

NATIONAL
GEOGRAPHIC

TRAVELLER

EXPERIENCES

COLLECTION

COOL ADVENTURES

GORILLA TRACKING IN UGANDA
TEA-PICKING IN SRI LANKA
STARGAZING IN NORTHUMBERLAND
WRECK DIVING IN BERMUDA

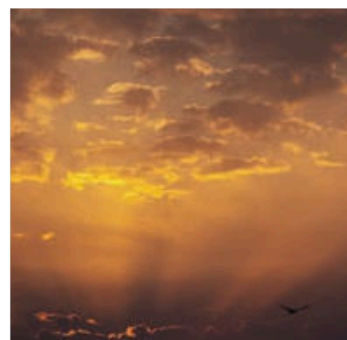
THE
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2026



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Instants d'Absolu – Ecolodge & Spa

AUVERGNE, FRANCE

In the heart of France lies a hidden world of ancient volcanoes, windswept highlands and quiet peat bogs. This is the Cantal — a land where nature isn't merely a backdrop but a living, breathing force that shapes every aspect of life. In this untouched highland sanctuary, a unique eco-lodge offers travellers an experience that transcends luxury.

Rooted in the philosophy of a 'living ecosystem', the lodge invites guests to do more than just relax. It encourages a slower pace, a deeper awareness and an immersive form of regenerative tourism. Here, each stay is a reconnection with the rhythms of the Earth, the turning of the seasons and a more authentic way of being. It's not just a holiday; it's a personal pilgrimage, where each guest leaves with fresh insight and a renewed sense of purpose.

The signature Cantal Grand Spectacle is a rare and exclusive experience, designed for families or groups of friends seeking a home-away-from-home surrounded by pure nature. It also provides an ideal setting for companies wishing to host top clients or suppliers in a truly memorable retreat.

This journey is tailored entirely to each traveller, beginning with just four simple questions: What is your greatest travel memory? What do you expect from this territory? What are your interests? Do you have any food allergies? From your answers, a bespoke itinerary is crafted.

Experiences might include guided walks through primeval forests, encounters with local artisans or moments of quiet reflection in pristine landscapes. Every detail is considered, offering a stay that's as authentic as it is inspiring.

Beyond the eco-lodge, the region offers its own quiet marvels. A local gem is the charming village of Murat, known as the 'City of Three Rocks' for the volcanic peaks that embrace it. Another treasure lies in the extraordinary purity of the local spring water, filtered through ancient volcanic stone, which lends its distinctive character to the area's cuisine and craft beverages. From highland whiskies to botanical gins and vermouths, local distillers draw upon the wild, aromatic flora of the region. And above it all, red kites wheel gracefully in the sky, an elegant symbol of this untouched landscape.

Need to know KEY FEATURES

- Eco-luxe lodge with 12 rooms
- Gastronomadic restaurant, with changing daily menus rooted in local producers & wild edible plants
- Spa & wellness area with signature

treatments such as Thala-source

- Private trails through a 6,000-acre forest, rich in wildlife, directly accessible from the lodge

KEY ACTIVITIES

- Guided botanical, ornithological & geological observations
- Hikes & tailored itineraries to discover the area's volcanoes
- Yoga in the wilderness, meditation & signature massages

GET IN TOUCH

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DON'T MISS Embrace the Cantal Grand Spectacle, an exclusive all-inclusive experience for four to 12 guests featuring bespoke nature experiences