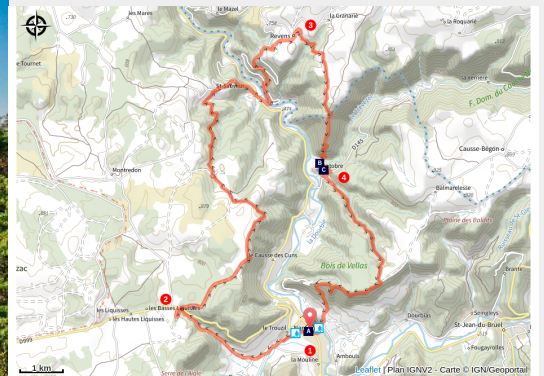


Trail running No. 19 - Roc Nantais Circuit

Des Gorges du Tarn au Causse du Larzac



Le Causse des Cuns (Virginie Govignon - OT Larzac et Vallées)



Run in the footsteps of trail running pioneers in France, along a route that passes through several iconic sites of the Templar Festival and also, today, of the Hospitaller Festival

Enduring yet accessible, this loop overlooks the Dourbie valley, first on the Larzac side, then on the Causse Noir and Causse Bégon sides, in a landscape dotted with farms boasting typical architecture. The descent to the perched village of Cantobre and then the climb to Roc Nantais are the highlights of this route, a classic in trail running history!

