Trail running No. 15 Resistance fighters' circuit

Des Gorges du Tarn au Causse du Larzac



Sur le causse... (Virginie Govignon - OT Larzac et Vallées)



An invigorating trail run that explores a little-known region of the Causse, through superb and spectacular landscapes, such as the Baoumasse cave and the Ségala rock formation

The path of precious stones, the Baoumasse (the Maquisards' cave), the dolomitic chaos: this trail is full of technical sections. And even more so of magnificent landscapes: crossing the Lapanouse escarpment, breathtaking views of the limestone plateaus and the old Larzac railway line, a rock with a hole in it... An unforgettable escape a thousand miles off the beaten track!

Useful information

Practice : Trail

Duration : 1 h 30

Length : 12.4 km

Trek ascent : 478 m

Difficulty : Easy

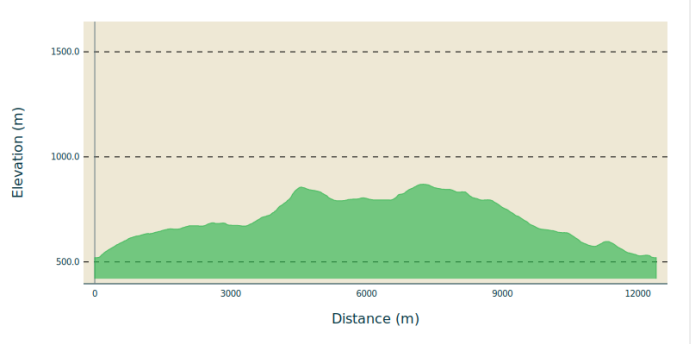
Type : Loop

Themes : Agropastoralism, Flora, History and heritage

Trek

Departure : Lapanouse de Cernon
Arrival : Lapanouse de Cernon
Markings : Grands Causses Espace Trail
Cities : 1. Lapanouse-de-Cernon
2. La Bastide-Pradines
3. Viala-du-Pas-de-Jaux

