Gore-Tex jacket
- Toilet paper
- A first aid kit (aspirin, plaster, elastoplast, ...)
- Plastic bags to wrap your things in case of bad weather
- A camera
- A pair of binoculars

### FOR THE EVENINGS (FOR INFORMATION ONLY) :

- Trousers or jogging
- A pair of sport shoes or other for the evening
- Polar fleece Clothing
- Several underwear
- A swimsuit for possible swimming
- Toilet kit with bath towel for bathing

### FOR YOUR FEET :

A pair of walking shoes and preferably already used, or for sensitive feet, a good pair of sport shoes reinforced. Some pairs of socks