Trail running No. 21 Haute Dourbie Tour

Des Gorges du Tarn au Causse du Larzac



La passerelle du Tayrac (Virginie Govignon - OT Larzac et Vallées)



A dream route for seasoned runners, set against the majestic backdrop of the Dourbie canyons, rich in technical sections and demanding elevation changes. The ultimate trail running experience!

From the forests of the Brante mountain to the chestnut groves of Labarthe, a fantastic playground awaits you in the heart of the Dourbie gorges. Challenging climbs, crossings of typical hamlets, and exhilarating descents follow one another, offering splendid panoramas at every turn of this rollercoaster ride.

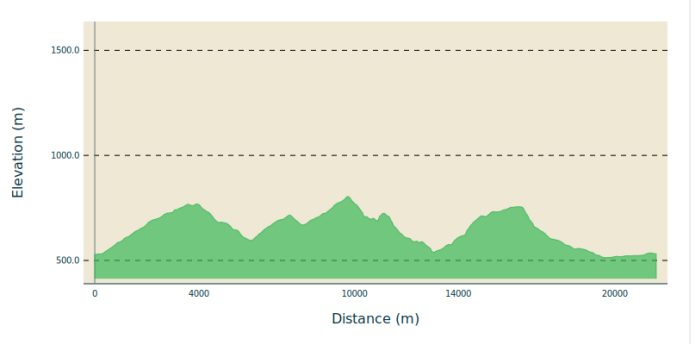
Useful information

- Practice : Trail
- Duration : 3 h
- Length : 21.6 km
- Trek ascent : 803 m
- Difficulty : Hard
- Type : Loop
- Themes : Panorama

Trek

Departure : Leisure base of La Roque (D114), St-Jean du Bruel
Arrival : Leisure base of La Roque (D114), St-Jean du Bruel
Markings : Grands Causses Espace Trail
Cities : 1. Saint-Jean-du-Bruel

Altimetric profile



Min elevation 513 m Max elevation 804 m

The duration of the route can vary between 2 and 4 hours depending on the trail runner's level.

1. From the Roque leisure base, head towards the hamlet of Viala and cross through it.
2. At the edge of the hamlet, take the path on the right that climbs in large switchbacks through this beautiful forest. The route is shared with the two other trail circuits (Saint-Guiral Vertical and Saint-Guiral Circus) until kilometer 2.3.
3. Then, this Haute Dourbie circuit heads northeast to reach the magnificent little hamlet of Tayrac, nestled in the valley near the clear and sometimes roaring waters of the Dourbie River. This stream is crossed by a footbridge (583 m altitude and kilometer 5.9), and then the first major challenge begins on the slopes of the Trescol peak to reach the hamlet of Coulet (kilometer 9.1).
4. Then we pass the highest point of this circuit at 806m altitude (km 9.4) before immediately descending to the hamlet of La Brunelerie (km 10), where you shouldn't miss the opportunity to admire the architecture of these typical little houses. Leaving the hamlet, we embark on a magnificent descent (350m of negative elevation) in a breathtaking setting overlooking the Dourbie gorges, with panoramic views of the rocky outcrops, the stream, and the Bondon mill. It's technical, it's fun, ideal for enjoying yourself.
5. Arriving at the hamlet of La Rougerie (km 12.8), we finally tackle the third climb through a chestnut grove, adding another 260m of elevation gain. For the curious and the adventurous, a 1.4km out-and-back detour to Notre-Dame de la Sentinelle is possible (after 14.6km of running, a small sign indicates the left turn, shortly before reaching the road).
6. The final stretch begins with a pleasant surprise on this downhill section: a steep, straight run carved into the woods with a gradient approaching 30% in places. At the bottom of the Seingleys valley, all that remains is to glide down for a gentle return to St Jean du Bruel and the old bridge spanning the Dourbie River. The route returns to the starting point via the village of St-Jean du Bruel and the hamlet of Bruel.

Recommendations: A 1.5L water supply is essential, along with a windbreaker and energy food supply.

On your path...


Barjac
Plantée
le Coulet
Sot de la Mine
le Pal
le Tombeau du Géant
Plaine des Baldits
le Chaufage
la Brunelerie
le Trescol
les Balzelles
la Galinette
les Cabassudes
le Salze
Montagne de Brante
Brante
Col d'Aumières
le Puech
la Rougerie
le Tayrac
Ayguebonne
les Crozes Bas
les Bosses
Montagne de Labarthe
Seingleys
le Viala
SAINT-JEAN-DU-BRUEL
le Bruel
Fougayrolles
la Loubière
Aspres
le Plo
le Ranc
500 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

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 supply essential, windcheater and energy food supply.

How to come ?

Transports

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

Access

42 km southeast of Millau via D809, D999 or via D991 and D999 (Gorges of the Dourbie), then the D114.

Advised parking

Leisure base of La Roque (D114)

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

PROJET FINANCÉ DANS LE CADRE DU PÔLE DE PLEINE NATURE "GRANDS CAUSSES - LÉVÉZOU"

Espace Trail cofinancé par l'Union Européenne