Useful information

Practice : Trail

Duration : 3 h 30

Length : 30.1 km

Trek ascent : 1389 m

Difficulty : Hard


Type : Loop

Themes : Agropastoralism,
Panorama

Trek

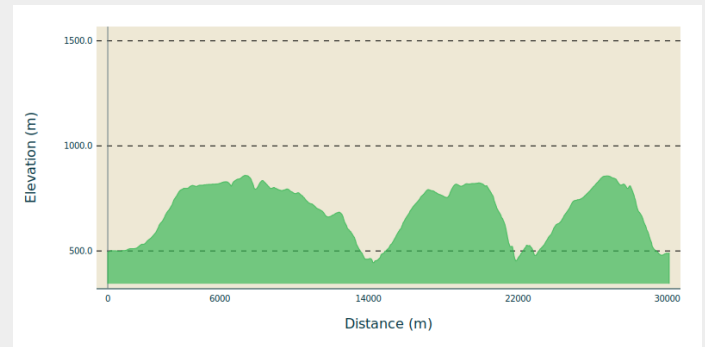
Departure : Nant

Arrival : Nant

Markings :  Grands Causses Espace Trail

Cities : 1. Nant

Altimetric profile



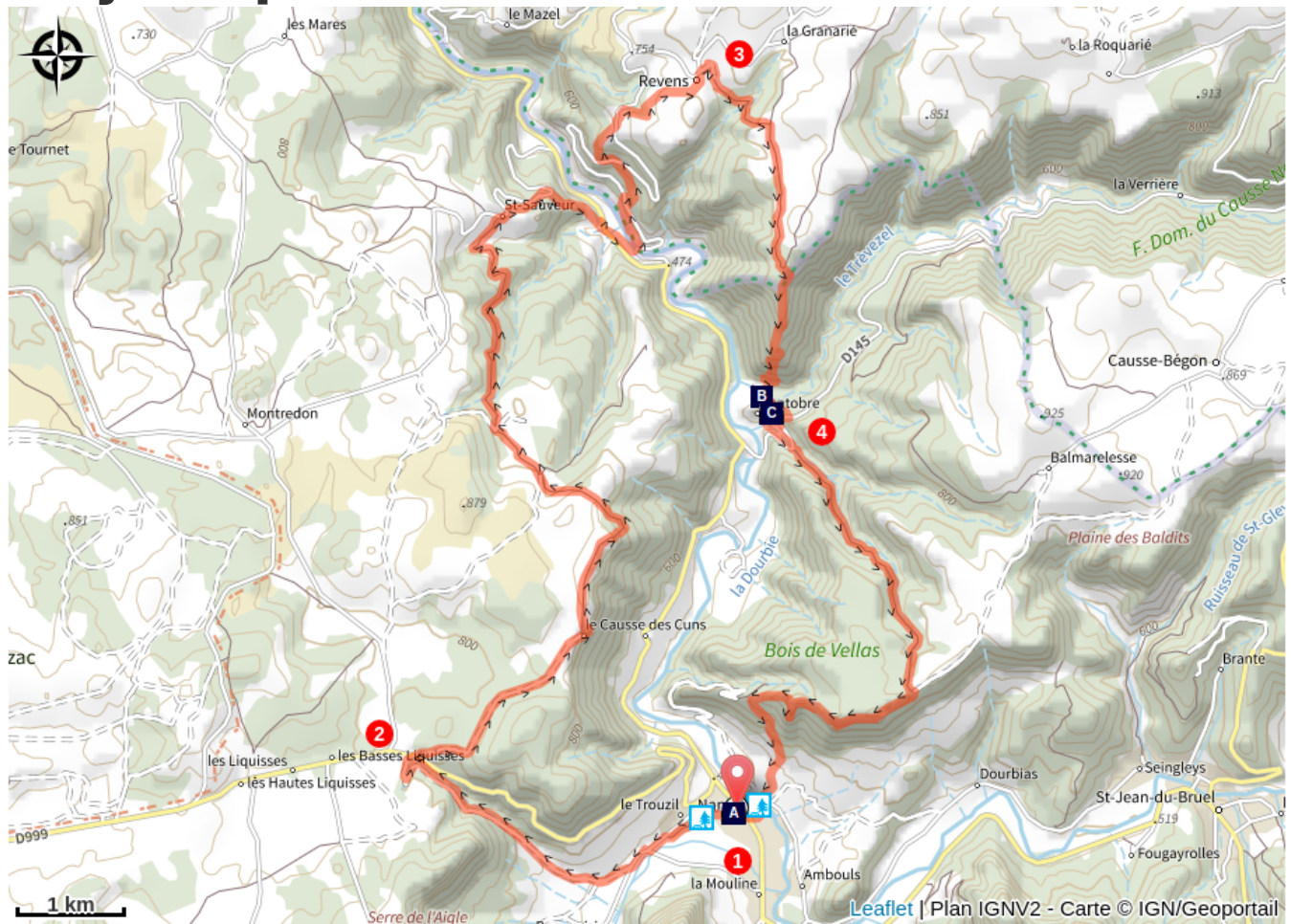
Min elevation 444 m Max elevation 860 m



The hike can take anywhere from 2.5 to 5 hours depending on the trail runner's level.

1. From Place du Claux, head towards Place St-Jacques to take the Chemin des Vernèdes Hautes, which leads to the RD178. Follow it to the left for 500 meters. Then turn right into the Vallongue ravine (aptly named), the first climb leading to the Larzac plateau (this is also the GR71D long-distance hiking trail).
2. Once on the plateau, you'll be running briskly from farm to farm. Take the time to admire the typical architecture in Baylet and L'Aubiguier (and perhaps a detour to Les Aires and Les Homs). The hamlet of St-Sauveur is the first stop before descending into the valley and immediately climbing back up to Revens via a beautiful built-up path.
3. From Revens, we head towards the famous Cantobre descent, a beautiful trail running spot where you can hone all your trail running skills. A visit to Cantobre is a must. The site is remarkable, a magnificent hamlet perched on its rocky outcrop.
4. Then we tackle a final section well-known to runners: the famous climb up the Roc Nantais and the equally famous technical descent from the Roc Nantais, this beautiful cliff overlooking Nant.

Recommendations: 1.5L water bottle - energy reserves - rain jacket

On your path...



-  The covered Market (A)
-  The church Saint-Etienne de Cantobre (C)

 The bearded vulture (B)

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.

How to come ?

Transports

To travel by [bus or train](#), by carpooling [Aires de covoiturage](#) and hitchhiking [Rezopouce](#).

Access

From Millau: via the D809, then the D999
From the A75: exit 47 La Cavalerie, then the D999 or exit 49 Le Caylar, then D609 and D55.

Advised parking

Place du Claux

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



Espace Trail cofinancé par l'Union Européenne



GRANDS CAUSSES Espace Trail

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

On your path...



The covered Market (A)

The city of Nant obtained in 1369 the right to have fairs and markets, right granted by the Duke of Anjou. In the 15th century, the privileges of the city are confirmed: weekly markets are held there, 4 annual fairs are conceded, one of which lasted 3 days on November, 2, 3 and 4.

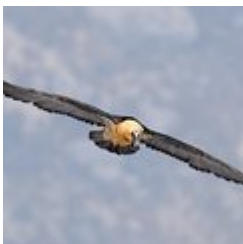
The covered market was rebuilt in 1706 and 1707, the first stone was laid on March, 13, 1706.

It is a squat, rectangular construction (30 m long and 8 m wide) with 12 pillars supporting the vault, interconnected by a semicircular arch.

On a pillar, a plaque commemorates the events of August 14 and 15, 1944 when two Nant's civilians and seven maquisards from "Maquis des Corsaires" were shot.

Listed in the inventory of Historic Monuments since April 13, 1944.

Attribution : Sandrine Perego



The bearded vulture (B)

Since 2012, a project to reintroduce bearded vultures has been launched in the Grands Causses with the aim of strengthening the French population of bearded vultures.

Two sites were selected to let the birds go, one in Meyrueis, in the Jonte gorges and the other in the municipality of Nant, on the Trévezel Gorges.

The bearded vulture is one of the 4 species present in France and one of the largest raptors in Europe.

It is a scavenger and feeds on bone remains taken from ungulate carcasses (sheep, goats, chamois ...).

Attribution : LPO Grands Causses



The church Saint-Etienne de Cantobre (C)

The church Saint-Etienne de Cantobre, attached in 1135 to the abbey of Nant, became parish at the end of the 12th century. Only the apse with three sides, lit by three windows, and the span of the choir are Romanesque. The nave and side chapels were rebuilt in the 16th century.

The bell tower houses a bronze bell from 1630, it is on the list of objects classified M.H. November 5, 1943.

Attribution : Alain Bonnemayre