Altimetric profile

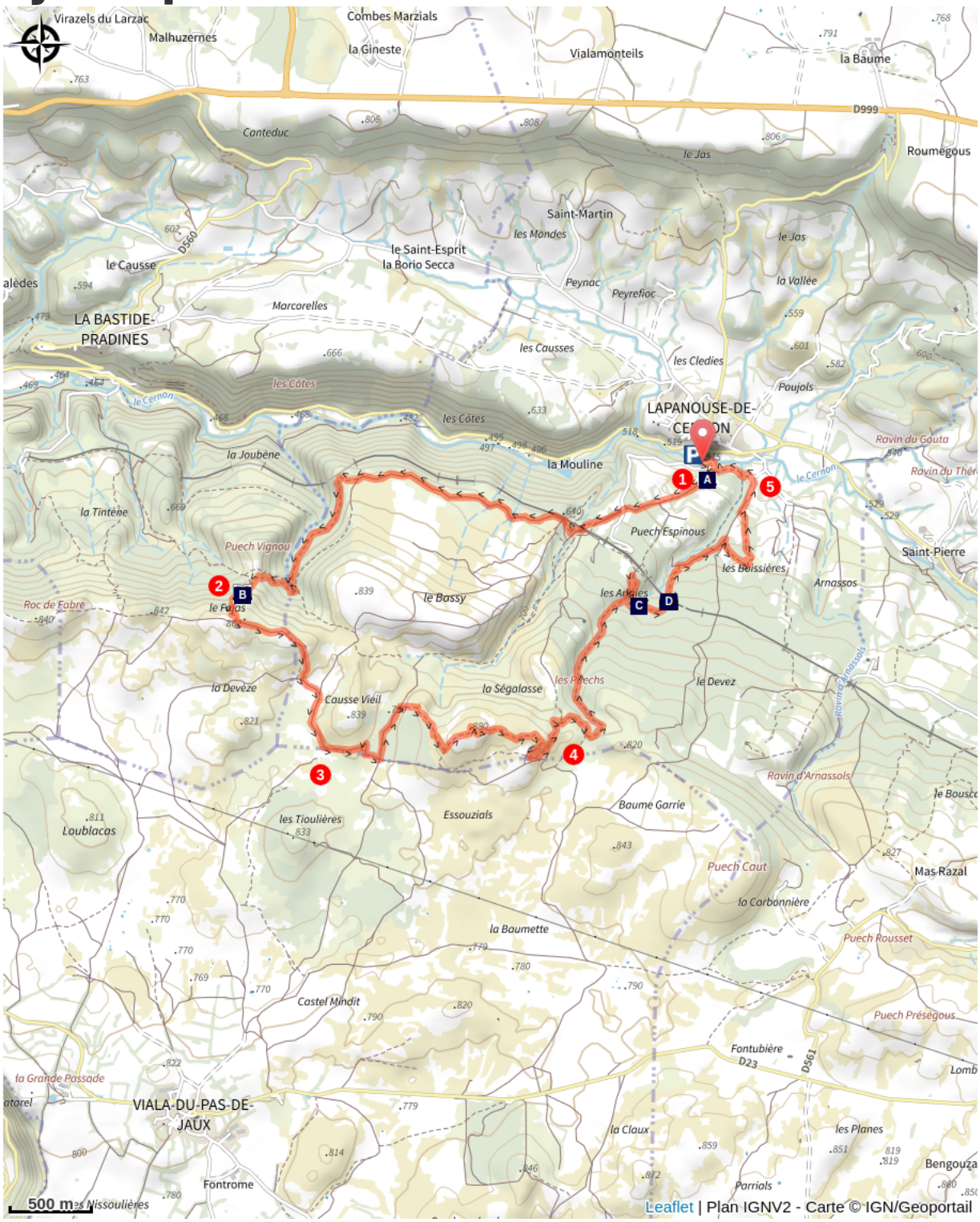


Min elevation 520 m Max elevation 870 m

Starting from the Jasse parking area, take the footbridge over the Cernon River and continue to the bridge to take the road on the right.

1. At the wooden signs indicating the hiking trails, take the first technical section opposite, along the Chemin des Pierres Précieuses (Precious Stones Path). Then, the long crossing of the Bassy plateau, perched high above the landscape, offers a beautiful view of the limestone plateaus, isolated farms, and the railway line.
2. The passage through the immense Maquisards cave is the highlight of this hike, culminating in a very challenging and technical climb to exit the cave.
3. This loop allows you to discover a peaceful and sometimes capricious natural environment, such as when you have to navigate the rocky chaos of the Ségala, Causse Vieil, and Fajas plateaus (be sure to follow the yellow hiking markers put in place in case of fog).
4. Turn left, then descend into the woods and cross the Bois de Jacky forest. Pass under the railway viaduct on a pleasant descent.
5. Turn left at the FINISH sign onto a path through a meadow. Then follow the path to the right, bordered by boxwood hedges, from which you can see the village houses.

On your path...



The "gems" path (A)

"La Baoumasse" or the Resistants' Cave (B)

The Jacky's "pargue" (C)

The viaduct of Lapanouse (D)

All useful information

Is in the midst of the park

This itinerary is located in the World Heritage zone Causses and Cévennes, mediterranean agropastoral cultural landscape.

Advices

1.5L water bottle - energy food pack - rain jacket

How to come ?

Transports

To travel by bus or train, by carpooling Aires de covoiturage and hitchhiking Rezopouce.

Access

25km south of Millau via the D809, D999 towards St-Affrique and the D562E. From the A75 motorway, exit 47 - La Cavalerie, then the D999 and D562E.

Advised parking

Parking de la Jasse

Information desks

Tourist Office Larzac et Vallées
Place du Claux, 12230 NANT

infos@tourisme-larzac.com
Tel : +33(0)565622364
http://www.visit-larzac.com/



Source

GRANDS CAUSSES Espace Trail

https://rando.parc-grands-causses.fr/search?practices=18

On your path...



The "gems" path (A)

The marls and limestone benches along this path are very rich in fossils. These sedimentary lands were formed about 200 million years ago.

Gray marls are lands unsuitable for cultivation but contain treasures of natural heritage: Jurassic marine fossils (belemnites).

Marls are sedimentary rocks, composed of calcite and clay in roughly equivalent proportions (35% to 65%).

On this path, we can also find pyrite (comes from Greek: fire-stone), a mineral composed of iron disulfide.

Attribution : Frédéric Pélissier



📖 "La Baoumasse" or the Resistants' Cave (B)

The Resistants’ cave (or Maquisards’ cave) is a natural cavity located on the edge of the plateau. Also called “La Baoumasse” or “Jas méjié” in the 17th century, it was used as summer sheepfold for the herds of La Bastide...

Here, there is a story that is passed on from generation to generation :
“Once upon a time, a mouse asked a swallow for hospitality. The swallow had built its nest in the cave of La Bastide and was sitting on its eggs.
The swallow agreed on condition that the mouse hatched in its place for 3 days. The mouse did the job, and then it left.
These were the little hatches, but they were covered with hairs instead of feathers and they had the head and the body of a mouse, with ears and crooked wings like the devil.
The swallow died of grief. After her funeral, the queen of the swallows had the orphans locked in the cavity and forbade them to go out in the sunlight on pain of death.
That's why bats should not be disturbed during the day."

Attribution : PNR des Grands Causses



🐏 The Jacky's "pargue" (C)

A « pargue » (word of Occitan origin) is a stone enclosure intended to park flocks of sheep.

The animals were locked during the hottest hours of the day when the ewes are grouped in the shade of the boxwood while ruminating.

The dung was picked up to manure the cereals and hemp fields, the gardens or sold in the south for the vines.

Attribution : Frédéric Pélissier



The viaduct of Lapanouse (D)

On this small circuit, the viaduct of Lapanouse is a great work with its 11 arches and 218m long.
The railway Tournemire - Le Vigan is in a few numbers :
- 60 kilometers long, 32 tunnels, 12 viaducts
- built since 1883 and commissioned in 1896
- closed in 1935 for travelers and 1955 for goods
- the removal of the rails in 1960 and the rest in 1979 for the extension project of the Larzac.

It is used today by the Vélorail and tourist train of Larzac departing from the station of Sainte-Eulalie de Cernon.

Attribution : Frédéric Pélissier